



MAAYO 2023



Balbaalowga Bataatiga iyo Khudaarta Leh

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



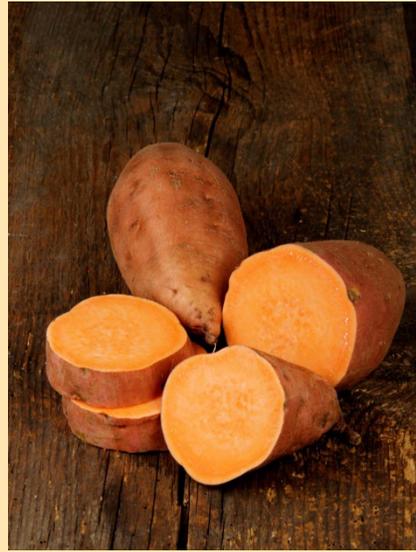
Waxa Xilli-sannadeedka
soo Go'o: Maayo

Kabaash

Kabaashka Kale

Isbinaaj

Farawla



Wax-soo-saarka La Soo Bandhigay:
Bataati

Xilliga Ugu Wanaagsan: Dayrta & jiilaalka

Xulashada: Dooro baradho adag oo
maqaar sulub leh

Sida loo Diyaariyo: U jeex oo u dub sidii
waslad ahaan, maqaarka baradhada, ama
ku dar saladh-yada

Kaydinta: Ku kaydi baradhada meel
qabow oo mugdi ah oo ku isticmaal 3-5
toddobaad gudahooda



Jikada 101

Fiiri muuqaalada taxanaha cusub
ee Celebrate Your Plate: Jikada
101! Muuqaaladaan waxa loogu
talagalay inay ka caawiyaan inay
ka dhigaan jikadaada mid
ammaan, nadiif ah, iyo inaad
barataan xirfad cusub ama laba
ku saabsan cunto karinta.