

Caadooyin u fiican cunugaaga ilkihiisa

Da'da 3–6 sano

folktandvardenblekinge.se



Ilko nadiif ah oo xooggan

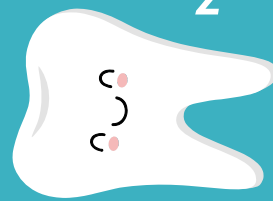
Ku caday ilkaha carruurta subax iyo habeen daawada cadayga ee flouraydka (F-). Cunuggaagu waxuu u baahan yahay in laga caawiyo cadeyga, ilaa uu ka gaaro ugu yaraan 10 sano.

10 sano



Ka fogow raashinka yar-yar

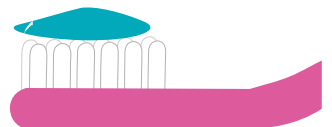
Ilkuha waa iney helaan xasilooni. U ogolow ilkaha iney nastaan inta u dhexeysa xilliyada raashinka, ka fogow cunnidda yar- yar.



Qadar intee
la eg oo daawo
caday ah?



3-5 sano: Qadarka
daawo caday ee 3-5
sano jirka waa iney
la ekaataa xajimiga
digrta.



Laaga bilaabo 6 sano:
Carruurta laga bilaabo
6 sano waxey isticmaali
karaan daawada ca-
dayga dadka waaweyn.



Biyaha ayaa ugu fiican

Marka cunuga ooman yahay, waxa ugu fiican in biyo la siiyo, habeen iyo maalin labadaba.

Kaliya sii caanaha hooyada-dhiggooda, cunno carruureedka shiidan ama biyo ku jira masaasad.

Nacnac, doolshe iyo cabitaanka macaan

Si aan u korno oo u hagaagsanaano waa inaan helnaa raashin kala duwan. Waa arrin fiican in la sugo in la siiyo cunugga nacnac, buskut doolshe, chips iyo cabitaan maacaan ilaa inti suusrtogal ah.

Waa caado fiican in la doorto hal maalin oo tobaadka sida – nacnaca Sabtida.



Ilko nadiif ah oo xooggan

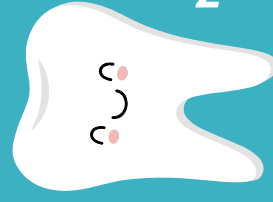
Ku caday ilkaha carruurta subax iyo habeen daawada cadayga ee flouraydka (F-). Cunuggaagu waxuu u baahan yahay in laga caawiyo cadeyga, ilaa uu ka gaaro ugu yaraan 10 sano.

10 sano



Ka fogow raashinka yar-yar

Ilkuha waa iney helaan xasilooni. U ogolow ilkaha iney nastaan inta u dhexeysa xilliyada raashinka, ka fogow cunnidda yar-yar.



Qadar intee la eg oo daawo caday ah?



3-5 sano: Qadarka daawo caday ee 3-5 sano jirka waa iney la ekaataa xajimiga digrta.



Laaga bilaabo 6 sano: Carruurta laga bilaabo 6 sano waxey isticmaali karaan daawada cadayga dadka waaweyn.



Biyaha ayaa ugu fiican

Marka cunuga ooman yahay, waxa ugu fiican in biyo la siiyo, habeen iyo maalin labadaba.

Kaliya sii caanaha hooyada-dhiggooda, cunno carruureedka shiidan ama biyo ku jira masaasad.

Nacnac, doolshe iyo cabitaanka macaan

Si aan u korno oo u hagaagsanaano waa inaan helnaa raashin kala duwan. Waa arrin fiican in la sugo in la siiyo cunugga nacnac, buskut doolshe, chips iyo cabitaan maacaan ilaa inti suusrtogal ah.

Waa caado fiican in la doorto hal maalin oo tobaadka sida – nacnaca Sabtida.



somali - somalisk

Caadooyin u fiican cunugaaga ilkihiisa

Da'da 3–6 sano

folktandvardenblekinge.se

