

Ծագտւո՞ւ ե՞ս Sigida min na

Wulakոնոմոցո՞ւ կա յերբսրակե գաբե



Տեբենիկեբագաւ

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Gafe in tigi ye Hesperian Health Guides. Gafe in lacayali yamariya be olu dɔɔn de bolo. ISBN: 978-1-942919-36-0

Hesperian Health Guides ni mɔɔɔ minnu ye gafe in laben min tɔɔɔ ko **Dɔɔɔɔɔɔɔɔ te sigida min na**, olu beɛ y'a jira ko mɔɔɔ o mɔɔɔ mana nin gafe in labaara, ko olu te jɔ seereya kɔɔɔ i ye.

I n'a fɔ beɛ n'i danyɔɔɔɔɔ don, furakelaw kelen kelen beɛ ka kan ka u tilen ani ka u kɔɔɔ jeya u ni u ka mɔɔɔ furaketaw ce. Fɔcogo were la, u ka kan ka dan u ka dɔnta ma furakeli la. Aw ka kan ka furakela jolenw ka deme jini ni a kera ko aw ka banabagatɔ mako be furakeli dɔ la aw te se min na. Aw ka kan ka sigida furakela werew ni u ka keneyasow ka ladilikan jini furakeliw kan minnu ka jini sigida la. Furakeli cogoya caman be sɔɔɔ nin gafe kɔɔɔ, nka gafe si te yen min be se ka bila keneya kalan nɔ na, min kɔɔɔsilen don karamɔɔɔɔɔ jolen dɔ fe. Aw kana aw ka kɔɔɔsili, ni aw gafe kalan ni mɔɔɔɔɔ lamenni ni jini werew jɔ cogoya si la.

Hesperian Health Guides be se ka yamariya di aw ma a' ka a lacaya, a' ka segin a sebenni kan ani ka a fan dɔ walima a fan beɛ laben ka fara a jaw kan ka keɔɔ aw ka sigida taabolow ma, nka o k'a sɔɔɔ a' ka lapini te waarijini ye walima a' ka ɔaniyaw ni Hesperian mɔɔɔɔɔɔɔ ka lapiniw kana fɔn jɔɔɔɔ kɔ, ani o k'a sɔɔɔ a' ni Hesperian mɔɔɔɔɔɔɔ benna a baara keli kan.

Sani a' ka gafe bayelemali walima a fan dɔ walima a beɛ labenni damine, an b'a jini i fe i ka Hesperian Health Guides kumajɔɔɔɔɔɔɔ walasa a' ka baara kana na caya, nka a' fana be se ka u ka ladilikanw sɔɔɔ ani ka keneya hakilina kuraw sɔɔɔ. A' ye kalanbolo ni hakilina were minnu be a' bolo ka bɔ gafe were kɔɔɔ, a' be olu ci an ma.

Hakilina kuraw be se ka fara gafe in kɔɔɔɔɔɔɔɔ kan ni a' ka deme ye

Ni aw ye sigida keneyabaarakela ye walima dɔɔɔɔɔɔɔɔ, denba walima mɔɔɔ o mɔɔɔ ni hakilinaw ni kecogow be aw bolo gafe in labaaracogo kan ka ben aw ka sigida ka lapiniw ma, aw be se ka bataki ci an ma an sigiyɔɔɔ la. A' ni ce a' ka deme la.

Walejnumandɔn ni foliw

David Werner de ye nin gafe in sebenbaga fɔɔ ye esipapɔli ni angilekan na. A ka halikinata, a ɲaniya ni a ka cɛsiri nɔ yelen don gafe in ɲɛ kelen kelen bɛɛ la. Segin kelen gafe in kan, Carol Thuman ani Jane Maxwell ye u cɛsiri ɲinini ni a sebenni ani a labenni fɛ. An bɛ u walejnuman dɔn u ka baara ɲuman ni u ka ɲaniya ɲuman na.

Nin gafe in kɔnɔko fanba bɔra gafe werɛ la min sebenna senegali baarada dɔ fɛ min tɔɔ ko « ENDA-Tiers Monde ». Olu de fɔɔ ye “Dɔɔɔtɔɔ tɛ sigida min na” laben ka ben Farafina tilenbin yanfafɛla taabolow ma ani ka a bayɛɛma tubabukan na. Nin gafe sebenbagaw ni a bayɛɛbagaw bɛɛ ka juru be an na. O mɔɔɔw file: Lionel Germosen-Robineau, Maria-Laura Mbow, Christine Etchepare, ani Michel Etchepare. Gafe kun fɔɔ jadilnabagaw ye Oumar Sy, Toumani Camara, ni Ashirina Opam Mamore.

Gafe in bayɛɛmali bananakan na ani a labenni tubabukan na:

Mɔɔɔ minnu ye gafe in bayɛɛma ni ka segin a kan, o mɔɔɔw file: Issiaka Ballo, Salifou Bengaly, Fatoumata Bouaré, Katie Christ, Sean Cochrane, Abdoulaye Coulibaly, Djibril Coulibaly, Diatrou Dembelé, Yagare Magassa, Bernadette Etienne-Millot, Matthew Heberger, Esther Homawoo, Yousef Kazerooni, Cheick Keita, Moulaye Keita, Jennifer Leahy, Sara Litke, Anh Ly, Zachary Matheson, Jean-Jacques Méric, Alex Neidermeier, ani Jade Way.

Kenya baarakɛla minnu ye ladilikanw di ani ka sɛsɛsɛgeli ke, olu file: Aaron Greenblatt, Aly Barry, Oumar Niangado, Linda Caswell, ani Amelia Maiga.

Mɔɔɔ minnu ye baarake ɲɔɲɔnfɛ walasa ka gafe in baara bɛɛ sigi senkan, o tigiw file: Bocar Bocoum, Macki Cissoko, Michelle Chan, N’Tossama Diarra, Mamadou Goïta, Mathew Heberger, Todd Jailer, Scott Lacy, Tawnia Litwin, Anh Ly, Jenna Lohmann, Zachary Matheson, ani Marlow Schindler.

Jaw labenbagaw: Ruth MacDonald, Kathleen Tandy, Lyle Hansen, ani Heather White.

Nin gafe in labaaracogo

Ni aw ye nin gafe in sɔɔ:

Fen minnu be sɔɔ gafe kɔɔ, aw be olu kalan a damine na. Olu be kuma sigida beɛ kelen kelen kan ani ka a fɔ aw ye kumakan kofɔlenw be seben je yɔɔ min na.

Walasa ka banaw, walima keneya kunkankow yɔɔ dɔn: Aw be **Gafe Kɔɔkɔw** laje. Aw be fen min jini, ni aw ye o ye, aw be taa seben je la, a be sɔɔyɔɔ min na.

Ni aw ma gafe in kɔɔ dape dɔ faamu:

Aw be dape jini **Kumadenw kɔɔ** la, seben je 602 la gafe laban na. Dape minnu jefɔlen be, olu sebenni *jegennen don* (en italique) u seben ko fɔɔ sigida kɔɔ.

Sani aw ka fura fen o fen ta:

Walasa aw ka kunnafoniw sɔɔ furaw tacogo, u tata hake, u faratiw ni yeretangacogow kan, aw be **Sigida 25** laje. Furaw tɔɔɔ ani u sɔɔyɔɔ be Sigida 25 damine na.

Walasa ka aw laben bana cunnenw kama:

1. Aw be fura dɔw bila aw bolo kɔɔ so kɔɔ walima dugu kɔɔ, i n'a fɔ a jininen don aw fe **Sigida 23 Furamaralan** na.
2. Aw be nin gafe kalan sani a mako ka jɔ a la, kerenkerennenya la **Sigida 10, Furakeli kunfɔɔ**, ani **Sigida 4, Banabagatɔ ladoncogo**.

Walasa aw ka denbaya ka to keneya la:

Sigida 11 be kuma balocogo puman kan, Sigida 12 be kuma banaw kumbencogo kan, aw be olu kalan ka je ani ka aw janto bilasiralikanw ni yeretangacogow la.

Walasa ka keneya sabati aw ka sigida la:

Aw ni aw sigiɔɔɔw be jɔɔɔye dɔ ke ka gafe in kalan ka hakili jakabo ke aw ka yɔɔ keneya kow kan. Walima, aw be a jini lakɔli karamɔɔ dɔ fe a ka denmisenw ni balikuw lakalan gafe in kɔɔ kumaw kan. Aw be hakilina caman sɔɔ seben je sikɔɔma yɔɔ la, **ladilikanw ka jesin dugu keneyabaarakelaw ma**, gafe in damine na.

Nin gafe in be kunnafoni caman di ka teme gafe kan, min be kuma furakeli kun fɔɔ kan. A be kuma bana caman kan minnu be dankari adamadenw ka keneya la, ka a ta kɔɔɔboli la fo ka se sɔɔɔɔɔɔninje ninnu ma, ka a ta farafinfura juguman ni a puman ma fo ka se ladilikanw ma tubabufuraw tali la. Ladilikan puman kerenkerennenw dilen don saniya ni dumuni nafama dunnini ni boloci kan. Nin gafe in be kuma bange ni bangekɔɔsi feerew fana kan. Gafe be fɔɔ ka a kalanbagaw deme u ka se ka u ka laɔɔniw sɔɔ u yere ye, ka tila ka ke sababu ye u ka se ka a dɔn bana minnu ka kan ka jira dɔɔɔɔɔba dɔ la.

Segin kelen kɔ gafe in kan, kunnafoni kuraw dilen don bana dɔw kan i n'a fɔ sumaya, sɔɔɔɔɔɔninje, kafɔɔɔɔɔɔyanaw, dɔɔɔguta, sidabanakise ni sidabana ka fara a furaw kan ani hakilina caman werew.

Daje Kuntigelen

(Daje janmanjan sebencogo surunman; ka signiden damadama ke ka daje kuturu seben)

+ o kɔɔ ye *ani walima farankan*

= o kɔɔ ye *a ni ... beɛ ye kelen ye walima a ni ... dama kenɛnnen don (a ni ... beɛ ka kan, o be ben ma)*

% o kɔɔ ye *keme keme sara la*



$$1 + 1 = 2$$

Peseli Hake

kg o kɔɔ ye kilogaramu (*kilogramme*)

g o kɔɔ garamu (*gramme*)

mg o kɔɔ miligaramu (*milligramme*)

mcg o kɔɔ mikɔɔgaramu (*microgramme*)

gr o kɔɔ kise (*graine*)

Girinya

(fen dɔ girinya hake ye min ye)

garamu 1.000 = kilogaramu 1 (kg)

garamu 1 = mg 1.000

kise 1 (*graine*) = mg 65

Litiri/Kɔɔɔfere

(fen kɔɔɔfereko hake walasa ka jimafenw litiri hake saman)

mililitiri 1000 (mL) = litiri 1

mililitiri 1 = cc. 1 = santimetiri kubi (*centimètre cube*)

kafeminkutu je 3 (*cuillère à thé*) =
dumunikekutu je 1 (*cuillère à soupe*)



kafeminkutu je 1 = mililitiri 5

dumunikekutu je 1 = mililitiri 15

