**Soma makala haya kisha ujibu maswali yanayofuata.**

Mojawapo ya athari kubwa katika “maendeleo ya jamii za kisasa” ni kupapia tamaduni za kimagharibi na

kutupilia mbali tamaduni ambazo toka jadi zimekuwa mlezi wa jamii nyingi barani Afrika. Ni muhimu

kutambua kuwa hakuna utamaduni ambao umeustawisha mwingine. Badala ya kuimarisha utamaduni

dhaifu na kuupa nguvu, utamaduni wenye nguvu huumeza na kuuangamiza ule dhaifu. Ingawa wengi

huona upapiaji wa utamaduni wa kigeni kama ustaaraba na maendeleo, hali hii huwa na athari hasa kwa

wanaotupilia mbali tamaduni zao.

Athari kubwa ni katika uwanda wa lishe. Lishe ni sehemu ya utamaduni wa watu. Jamii ya watu

inapofikia uamuzi wa kuwa nyama ya nyoka, na wala si ya ngombe, iwe sehemu ya chakula katika

utamaduni wake, huwa imefanya uamuzi huu kwa uangalifu mkubwa.

Aghalabu, wavyele wa jamii za Kiafrika waliafikia kuwa na vyakula ambavyo havikuwa vya kujaza

tumbo tu na kuharibu mwili. Vilikuwa vyakula ambavyo vilinawirisha mwili huku vikitumika pia kama

dawa ya kuutibu mwili huo. Wala si mwili tu. Viliweza pia kujali mazingira, kwani vingi vilizuia

mmegeko wa udongo na pia kuongezea rutuba na virutubishi muhimu katika udongo.

Moja ya chakula cha jadi kwa jamii nyingi za Kiafrika kilikuwa na manufaa lukuki kama lishe na mmea.

Wataalamu wa lishe wanasema kuwa kiasi cha kikombe kimoja cha juisi ya viazi vitamu huupa mwili

kiwango cha vitamini E kinachohitajika kwa siku. Kiazi kitamu kimoja nacho huupa mwili asilimia sitini

na tano ya kiwango cha madini ya vitamini C. Vitamini hizi ni muhimu sana kwani huukinga mwili

kutokana na uharibifu wa seli. Kinga hii huzuia mwili kukonga kwa haraka huku ikiimarisha kingamwii

na kuzuia uwezekano wa kupata mtoto wa jicho, maradhi ya saratani ya matiti au ya tezi inayozungukia

shingo ya kibofu cha mkojo kwa wanaume.

Viazi vitamu vimesheheni pia madini yaliyo muhimu kwa mwili. Mathalani, vina madini ya shaba

ambavo hudumisha uzima wa vifundo na kulainisha ngozi na madini ya manganizi yanayodumisha uzima

wa mifupa pamoja na kuvunjavunja na kugeuza wanga, protini pamoja na mafuta kuwa kawi

inayohitajika na mwili kuupa joto. Manganizi pia husaidia katika utumaji wa ujumbe kwenye misuli ili

iweze kulegea au kukazika. Viazi hivi vilevile vina madini ya fosforasi ambayo ni muhimu kwa afya na

udhabiti wa mifupa na meno. Madini haya pia huimarisha kukua kwa seli za mwili na kukarabati zile

ziizoathirika na zilizo dhaifu.

Licha ya wingi wa madini, kiazi kitamu kinasifika kuwa na wingi wa utembwe ambao ni adhimu mwilini.

Utembwe husaidia kudhibiti ongezeko la uzani na kuimarisha utendakazi wa matumbo. Halikadhailka,

madini hayo huzuia uwezekano wa kupata maradhi ya moyo. Ulaji wa viazi vitamu hupendekezwa sana

na wataalamu wa lishe kwa wagonjwa wa bolisukari kutokana na uwezo wa madini haya wa kudhibiti

kiwango cha sukari mwilini. Wataalamu wawa hawa husifia jinsi viazi vitamu humeng’enywa polepole

na kwa utaratibu ikiinganishwa na viazi vingine, hali wanayosema huinua kiwango cha sukari mwilini

kwa utaratibu na hivyo kudumisha kiwango kinachohitajika cha insulini.

Viazi vitamu vinaweza kuliwa vikiwa vibichi. Vilevile, vinaweza kupikwa aidha kwa kuokwa au

vikakaushwa katika mafuta moto na kuliwa kama chipsi au vikachemshwa na kuliwa vizimavizima, au

kama vimepondwapondwa. Hupendekezwa kuwa vyakula ambavyo vinaweza kuliwa vibichi viliwe vile,

kwani vina manufaa mengi kuliko vilivyopikwa. Hii ni kwa kuwa virutubishi vingi hupotea vyakula

vinapopikwa.

Hii kupunguza baadhi ya changamoto za kiafya tunazoshuhudia leo hii, itakuwa muhimu kuhamasisha

umma kuasi maendeleo pofu na kurejelea vyakula vyetu vya kiasili. Vyakula hivi pia hustahimili hali

mbalimbali za anga na hivyo kuwa suluhu kwa tisho la jaa.

Wasiojua basi washike shauri kuwa vyakula wanavyokimbilia vya magharibi kama pizza, hambaga na

soseji vina madhara mengi na kwamba vyakula vya kiasili ndio mhimii wa afya na uzima.

Maswali

(a)Mwandishi anasema lishe inaathiri vipi utamaduni wa watu?(alama2)

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(b)Mwandishi ana maoni gani kuhusu maendeleo.?(alama2)

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(c)Wavyele walifikia uamuzi kuwa chakula hiki kiwe lishe yetu vipi.? (alama3)

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(d)Onyesha manufaa manne ya viazi vitamu.(alama4)

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(e) Eleza matumizi ya maneno yafuatayo kulingana na taarifa.(alama4)

(i) Utembwe--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------

(ii)Mmegeko---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------

(iii)Humeng’enywa-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------(iv)Maendeleo pofu-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------