

Faa'idooyinka ka Qaybgelinta Carruurta Jikada

(excerpt from <https://www.allinahealth.org/healthyseto/nourish/kids-in-the-kitchen-tips-and-recipes-for-flavorful-fun>)

- Xirfadaha xisaabta waxaa lagu xoojiyaa tirinta iyo cabbiraadda waxyaabaha ku jira karinta.
- Xirfadaha sayniska waxaa la baraa marka laga wada hadlayo sida heerkulku u beddelo cuntooyinka, iyo sida cuntooyinka qaarkood ay jirkeenna ugu ilaaliyaan caafimaad qab.
- Erayada cusub waxaa la soo bandhigaa markii lagu sharraxayo muuqaalka, dareenka iyo dhadhanka cuntada.
- Hawlaha fulinta iyo xirfadaha qorshaynta iyo dhammaystirka howlaha ayaa laga shaqaysiinayaa marka qorshaha cuntada la raacayo bilow ilaa dhamaad.
- Wada jir u karinta cuntadu waxay kaloo dhiiri gelin kartaa qaab nololeed caafimaad leh. Waxay baraysaa carruurtaada inaad ahmiyada siiso caafimaadka halkii aad ka raaci lahayd habka ugu fudud ee cunnooyinka la warshadeeyo. Waxay kaloo awood siisaa carruurta marka ay dareemaan in fikirkooda la qiimaynayo.

Badbaadada wax karinta

- In la baro nabadgelyada jikada markay yar yihiin ayaa sidoo kale muhiim ah.
- Qalabka jikada ee yar yar sida toasters-ka iyo mikrowayfka ayaa badanaa loo ilduufaa in ay yihiin meelo khatar leh, laakiin socod-baradku waa xariifiin oo waxay isticmaalaan iyaga oo aan fahmaynin halista. Maddii ilmahaagu aad uga yar yahay inuu raaco tilmaamaha qoraalka ah, waxay aad uga yar yihiin inay isticmaalaan mikrowayf ama mashiinka lagu kululeeyo rootiga iyada oo aan la kormeeraynin.
- Waxa kale oo muhiim ah in la kormeero carruurta marka aad barayso isticmaalka waxyaabahay afka leh. Ikhtiyaaraadka ku habboon carruurta ayaa loo heli karaa si loo caawiyo carruurta da'da yar yar ee ilaa 3 sano jir ka ah inay ku tababartaan xirfadaha karinta iyadoo la kormeerayo.
- Hubi inaad maydho gacmahaaga ka hor iyo ka dib karinta, iyo sidoo kale markaad taabato ukunta ama hiibka aan la karinin.



SIDA AY CARRURTA YAR YAR UGA CAAWIN KARAAN JIKADA:

- isku daraan qaybaha cuntada ee horay loo cabiray oo ku shub baaquliga isku qasitaanka oo kaa caawin inaad walaalo qab
- farmaajada/jiiska in ay burburiyaan
- In ay sameeyaan oo jarjaraan buskudka
- in ay shiidaan baradhada iyada oo la isticmaalayo shiide
- In ay biyo raaciyaan/dhaqo digirta qasacadaysan
- In ay malaasaan duubka hilibka (meatballs)
- In ay kala fidiyaan cajiibka duuban ama ka caawiyaan samaynta baastada
- In ay farmaajo/jiis shiidaan ama toonka jarjaraan
- In ay daaraan mashiinka wax shiida ama qasa
- in ay dhaqaan miraha iyo khudrada
- In ay qasaan ukunta

SIDA AY CARUURTA WAAWEYNI UGA CAAWIN KARAAN JIKADA:

- in ay hilib digaaga dusha ka marmariyaan dahaarka ka samaysan ukun iyo siiriyal.
- in ay nadiifiyaan miisaska cuntada lagu diyaariyo korkooda iyo maacuunta
- In ay ka caawiyaan qorshaynta liistada cuntada iyo dukaamaynta raashinka
- in ay cabiraan oo ku daraan waxyaabaha cuntadu ka koobantahay iyo xawaashyada
- in ay isku daraan buskudka ama keega, oo duba
- in ay diirka ka fiiqaan oo jeexjeexaan khudrada sida karootada, qajaarka, yaanyada iyo baradhada
- in ay geliyaan waxyaabaha cuntadu ka koobantahay qoriga (skewers) fiqan
- in ayku shubaan cajiibka daawaha baankeega duba oo rog rogaan baankeega
- in ay sootii gareeyaan (saute) ama walaqaan waxyaabaha cuntadu ka koobantahay shoollada korkeeda



Tamaashiir ku Qoritaanka

Jidka la Lugeeyo

<https://www.kitchentableclassroom.com/sidewalk-chalk-paint-a-diy-recipe/>

Waxyaabahaay ka kooban tahay cuntadu:

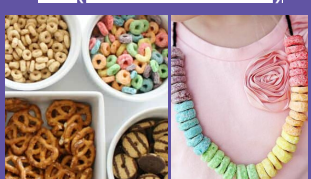
- 1/2 nus koob budada istaarji ah
 - 1/2 koob Biyo ah
 - Midabaynta Cuntada
- Isku qas istaarjiga iyo biyaha baaquli gudhiis. Ku dar midabaynta cuntada. Wuxuu ugu fiican yahay haddii isla markiiba la isticmaalo.

6 Talo Adiga oo Feejigan ah in aad Wax Cunto

<https://ca.ctrinstitute.com/blog/6-tips-mindful-eating/>

1. Tartiibo U diyaarI jirkaaga iyo maskaxdaada waxa aad cuni rabto adiga oo qaadanaya 5 neefsasho kahor intaan bilaabin. Neefsashada qoto dheer waxay xasilisaa jirka waxayna ku keentaa wakhtiga xaadirka ah.
2. Isku day inaad wax cuno dhowr daqiiqo aamusnaan. Dooro in aad cunto isnaaga adiga oo aamusan ama u diyaari shan daqiiqo oo wakhtiga cuntada ah inaad aamusnaato.
3. Farageetada dhig inta u dhexeysa cantuugoooyinka. Iskuday inaad farageetadaada u wareejiso gacantaada bidix ama isticmaal chopsticks.
4. U fiirso dareenkaaga. U fiirso midabada dulsaaran saxankaaga, dhadhami dhadhanka oo dareen sida uu isu bedelayo qaab dhismeedkeedu marka aad calalinayso, uri udgoonkeeda, dhagayso waxa aad maqlayso markaad wax cunayso. In aad howl geliso mid kasta oo ka mid ah dareemayaashaada ah ayaa waxay ku siin kartaa waayo-aragnimo aad u raaxo badan oo waxaad ogaan kartaa inaad in yar uun ku qanacdo.
5. Naftaada hubi kahor. dhexeeda iyo ka dib cuntada ama cuntada fudud fiiri adiga oo aan la yaabanaynin Qiyaastii I ilaa IO, ma waxaan joogaa waan gaajoonayaa (I), aad baan u dhergay (IO)? Qorshayso inaad joojiso wax cunista agagaarka 6-7 markaad qanacdo, oo aadan dhergin.
6. Ku mahadnaq Ka mahadnaq waxyaabaha cuntada laga sameeyey, halka ay ka yimaadeen, sida ay miiskaaga ku yimaadeen iyo hanankaaga u beddelay saxan aad ku raaxaysato.

Qoorgashi Cunto fudud ah (Snack Necklace)



khudaar kabob

1. Ilmahaaga sii kabob (iska ilaali caarada fiqan)
2. Soo diyaari strawberry, moos, bears, tufaax oo jeex jeexan, ama nooc kasta oo miro ah ee carruurtaadu jecel yihiin.
3. Ilmahaaga ha samaysto kabob miro u gaar ah. Tani waa fursad fiican oo aad ku bari kartaan qaababka! Ilmahaagu miyuu samaysan karaa qaabka strawberry- moos ah? Carruurta waaweyn ayaa isku xiri kara tufaax-moos-strawberry-kiwi.

Farshaxanka baankeega



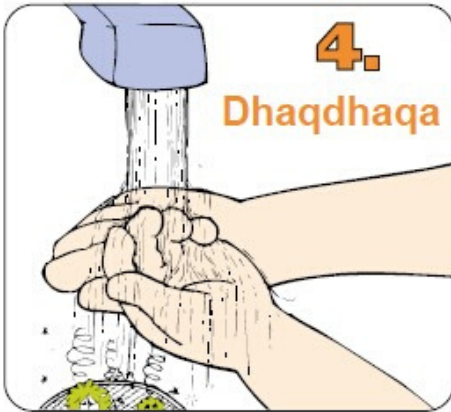
Yogurt barafaysan

1. Sii mid kasta oo ka mid ah carruurtaada saxan warqad ah oo ay saarantahay warqad ama warqad bac ah.
2. Yoogar ku tif tiqji warqaddooda. Waxaad saari kartaa qalabka buskudka lagu jaro saxanka dushiisa oo buuxi gudhiisa. Ama u ogolow carruurtaadu inay adeegsadaan farahooda ama burushka rinjiga oo nadiif ah si ay u faafiyaan yoogarka.
3. Marka xiga, u ogolow inay sawirro ku sameeyaan yoogarkooda iyaga oo isticmaalaya miro daray ah, miro la qalajiyey, granola, ama shukulaato. Eeg in ay samayn karaan qorax soo bax, ubax, ama waji.
4. Geli saxankaaga (si taxaddar leh) qaboojiyaha qaybta barafka (freezer). Baraf ka dhig dhawr saacadood, ka dibna u ogolow carruurtaadu inay cunaan xirfadooda!

Noqo Ka-Hortage Jermis



Gacmaha Iska Dhaq



Waaaxda Caafimaadka Minnesota
Xarunta Ammaanka Cuntada
625 N Robert St, PO Box 64975, St. Paul, MN 55164
651-201-5414, TDD/TTY 651-201-5797, www.health.state.mn.us

"Be A Germ-Buster" Somali
Waxa lagaga soo qaatay fasax Waaaxda Caafimaadka Gobolka Washington.

Heeso lagu heeso inta aad gacmahaaga dhaqayso



"Dhalaal, dhalaal, xiddig yahay yar"

Dhalaal, dhalaal, xiddig yahay yar
Fiiri sida ay labadayda gacmood nadiif u yihiin
Saabuun iyo biyo, ku dhaq oo xoq
Jeermiskaan ka saaray, xoq xoq xoqay
Dhalaal, dhalaal, xiddig yahay yar
Fiiri sida ay labadayda gacmood nadiif u yihiin

"Dhaq, dhaq, dhaq gacmahaaga"

Dhaq, dhaq, dhaq gacmahaaga
Intaad heestan ku heesayso
Iskuxoq oo jaf, iskuxoq oo jaf (Rub and scrub, rub and scrub)
Jeermisku waxay hoos ugu daadanayaa bullaacadda
Xoq, xoq, xaq gacmahaaga
Intaad heestan ku heesayso
Iskuxoq oo jaf, iskuxoq oo jaf (Rub and scrub, rub and scrub)
Jeermisku waxay hoos ugu daadanayaa bullaacadda

"Haddii aad wasakhaysan tahay oo aad ogtahay"

Haddii aad wasakhaysan tahay oo aad ogtahay
Dhaq gacmahaaga
Haddii aad wasakhaysan tahay oo aad ogtahay
Dhaq gacmahaaga
Haddii aad wasakhaysan tahay oo aad ogtahay
Markaas gacmahaagu runtii way muujin doonaan
Haddii aad wasakhaysan tahay oo waad ogtahay
Dhaq gacmahaaga

[Codka Jimicsi Yaraynaya Welwelka:](https://ca.ctrinstitute.com/stress-reduction-exercises/)

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