



Good Food for Kids

Onje To Dara Fun Awon Omode

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.

Kalcium je ohun ti o se pataki fun idagba soke ati alafia awon omode. Oje ohun ta leri ninu omi oyan malu ati ti iya ati yogoti, eja to ni egungun ninu pelu efo orisirisi bi brokoli.

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

Iron nran ara lowo, toripe onfun ara ni agbara. A le ri iron ninu eran jije, adiyee, eja ati ewa gbigbe.

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.

Karoti, efo gbure, pelu orisirisi eso jije lo ni vitamin A pelu vitamin C ninu. Vitamin A dara fun oju ati iran riri ati, awo ara to lewa. Vitamin C si nfun erigi ni alafia lowo arun ti o ba ehin ati enu ja.

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

Agbara je nkan pataki fun omode. Awon onje wonyi, kun fun opolopo agbara, awon onje bi buredi, iresi, cereal, pasita, tabi isu.

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.

Fun ipanu to dara, ma je awon eso bi osan, ibepe, efo, omi oyan, wara, ati epa lorisirisi. Maje ipanu to dara fun ehin omode, ju awon nkan didun bi kokakola ati kuki ti o ni o po iyo didun ninu.

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

Ere idaraya lo jojumo dara lopolopo fun idagba soke awon omode, toripe won yio ni agbara ati alafia.

Yoruba Language Version

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