



ABRIIL 2021



## Furulaato Baaquli Ku jirta

Ka hel soo'adan iyo fikrado cunto oo badan, oo caafimaad leh oo qiimo jaban barta [CelebrateYourPlate.org](http://CelebrateYourPlate.org)



Waxa Xilli-sannadeedka soo Go'o: Abriil

Babaay

Barbarooni

Qajaaro

Cambo



Wax-soo-saarka La Soo Bandhigay: Cananaas

Xilliga Ugu Wanaagsan: Guga iyo Xagaaga

**Xulashada:** Si aad u hesho cananaas daray ah, xulo kuwa leh caleemo cagaaran oo madow oo iska ilaali dhibcaha jilicsan ama madow

**Sida loo Diyaariyo:** Ku dar furulaatada, salsada, saladh-yada khudaarta, ama u googoy waslad cunto fudud ahaan

**Kaydinta:** Firinjeerka geli caananaaska gogo'an muddo 2-3 maalmood ah



Abriil 22 waa Maalinta Dhulka!

Xiliga gu'ga waxaa loogu talagalay in aad dibadda ula baxdo qoyskaaga oo aad ku raaxaysataan cimilada diiran! Haddii aad u baahan tahay fikrado ku saabsan sida aad ugu firfircoonaan lahayd daaradaada dambe ama darjiinka degaankaaga, booqo lingaxa hoose si aad ugu hesho 10 hawlood oo dibadda ah oo qoyska ku habboon.

[https://www.canr.msu.edu/news/10\\_backyard\\_activities\\_to\\_do\\_with\\_children](https://www.canr.msu.edu/news/10_backyard_activities_to_do_with_children)