



Good Food for Kids

CUNTADA CURUURTA U FIICAN

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.

Kaalshada waxay u fiicantahay koritaanka iyo dhismaha lafaha.

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

Birta waxay jirka siisaa tamarta. Waxaana laga helaa hilibka jiirta ah, digaagga, mallayga iyo digirta cas.

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.

Dabacasaha (karootada) isbinaajada (kablaha) khudradda iyo cagaarka waxaa ku badan vitamiin A iyo vitamiin C. Vitamiin Adu waxay u roontahay aragga iyo maqaarka (jirka). Vitamiin Cdu waxay u roontahay kana ilaalyaa cirridka in uu bukado.

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

Tamarta waa lagama maarmaan, waxaana laga helaa rootiga, bariiska, badarka iyo baastada.

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.

Intii ay caruurta qaadan lahayd cabidda gassku kujiro (sodas), bataatiga qallalan (Chips) iyo macmacaanka waxaa ilmaha uga nafaga badan cuntada fudud (snacks) sida khudradda, cagaarka, waxyaabaha caanaha laga sameeyo (farmaajada) iyo lowska.

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

Dhaqdhaqaaqa caruurta jirkooda waa lagamamaarman, waayo waxaa ku koraya jirkooda.

Somali Language Version

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