

# Sayidiya Manyo Yaho

Caring For Your Teeth



Translated by Tyler Loveall, Derek Denenny,  
Mekalah Frazier, and Miriam Cahill  
Ndzwani Comorian, English



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Translated into Shindzuwani by Tyler Loveall, Derek Denenny, Mekalah Frazier, and Miriam Cahill

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Peace Corps Comoros

Ndzwani Comorian, English  
Ndzuwani, Comoros



Mabweni waili wako hadisi. Koko a rongowa,  
“Lahilah, manyo yangu nisi kodza. Yisi puwa  
montsini. Wami tsi shindri ni le nyama tsena.”

Two ladies were talking together. The old  
lady said "Oh, my teeth hurt. And they are  
falling out. I can't eat meat any more."



Bweni wavili a rongowa, "Manyo yangu ya fetre mana tsiyahifathi fetre. Nahiki nisi tsaha ni le nyama, nitso yi la."

The second lady said, "My teeth are all right because I look after them well. If I want to eat meat, I eat it."



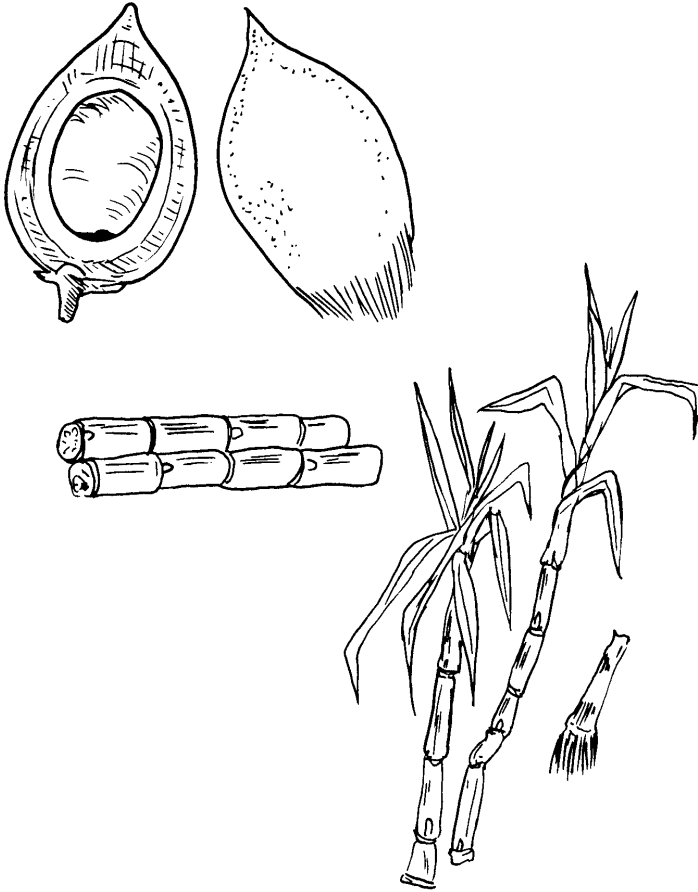
Koko a rongowa, "Manyo yahe fetre swafi mana ntrini?" Bweni wavili a rongowa, "Kula suku, wami uswaki manyo yangu mara moja au mili. Tsi na mswaki tsi nunuwa dukani."

The old lady said, "How do you keep your teeth so good?" The other lady said, "I brush my teeth one or two times a day. I've got a toothbrush that I bought in the store."



Utso juwa hu fanya mswaki weke na mwiri karibu na hanyu. Renga mwiri mtiti, tsana wa fanye mswaki. Ivo sudza uvandre yangina na towa shahula baina ya manyo.

You can make a toothbrush yourself from a tree in the village. Get a piece of stick, and chew it on one end to make a brush. Then sharpen the other end to pick out the food.



Wawe u shindra hu howa manyo yaho na ngozi ya vovo au ngozi ya muwa.

You can also clean your teeth with betel nut skins, sugar cane skins or pitpit skins.





Wakati wawe u swaki manyo yaho, wawe u lazimu swaki manyo piya. Ivo wawe utso rumiya mwiri mtiti kali wa puwe shahula bayna ya manyo yaho.

When you brush your teeth, you must brush all around your teeth. Then you can use the sharp stick to get any food that is stuck between the teeth.



Mama utso juwa huswaki manyo ya mwana mtiti. Wakati mwana mtiti atendra, atso shindra a fundriha hu howa manyo yahe.

When a baby is small, his mother can clean his teeth. When he gets bigger, he can learn how to clean his own teeth.



Vovo mbova ya hanyo yaho. Itso kodza manyo yaho, na yitosotriya wade ya hanyo yaho. Nahika usitsana vovo laazimu howe hanya yaho na madji baada ya u malidza. Ivo renga ngozi wa vovo na howa many yaho.

Betel nut is bad for the mouth. It can make your teeth rot, and can also give you a mouth disease. If you chew betel nut, rinse your mouth when you finish. Then take the betel nut skin and clean your teeth.



Koko a rongowa, "Usi rongowa ntrongo fetre. Nitso howa manyo halini, na mkini wadjuhu wango watso wona na watso fanya sawa sawa na wami. Ivo ka watso kana manyo malambe maori de wami.

The old lady said, "What you say is good. I will clean my teeth like you say, and maybe my grandchildren will see me and do the same. Then they won't lose all their teeth like I have."

## Optional for use of teachers

1. Introduce what the book is talking about.
2. Read the book together with the class.
3. Ask questions about the book:
  - Why did the lady's teeth hurt?
  - How can you make a toothbrush in the village?
  - How do you have to brush you teeth to make them clean?
  - What happens to your teeth if you don't make them clean?
4. Discussion: Discuss how many teeth a person has? Why are teeth important? What happens to your food if your teeth are bad?
5. Activities: Think about what do you have in your area that can be used to brush your teeth. Show the children what it is. Show them how to use it. Practice this with the children to clean their teeth.
6. What else can you think of to help the children keep their teeth clean?

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**Samahani, nahika uwono nkosa, awu usitsaha shiyo shangina, awu una fikira la hwangiha shiyo... tafadhwali unambie harimwa: [pcvcwhcomoros@gmail.com](mailto:pcvcwhcomoros@gmail.com)**

**If you see any mistakes, want another book, or want helping writing your own book please contact me at: [pcvcwhcomoros@gmail.com](mailto:pcvcwhcomoros@gmail.com)**

**Marahaba ivo wasoma!**

**Thanks for reading!**

**Cam - Bako Mkoni**