

Hih thusinna na simkhit ciangin, a nuai a, sittelna link pan dotnate na zawkhit teh (nutrition education credit) thaneihna ding an nektuidawn pilna ci in, na sangkahna ciaptehna lai nangah ding hi.

An piak haksate sepzia ding



Lampaitheita naupang an nekna sabuai ah a om ciang, an nek hunpen khatveivei lungzing huai thei hi. Innkuan an nekhun sung a noptheihna dingin hih anuai a, honghuhthei thute na zui in.

Naupangte pen an nek ciang, a duh a teelhaat pen ahi thei mah hi.

Amau an thaknek ciang kidawm mahmah hi. Nitak an nek hunciang, a sun an nahtang a nawhnekna khateh teng sual tungah na kia zeizai thei hi. Hi pen a ngeina tawh a ki bat hang, an nek kik huntteh lungzing huai leh haksapi khat hi thei hi.

Annek ngeina cih banghiam?

- Ni khat a duh an pen zingciang duh nawn lo hi.
- Annek ciang tawmcik bekne in, tua a nekna kuang pen annек kik hun ciang sawp a, hah kul hi.
- Anthak ciam in ne nuam lo hi.
- Anthak a ciapngei ma tampi vei mu khin hi.

Sepding Tavuan Khenna

Nata an napiak ciang, na sepding 3 om hi. Na khensat ding:

- Nata in *bang* ne.
- *Banghun* ciang ne.
- *Koi lai ah* ne nuam.

Nata sepding:

- *Bangzah* ne ding.
- *Bang* ne nuam.

Anpiak ding pen nang tavuan hi in, nata nasep amah semsak in.



Hih takah an piak haksate sepzia ding tawh kisai honghuhthei thute ahi hi.

- 1. Nasepngei na bangmah sem in.** An leh moh te napiak hun ngeina mah ah nisim napiak hun kibang sak in. Nata in an a duh kei a leh, moh nek hun ah thaneihna ding ante pia in. bawngnawi pen an tawh pia khawmthei hi, ahih hang an leh moh nekhun kikal ah tui pia in. Singgahtui, bawngnawi, leh mohte sunsung khempeuh na piak leh an ne zo lo ding hi.
- 2. Nata annек zawhleleh nekzawh loh pen thupi sim in.** Nata annек zawh loh ciangin punsan kei in. Naupangte in a pumpi thuakzawh leh gilkiel hun ngak theih pen a hoih zaw ahi hi. Sun an tam a nek leh, nitak an nek ding lunglut lo thei hi. Nata in annек ding khensatna pen amah nasep hi. Annек ding sawlzawh thutawh hih, a duh kei leh tai in danpia cih te khawng nahih leh, a duh uh an khat nangawn duh lo sak thei hi.
- 3. Zolbawl kei in.** Nata hih an a nek leh tua hih sak ding cih dan in zolbawl kei in. Tuabang hih na in “thamanpiak” an lawphuai sak in, napiak nop an pen piaknop huai den lo ding hi. Tua in nitak annекna sabuai ah nitak sim kitotna piak sak hi.
- 4. Sin in, sin kik kik in.** An duh lo in naupang in hong nial a leh, pia nawn lo in om kei in. A duh loh ante leh anthakte pia pia lel in. Lampaithei cil nata ih kam sungah an ciamin a duh bang pen napiak 10 vei zat ciangbang kai thei hi. Annек hun leh mohnek dingte ciangtan le cin, tua Anthak te napiak ciang nata gilkiel tawh ki tuak leh lempen hi.
- 5. Anhuansiam naupang note.** An huan pawlkhat te: an khah, Anzau, khahdingteng phazah simsak, huansung pan hikeileh tawlet pan mehza pawlkhat loo cih te, khawng lampaitheicil naupangte, kisawl thei hi (etcikbel ki sam hi). Anhuamsiam nata no nitak an bang huan ding, bang mehtehmehgah lei ding cih khawng ki huh sak in.



6. **Meh namtuisakna tuamtuam.** Cidamna tawh kituak an, mehtehmehgah leh thahatna ahi Protein an ahi, sa, leibe gawizan, leh ak tui te khawng pia in. Nata annek ciang a limna leh a piandan ki bang lo an te ciam sak in. Mehza leh namtuisakna tuamtuam te a huanbaih Ante ah khah in a lim thei dingin bawl in.
7. **An nekpen a neknop huai thei dingin bawl in.** Lampaitheicil naupangte in etlawm leh a etciang lunglut huai nono a, ki koih an te bek ciam nuam hi. An color, lim leh mel, koih dan cihte a kipan a muh ciangin an a duh pah nadingin bawl in. Naupangte in an a sawh sukding za deih se hi. Aksa kan te zong lampaitheicil naupangte'n duh mahmah hi. A neknopding in a kam tawh kituak, a petzawh tan ding an a sakte zong bawl in la, a thalh loh nading a hoih bek in tumtan in.
8. **Innkuan zia leh dan.** Nang zong a hih theih nakleh innkuan an neknop ki hel tangtang in. Setvan TV te khak in. Hih hun sungpen cidam nataw h kituak an nekna in zangin. Napiak an a duh kei leh, an lim a dangte bawl beh kei in. Ne in, a ne kei zongin amah duh an nam khat tawh a dang an te kinkhai in pia khawm in.



9. **Kizopna bawl ding.** An khat vei a duh nakleh, (nutritionist) annek tuidawn pilna nei siate ho pih in la nata an duh color, lim dan, limlehmeh tawh kibang thei ding a dang an te “an kizopnate” ci in kan in. Gentehna in, nata mai moh (Mai tawh kibawl an nam khat) a duh leh kawlkai a khum mekzante leh carrot zante ciam sak in.
10. **A kituak kopkhat.** Naupang a gol piante duh ma sak loh (a thuk leh a kha) leh, lampaitheicil naupangte' duh ngei sa (a khum leh a al) te tawh, ahilh kei leh amau theih ngei loh an te pia khawm in, sin in. Gentehna in, gawbipak a eng (broccoli) a kha leh a al a hi cheese tawh pia khawm le teh lampaitheicil naupang ih kamsung a' dingin a kituak kopkhat ahi hi.

KHAWL-IN!

Hiah meek in, dotnate na dawnkhit ciangin
ciaptehna lai na ngah ding hi.



 [leh](#)  [ah hong kan in.](#)

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