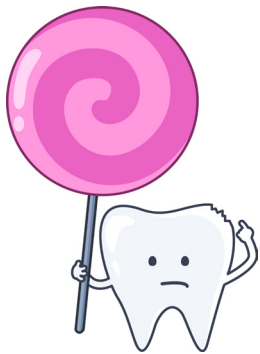


HEY, CARUURTA! Waxa Jira Sonkoro Isku Kaa Qaariya!

Sonkortu waa ay isku kaa qarin kartaa



Marka aad cuntid sonkor, jidhkaagu waxa uu u isticmaalaa tamar. In yar oo sonkor ah oo aad cuntid dhib ma leh, laakiin sonkor aad u badan uma fiicna jidhkaaga ama ilkahaaga.

Sonkortu waxa ay ku jirtaa cuntooyin badan sida nacinaca iyo jalaatada. Laakiin ma og tahay in sonkortu ay ku "qarsoonaan" karto cuntooyin iyo cabbitaano kale?

ROG BOGGA
SI AAD U
TIJAABISID
AQOONTAADA
SONKORTA.

Sonkoraha Qarsoon

Halkan waxa ku yaala dhawr cunto oo laga yaabo inaad cuntid ama cabtid oo leh sonkoro qarsoon:

- siriyaal
- yogeer/ caano-fadhi
- dhuubka "granola"
- juus iyo soodha.

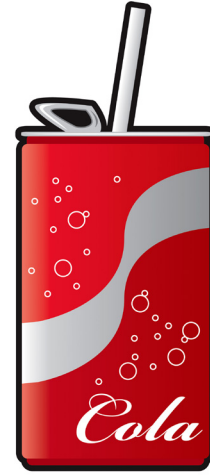


Immisa Qaaddo Shaah oo ah Sonkor Ayaa ku Jira Cabbitaanadan Dadweyne?



1. Hal Qasac oo ah Soodha Caadi ah

- A. 1 qaaddo shaah
- B. 5 1/2 qaaddo shaah
- C. 10 qaaddo shaah
- D. 25 qaaddo shaah
- E. Wax sonkor ah kuma jiraan soodhaha.



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2. Hal Koob Liimonaati

- A. 1 qaaddo shaah
- B. 5 1/2 qaaddo shaah
- C. 10 qaaddo shaah
- D. 25 qaaddo shaah
- E. Wax sonkor ah kuma jiraan liimonaatiga.



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