




CUNISTA TIRO BADAN:

MIRO IYO KHUDAAR

Waad ogtahay in cuista miraha iyo khudaartu ay muhiim tahay — laakiin maalmaha qaar way adagtahay in lacuno.

Iskuday naad kudarto hal miro ama khudaar ah cunto kasta iyo cunto kasta oo fudud. U adeegso tusaalayaashaan tilmaan ahaan!

QURAACDA

- Kudar moos jarjaran seeriyaal qaboow.
 - Kuqas beeriyada boorashka.
 - Kudarso dheecaanka tufaaxda canjeelada.
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QADADA

- Saladh kadhigo cuntadaada. Kudar caleenta cagaar madoowga ah ee lettuce ta sida romaine. Iskudar khudaarta midabyada badan qaarkood, oo lajarjaray sida basbska bell, yaanyada, barakooliga, iyo kaarootada. Kudar oranjiyada madarin, digaagta karsan, tarkiga, hilibka dooofaarka, ama digirta. Kudar saladhka aan dufanka badan lahayd.
- Kudar khudaar sanwijkaaga sida caleenta cagaar madoowga ee lettuce ta, jeexyada jaanyada, basasha lajarjaray, basbaaska bell, iyo afakaadhada.
- Kudar khudaar dheeri ah maraqaaga sida kaarootada, basasha, yaanyada, iyo salmukada.

CUNTOOYIN FUDUD

- Cun barakooli ceeriin ah kaarootada, gabal qariyaha, yaanyada, iyo jeexyada basbaaska oo malmalaado ah.
- Iskuday qaraha ama kantaloobka.
- Marso subaga lawska tufaax ama jeexyada mooska.
- Kudhuuq beeriyada yooqadka.



CASHADA

- Kudasoo khudaar cuntooyinka aad karsatay. Tusaale, iskuday:
 - Digaagta kaasoroole oo salmuko leh, kaarooto, kalay, ama digirt cagaaran
 - Saxan bariis ah oo lagu daray barakooli, ansalaato, kaarooto, ama salmuko
- Iskuday baradho macaan oo duban. Udub sida baradhada cad.
- So iibso baakadaha khudaarta qaboow kujirto. Kashub intaad cashada kukarsanayso inta kalana kuceli talaagada.
- Cab cabitaanka miraha qasacadaysan oo 100% ama biyo markaad oonto.

TILMAAN

Mraha guud cun halkaad cabitaankeeda cabi lahayd. Miraha guud ayaa leh fibar kugu filan waxaana kujira khudaar dabiici ah oo kayar tan cabitaanka lasameeyay.

MIRAHA IYO KHUDAARTA:

- Way macaan yihiin.
- Waxaa laga sameeyaa cunto fudud oo macaan.
- Way fududahay in ladiyaarsho.
- Waxaa laga helaa feetamiin badan, macaadin, iyo fibar.
- Waxay kaacaawinayaan kahortaga xanuunada wadnaha iyo kansarka!

CADADKA D CUNAYSO MAALIN KASTA

Caruurta (1-5 sano jirka ah)	Haweenka	Maxaa udhigma 1 koob?
1 - 1½ koob oo miro ah	2 koob oo miro ah	1 koob oo miro ama dheecaanka miraha ah; ½ koob oo miro qalalan ah
1 - 1½ koob oo khudaar ah	3 koob oo khudaar ah	1 koob oo ah khudaar ceeriin ama karsan; 2 koob oo caleenta cagaaran oo ceeriin ah



Haayadaan waxay bixisaa fursad loosimanyahay.