

Cunno Caafimaad leh ay Carruurta dalban Karaan



Marnaba cunno ha ugu abaalgudin carruurta. Waxaa taa ka fiican adigoo canuggaaga hab siiya ama waqtii siiya. Macmacaanka mar iyo dhif uun sii. Ka yaree buskutka, keegga (doolshaha) iyo cabitaannada mac sida kookada iyo isbraytka IWM. Waxed siin kartaa caanaha ciirtood, kastarka, faruutada iyo casiirka.

Maxaa ka mid ah cunnada fudud ee canuggaya u fiican?

Carruurta calooshooda aad ayeey u yartayah, sidaa awadeed waxay u baahan yihiin inay dhowr jeer wax cunaan. Cunnada fudud waxay u baahan yihiin in loo qorsheeyo.



Kuwani ayaa ka mida fikrado cunno fudud ah:

- ▲ faruutada jilcan
- ▲ khudradda la kariyo
- ▲ looska la shiido oo la mariyo buskutka aan sokorta lahayn (crackers)
- ▲ saanwijjyo yar yar
- ▲ burcadda
- ▲ roodhiga loo yaqaan bagel
- ▲ caanaha ciirtoodata (caano fadhi)
- ▲ casiirka faruutka ka samaysan
- ▲ siriyaalka iyo caanaha
- ▲ burcad lagu dhalaaliyey muufo ka samaysan galley (quesadilla cheese melted in a tortilla)

Sideen u dhowraa miisaanka canuggaya?

Maalin walba la ciyaar canuggaaga. Dhaqdhaqaqa aad ayuu ugu fiican yahay caafimaadka iyo korriinka canuggaaga. Ka yaree waqtiga uu fiirsado telefishinka oo yaaney ka badnaan 1 ama 2 saacadood. Malintii.

Waa kuwani fikrado dhowr ah:

- ▲ la soo lugo baxso canuggaaga
- ▲ beer kula soo ciyaar
- ▲ kubbad la ciyaar!
- ▲ miyuusikada la ciyaar
- ▲ la orod
- ▲ la bood bood
- ▲ ciyaar ahaan isla mataala noocyada xayawaanka
- ▲ sameeysta waqtii uu qoyska wada ciyaaro



Ka warran cunnada degdegsiinta loo sameeyo (fast food)?

Mararka qaarkood ma xuma cunnada degdegsiinta loo sameeyo. Yaree cabitaanka mac.



Ka warran cunnada jibiska (chips) iyo noocooda ah oo loo yaqaan (junk food)?

Cunnada jibiska iyo noocooda ah oo loo yaqaan. Junk food waxay keentaa cayil iyo ilkahana wax bay u gaysataa. Iska hubi oo akhri noocyada aad u soo gadaysid, kuna dadaal kuwo caafimaad leh inaad u soo qabato reerka.



Kuwani ayaa ah dalabyo fiican:

- ▲ biitsada (pizza) oo khudradda la kor saaro
- ▲ saanwijkha digaagga la dubay
- ▲ hambuurgar la saaray letis (lettuce) iyo yaanyo
- ▲ bataatiga la dubay
- ▲ caano
- ▲ casiir
- ▲ caanaha ciirtooda oo la qaboojiyey

Waxaa dalabyo fiican ah:

- ▲ daangada (popcorn)
- ▲ biritseelka (pretzels)
- ▲ buskutka loo yaqaan graham crackers
- ▲ siriylalka ee qalalan
- ▲ faruutka la qalajiyeey
- ▲ casiirka faruutka ee la qaboojiyey
- ▲ caanaha ciirtooda
- ▲ burcadda
- ▲ noocyada loosaska
- ▲ faruutka

Xayeesiiska laga soo saaro talefishinka waxaa uu rabeysiyyaa carruurta cunno badan sida siriylalka mac, bataatiga jibiska ah (chips) burcadda qaardeed, nacnaca, cabitaanka mac, doolshaha yar yar, iyo buskutyada. Cunnadan waa qaali dheefna ma laha. Badanaa waxaa ku badan subagga, sokorta iyo cusbada. Cunitaanka cunnadan waxay canuggaaga ka hor istaaagaysa cunnada kale.

Digniin : Carruurta da'doodu ka yar tahay 4 waxaa ay ku sixan karaan cuntada sida hot doogga, daangada, looska, karootada cayriinka ah, canabka, nacnaca la calaajiyio, xanjada, iyo nacnaca adag. Ka ilaali cuntadani. Hoot doogga aad u yar yaree.



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Title: Healthy Choices for Kids

Size: 5.5 x 9

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Ink color: 4-color process

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