



# Good Food for Kids

## ዝበለጸ ምግብ ንቕልዑ

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.

አዕጽምቲ ንኸድልድሉን ፡ ሰውነት ንኸህጽን ፡ ካልቡም የድልቡም ። እዚ ካእ ካብ ጸብ ፡ ርግሕ ፡ ዓሳ ምስ ዓጽሙ ፡ አሕምልቲ ደርከቡ ። ንአብነት ከም እኒ ሰደኖ ።

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

ሓዲን (አደርን) ንሰውነት ሓዲሊ ንክፈጥር ይሕግዞ ። እዚ ካእ ፡ ካብ ቀይሕ ሰጋ ፡ አዕዋፍ-ዘቤት ፡ ዓሳ ፡ ከምኡ ውን ፡ ካብ ንቕጽ ባልደንጋ ንረኸቦ ።

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.

ካርቲ ፡ ሰፒናት ሠይነት ሓምሊ) ፡ ፍራ-ጽግታ ፡ ከምኡ ውን ፡ አሕምልቲ ፡ ዝለዓለ ቪታሚን-ኤይን ፡ ቪታሚን-ሲን ሓምሊ ደርከቡ ። ቪታሚን-ኤይ ፡ ዓይነ ብቅነዕ ንኸርእ ፡ ከምኡ ውን ጥዕና ዘለዎ ቆርብት ንክህልዎን ይሕግዞን ። ቪታሚን-ሲ ካእ ፡ ጥዕና ዘለዎ ደርጊ ሰጊ ንክህልዎን ይሕግዞን ። ከምኡ ውን ካብ ዝሆነ አጥቃፂ ዓይነት ሕጻናት ፡ ንምክልኻል ይጠቓመክ ።

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

ናይ ሰውነት ሓዲሊ ፡ ቀንዲ ተደላይ እዩ ። እዚ ካእ ካብ ባጊ ፡ ፍዝ ፡ እኸሊ ፡ ከምኡ ውን ካብ ፓሰታ ትረኸቦ ።

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.

ጥዕና ዝህቡ ጠገታት ምረጽ ። ንአብነት ከም እኒ ፍራ-ጽግታ ፡ አሕምልቲ ፡ ውጽኢት ናይ አዕዋፍ-ዘቤት ፡ ከምኡ ውን ፋል ። ንቕልዑ ዝጠቓሙ ብዙሕ ጥዕና ዝህቡ መግብታት አለው ። ካብ ንአሰናኖም ዘጠጡ ዓይነት መግብ ምሃብ ተቐጠብ ። ንአብነት ከም ቅልው-ደንኸ ፡ ኮረጫላ ፡ ከምኡ ውን ጋዝ ዘለዎም ምቁር መሰተታት ።

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

መዓልታዊ ናይ ሰውነት ምንቅሊቻን ንቕልዑ አድላይ እዩ። እዚ ካእ ፡ ሰውነትም ደልዲሉ ፡ ብጥዕና ንኸገብዩ ይሕግዞም ።

Tigrinian Language Version

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