



Good Food for Kids

خارنن یا ئه بوو بچیکا

1. Calcium is needed for bone development and growth. It is found in milk, yogurt, fish with bones and some dark green vegetables, such as broccoli.

١- کالسیوم پێتقییه بوو بیهز کرنا هه ستیکا . وهه به لسیری و ماهی و ماهی و ههنگ که ستانن
هر و نهت .

2. Iron helps the body produce energy. It is found in red meat, poultry, fish, and dried beans.

٢- ئه بن هاری عاریا دهرونی دکت بوو ساهه ناک . وهه به لانی کونکت بوورو وریک و ماهی و
یامین هسک .

3. Carrots, spinach, and other fruits and vegetables are high in Vitamin A and Vitamin C. Vitamin A is important for good vision and healthy skin. Vitamin C keeps gums healthy and protects against infection.

٣- کیزه و سپیناغ و قیقه و که سکانی که له ک قیامین (A) و قیامین (C) نیدا هه به . قیامین (A) یا ئه
بوو چاف بوون و چه رهت مروفه . و قیامین (C) یا ئه بوو لیت قایم کرنی و دیرت نکت ز کون بید .

4. Energy is important and comes from breads, rice, cereal, and pasta.

٤- ساهه ک گرنگه وهه به لانی و پرنهت و سربالی و نه عربت .

5. Choose healthy snacks, such as fruits, vegetables, dairy products, and nuts. They are more nutritious and better for children's teeth than sodas, chips, and sweets.

٥- وریکه خارتین بهک وه که قیقه و که سکانی و چورین سیر و بنقا که فی خارنن هه که ندرهینه
و یا ئه بوو ددان بچیکا و سووده و چیه و سربانه .

6. Daily physical activity is important for children so that their bodies will grow up strong and healthy.

٦- یارتین وه زرتی که له ک گرنگه بوو معزین بینا بچیکا و ساهه ناوان .

Kurdish Language: Bahdiny, or Bahdinani, Dialect

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