



ABRIIL 2022



Hilib Digaag Tufaax Leh oo Daawaha Lagu Dubay

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**

Babaay

Barbarooni

Qajaarka

Cambo



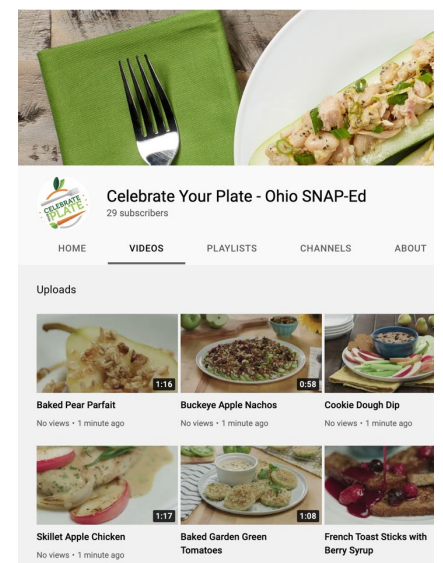
**Wax-soo-saarka La Soo
Bandhigay: Basasha**

Xilliga Ugu Wanaagsan: Gu'ga, Dayrta,
& Jiilaalka

Xulashada: Dooro basasha adag ee leh
maqaarka sare ee qalalan, dhalaalaya, jilcan

Sida loo Diyaariyo: Ku dar basasha la
jarjaray xaga basbaaska, maraqyada,
saladh-yada, ama shiilka walaqaq

Kaydinta: Ku kaydi basasha oo dhan meel
qabow, mugdi ah, si loogu isticmaalo 4
toddobaad gudahooda



**Muuqaalada Cusub Ee
Cunto Diyaarinta**

Ma jeceshahay inaad daawato sida
soo'ooyinka loo sameeyo? Fiiri
tobankeena muuqaal ee cusub ee
cunto diyaarinta kuwaasoo hadda
soo gaaray bogga Celebrate Your
Plate. Sidoo kale ka hel
muuqaaladaan iyo dhammaan 60-ka
muuqaal ee cunto diyaarinta
boggeena YouTube.