



Hilibka Lo'da & Digirta
Basbaaska Cagaaran
Ka hel soo'adan iyo fikrado
cunto oo badan, oo caafimaad
leh oo qiimo jaban barta
CelebrateYourPlate.org



Waxa Xilli-sannadeedka Soo
Go'o: Diseembar

Canab

Kabash-kuuska

Liimaha

Liin-qarbooshta



Wax-soo-saarka La Soo Bandhigay:
Barbarooni

Xilliga Ugu Wanaagsan: Xagaaga iyo
dayrta

Xulashada: Dooro barbarooni adag
oo midabkisuu dhalaalaaya oo
maqaar adag leh

Sida loo Diyaariyo: Ku dar saladhka,
duubka, maraq ama jeexa si aad u
hesho saxanka gooniga ee saxda ah

Kaydinta: Firinjeerka geli oo isticmaal
5 maalmood gudahooda



Haraaga 101

Si caqli-gal ah ula tacaal karinta cuntada
haraaga ah si aad u dhinto beeldareynta
oo aad u kordhiso dhadhanka:

- Ku duub alaabta qaboojiyaha warqad qaboojiye oo culus, duub bac ah, bacaha qaboojiyaha, ama sufurka
- Istickmaal cuntada ugu hor dhacaysa marka hore
- Geli alaabta cusub xagga dambe ee qaboojiyaha
- Qaboojiyahaaga waa inaad geysa xaraarad dhan 0°F