

ISUKULU LYANDI LILALIMA IFIMUTI FITWALA IFYAKULYA PAMO NGA...

Moringa

Amacungwa

Amasuku

Inkonde

Popo
Impundu

Yembe



Ifimuti fitwala ifyakulya filatupela
ifisabo, amabula ya musalu, imbalala,
imbuto kibili namafuta ayaba ngolubali
lwakulya bwino kubana pakutila balekula
nobumi busuma

