

Dee da shappi bbamit da bbupp i kimi



Tta Kom

Shwenagi

Title: Dee da shappi bbamit da bbupp i kimi

Title in English: A Balanced Diet (Pregnant Women and Babies)

Language: Komo as spoken in Ethiopia

Originally produced in French and the Abidji language.

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**Dee da shappi bbamit
da bbupp i kimi**



Yaba at ba Almaz ba shittakkon.

Ba Almaz hungi a Alamayo kketkun shwattin da ddalin.

Gibeni ba Almaz da arippgi shwattin da ttittaungi ish, shwattin ishiin da bbayagike, akipp tuta sha dee. Mei akippi kushu sha ga dee da kketippgi shwan da ddalin sa. Gi han, n giza da dduppgi shuusha dee, akippi kket gi sa.

Shwan bun da tuugi ttittaun ish gi sa. Ga han, teshiin maun ish. Ga han, happ kum, n ko bipp akin kushu kash. Dee bibin, teshiin akipp kushu sha mei da basan. Ga din, a at dii, hunakur sa. Gi din, a at da pilirgike, a kum shapp mei da ushi gu kam bipp. Ga han, gu kam usha kuppishari n mei, akir gama sha mei da basan. A kum, ga dee da akippgi gama kka shum, a at dii, bashir gimsha dosh. Dee da gamin ba Almaz tan dee bin ba.

Gibeni da arippingi gara, kuu shapp dee da basan. Gibeni shwattin dii, uun basa ish, ba Almaz ga dee da shapp dee da basan. Ga han, tunin shwattin bun.

A kum gi shwattin

Giba i shiin kkwalin bal ush gi sa. A kum gi shwattin bipp kkwalin bal ush mei da basan sa. Te gi dde a ushin mei, te gi dde shi kkwalin bal kka shum. Bbamiit du bbupp shapp dee ba giba a sa. A shapp mei da basani, a bbupp i kimi da tuppigike ekinapp ma dee gi dde. Gibeni gi at dii, unapp gush n ko.

Gi up da bbun i kimi basan sa: wass, shum, omiwaga, ep, bu, yakur gi ko, gi dee da tati gi kkolo: pupaya, manga, lemun, shei, dee ssamina. N dden mandul.

Mei ga kkupidu ba shwattin basan sa.

Bbami da bbupp gi at i kimi, ekipp kwa ip dee bin ba

1. Zyantta
2. Tuma, tutuma
3. Buna gi harakke

Bbami di bbupp i kimi da kkattappgi shei da kketippgi zama ekipp kwa danda sha dee.

Upp sha omiwaga da ppelin. Da shappgi dee gusskuppi gi zama dii



At

At dii, dee da basanar saa, ko ba kum.

1. At dii, a dossirgi ko ba kum, ur swa, ur bbiss gi sa.
2. Tiginar huna.
3. Ko ba kum, han da basanar.
4. Ko ba kum sokin, akin kkwal dden dee.
5. Bashin kkwal giza.

A at di ma dduur gi shem koli a sæ Ƴri doss n ko.

Kan ba a sokon dossirin n ko Ƴr kka: wass, shum, ko, omiwaga. Gi han, ga at dii, n ko, Ƴngar gush. Happ shi Ƴnapp bbiss ish.

A kum, gi te gi dde Ƴpp ip yii kongo i dish, gi yii da bboli bbii.



At da dduurgi shem pay kana gi dde, ko ba kum akinar kwa gam. Gibeni kkwalir mei balgari beuk.

A at di kkwalir mei da ddimi dan: kama, bambe, ddegi, yakur, gi yen, omiwaga.

Gibeni dee ssemina, musi gi wass da abuki ish. Ati mei kkwaliri, balgari ayuk. Gi at dee kkwalir mei da kkattishei. A dee da kkwaliri a at dii, bal sok.

A at da shemir gi pay kana su ur sha mei da bbissin.
Kan ba, a at dii, ur sha bambe gi kosi da kketin guppi.
N shum dii, aki kwa maak gi zyantta.

Gibeni n guppi da shedippin dii, da akippingi ota kuk
gi zyantta, n da
ba at, uppi zuush
gi ssin ssin. A
ppipp gi sa, akiri
kwa sha n mei.

A ati, bambe, gi
musi, yakur, gi
yen, gi wass, gi
shum, ur sha han
teshiin.



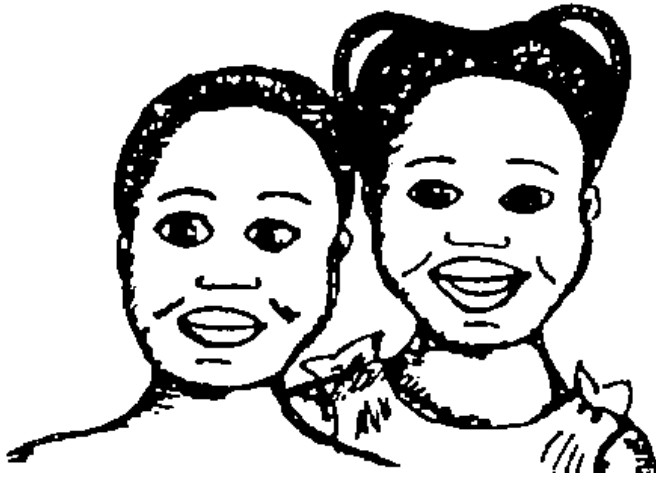
A at da ddur gi
shem koli gi dde gi te gi dde, ur sha bbii dish gi te gi
dde. Dee da tati dan bashinar gam.

Ushi mei da maagaringi uu maak gi wass, gi shum, gi
om, gi ko, gi yakur. A at dii, a dduur kka wass gi shum,
bashir bbiss, gazagi bir un gura.

Ga at dii, dee da akargi kiik wass gi shum, da bbassin sa, han da akirgi swa. Da apa ishgi a bbol wata ma bishiargi a bbol dolba, ɔri sha. Gibeni a ddu tagala ɔnar ma ga ish. I takala ba mei ɔar kiik bambe da basan.

Kama lakimari kiik gi sa. Musi shemin kimi akir kwa swa gi sa. Gi at dii, dee ssemina lakimarin kiik. Dee ssemina shigin ga shei ba shwattin.





A at dii, a shar dee da basani, unar basa ish. Bashe
kwa wuk giza gi shu sa.

