



MAARSO 2023



Jacburka Baradhada Karsan

Ka hel soo'adan iyo fikrado
cunto oo badan, oo caafimaad
leh oo qiimo jaban barta
CelebrateYourPlate.org



Waxa Xilli-sannadeedka soo
Go'o: Maarso

Gocosaa

Kabash-xidideed

Boqoshaa

Biqilka



Wax-soo-saarka La Soo
Bandhigay: Boqoshaa

Xilliga Ugu Wanaagsan: Gu'ga & dayrta

Xulashada: Si aad u hesho boqoshaa daray ah,
soo qaado kuwa aan nabaro lahayn oo leh
tayo adag

Sida loo Diyaariyo: Shiil boqoshaada, ku jarjar
dusha sare ee bisaha khudaarta leh, ama ku
dar maraq ama jacbur

Kaydinta: Firinjeerka ku kaydi ilaa 1 usbuuc
isagoo ku jira weelkii hore ama bac warqad ah



Todobaadka Quraacda
Dugsiga Qaranka

Maarso 6-10 waa Todobaadka
Quraacda Dugsiga Qaranka!
Toddobaadkan waxa uu diiradda
saarayaa muhiimada ay ardaydu
u leedahay in ay subaxdooda ay
si wanaagsan u bilaabaan iyagoo
samaynaayo doorashooyin
caafimaad leh si ay ugu shidaal
qaataan waxbarashada maalinta.