



Abril 2024



Asbeerjada Booraysan ee Farmaajada Parmesan 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: Abriil

**Asberjoos
Rubaabka**



Wax-soo-saarka La Soo Bandhigay: Asberjoos

Xilliga Ugu Wanaagsan: Gu'ga

Xulashada: Dooro jiridyada adag, adigoo iska ilaalinaya jiridyada qombabsan

Sida loo Diyaariyo: Dub, uumi, ama salool asberjooska

Kaydinta: Firinjeerka geli muddo ilaa 4 maalmood ah adiga oo cirifyada ka duubaya jiridka oo ku duuban xaanshida cunto karinta oo qoyan oo bac ku ridaya



KITCHEN 101:

KIDS IN THE KITCHEN

FROM:  + 

Muuqaalada Jikada Cusub ee 101

Celebrate Your Plate waxay haysaa 10 muuqaal oo Jikada cusub 101 ah oo ku jira mareegteena! Ogow wax badan oo ku saabsan bocorka, cagaarka caleenta leh, baradhada, digirta, geedaha yaryar, iyo in ka badan. Booqo mareegteena ama kanaalkeena YouTube-ka si aad u daawato muuqaalada. Nala soo wadaag waxa ay tahay xaqiiqada cusub ee aad ka ogaatay cunto karinta!

CelebrateYourPlate.org

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