



Good Food for Kids

Nyaata Gaarii Ijoolee dhaaf Ta'u

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.

Kaaksheemiin jabinna fi guddina lafeef gargaara. Innis Annan, Itittuu, Qurxummii lafee qabu fi waan akka margarsuu qabuu (Brokoolii) dha.

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

Ayireeniin qaamni akka humna hijetu gargaara. Innis Foon Diimaa, Handaanqoo, Qurxummii fi Baaqeelaa gogaa keessa ti argama.

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.

Kaarotii, Raafuu fi Ija Mukaa fi Maargarsuun Vitaamina A, fi C gudda of keessa qabu. Vitaaminni A, argatuu dha fi gogaaqaamaa ijoolleef guddaa barbaachisaa dha. Vitamini C fayina foon ilkaanii fi dhukaba adda adda irraa eeguuf gargaara.

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

Humni baay'ee barbaachisaa dha, Innis Daabbpp, Ruuza, Akayyi fi Pasta kessaa dhufa.

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.

Geediisoo (snack) gaarii ijoolleedhaa filiif (dhiheesiif), Innis Ija Mukkaa, margarsuu baala, waan loonii fi Ocholona. Isaanis nyaata gaarii fi ilkaan ijoolleefis fayyihna kennu. Kunis waana mi'ayaa fi akayyi, dinichaa (chips) irra wayya.

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

Chocho'uniss guyyuma guyyaa ti ijoolleef baay'ee barbaachisaa dha. Kanaaf qaama jabaataa ta'e fi fayyaa qabooto in ta'u.

Oromo Language Version

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