



Yaanyo Shidnida Guriga Lagu Sameeyo

Xaddiga Cuntada 6 | Waqtiga diyaarinta 30 daqiiqo. | Waqtiga guud 50 daqiiqo.

Qalabka:

Looxa cuntada lagu jarjaro
Khudaar-hoole
Khudaar hoole
Gasac fure
Dheri dhexdhexaad ah oo dabool leh

Maacuunta:

Mindi
Qaaddada cuntada lagu walaaqo
Koobabka iyo qaaddooyinka cuntada lagu cabbiro

Maaddooyinka

2 basal baar, la googooyay
8 xabo oo toon qoyan ah, la kalaawiyay AMA
3 qaaddo oo toonta buddada ah
2 karooto, la hoolay
2 qaaddo oo saliid saytuun ah AMA saliid cadeey ah
1 1/2 qaaddo oo xawaaji Talyaani ah AMA
[Xawaaji Talyaaniga Celebrate Your Plate](#)
1/2 qaaddo oo cusbo ah (ikhtiyaari)
1 qaaddo oo filfil ah
2 28 wiqiyadood oo yaanyo gasacadaysan oo aan cusbo lagu darin oo la ridqay

Tilmaamaha

1. Kahor inta aadan hawsha bilaabin, dhaq gacmahaaga, sagxadaha, maacuunta, gasacadaha korkooda, iyo cuntada.
2. Adigoo adeegsanaya dheri dhexdhexaad ah oo saaran dab dhexdhexaadka ah, ku dar saliida, basasha, toonta, iyo karootada. Kari ilaa basasha ay ka jilicdo, qiyaastii 3-5 daqiiqo.
3. Ku dar yaanyada, xawaaji Talyaaniga, milixda, iyo barbarooniga. Walaaq si aad isugu darto.
4. U kordhi dabka oo ha buro shidniga.
5. U yaree dabka oo dabool dheriga. U oggolow shidnigu inuu iiro ilaa 15 daqiiqo, adigoo marmar walaaqaya.

Mac'hadkani waa bixiyaha fursadaha loo wada siman yahay. <http://www.section508.gov/>
Agabkani waxaa maalgeliyay Barnaamijka Kaalmada Nafaqadda Dheeraadka ah
(Supplemental Nutrition Assistance Program) —SNAP.

Macluumaadka Nafaqada:

Kalooriyada 120
Dufanka Guud 5g
Cusbada 240mg
Karbohaydaraydhka Guud 18g
Borotiinka 3g