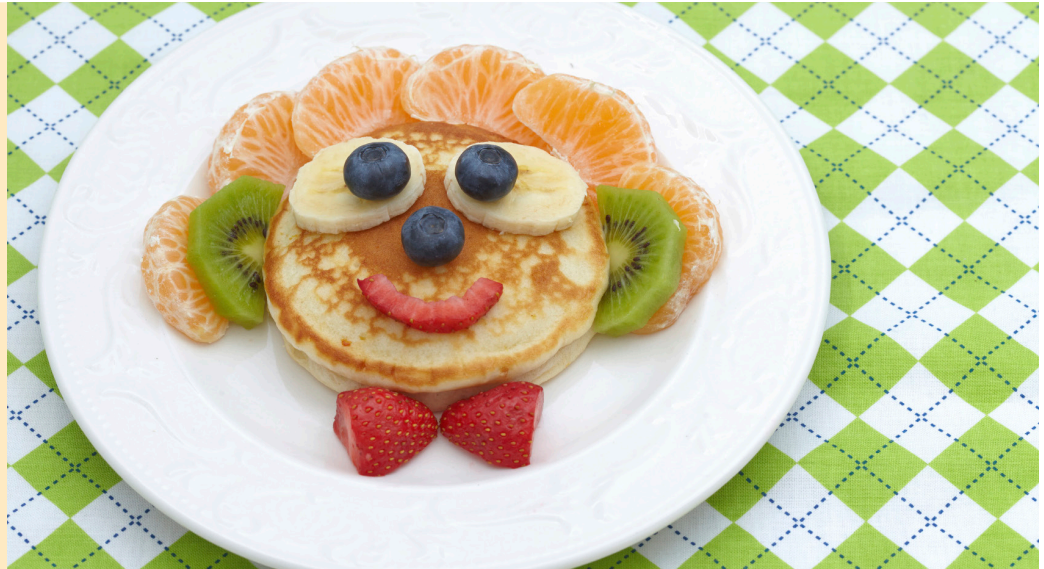


# HEY, CARUURTA!

## Xariif Ma ku Tahay Cunista Cuntooyinka Fudud?

### Ma Ogayd?

Cunista cuntooyin fudud oo caafimaad leh waxa ay jidhkaaga ka caawin doonaan inuu helo tamar aad ku qabatid layliska guriga ama aad ku wadid baaskeelkaaga ama bushkuleetigaaga.



### Caadooyin Caafimaad Leh

Caado waa wax aad sameyntiisa ku celcelisid. Waa wax fiican inaad lahaatid caadooyin caafimaad leh oo aad sameysid maalin kasta. Halkan waxa ku yaala dhawr caadooyin caafimaad leh oo laga yaabo inaad haddaba sameysid:

- caday ama burush mari ilkahaaga
- socodsii eygaaga
- dhaq gacmahaaga ka hor inta aanad wax cunin.

### Bilaw Caado Cunto Fudud oo Caafimaad Leh

Sida aad burush u marisid ilkahaaga oo kale, waxa aad caado ka dhigan kartaa inaad cuntid cunto fudud oo caafimaad leh maalin kasta.

Si aad u sameysatid cunto fudud oo caafimaad leh oo gaar kuu ah, isku day inaad cuntooyin ka dooratid kooxaha cuntada ee kala duwan. Tani waxa ay kaa caawin doontaa inaad sameysatid cuntooyin “caqli wacan” ah oo shidaal siin doonaa jidhkaaga iyo maskaxdaada!



**Rog bogga si u sameysatid cuntadaada fudud!**

## Isku Dar-Oo-Isku Aadi Cuntadaada Fudud!

Goobo gali laba ama saddex cunto oo aad isku daraysid si aad u sameysatid cuntadaada fudud.

Isku day inaad dooratid cuntooyin ka socda kooxaha cuntada ee kala duwan si aad u sameysatid cuntadaad fudud ee ku saleysan “caqli wacan!”

Khudaar	Furut	Xabuub	Caano	Borootiin
Dabocase/ Karooto Curdin ah	Jeexyo tufaax	Siriyaal ah xabuub dhammeystiran	Caano-fadhi ama yogeer wax lagu darin	Yicib isku dhafan
Ullo ah Seleri (Celery)	Midho duur isku dhafan	Buskud ah xabuub dhammeystiran	Caano subagga laga saaray ama subag yar	Subagga lawska
Jeexyo ah qajaar	Muus/moos baraf noqday	Bagel ah xabuub dhammeystiran	Jeex Jiis/ faramaajo	Iniinyo gabal-daye
jeexyo basbaas cas	Canab	Heed (Oatmeal)	Jiis “cottage cheese” dufan yar	Jeex turki
Koolifalaawar	Jeexyo cambaruud (peaches)	Salool/Daango	Jiis “string”	Ukun la kariyay oo adag
Digir diir leh	Suugo tufaax	Buskud “Graham”	Caano shokolaato subag yar	Jeex hilib doofaar
Khudaar milix ku kaydsan	Canab la qallajiyay ama furut kale dried fruit	Rootida “Pretzels”	Jiiska “Parmesan” oo la xaquuqay	Hilib lo’ oo la qallajiyay

**Tijaabi fikraddan dhadhan leh: dabocase iyo subag laws!**