

Tëne pëy ka 6 (ku aa ce pëy ka 4)

Miith tueᅇ – läkläk/lanib miith ku miith köc

NIP ALLERGIES IN THE *Bub*

Miith thiᅇnic adit

Luçi Thiᅇp/bil

Kuen alᅇᅇ cᅇm



- Gᅇᅇ cam miith wᅇn rilköᅇth ee kᅇril apeil
- Gᅇᅇ mᅇenh du miᅇc miith wᅇn rilköᅇth tᅇwᅇn nyoth mᅇenh du kiit lᅇn cᅇ keek ya kawic cᅇm. Miith aye dᅇt kaam wᅇn guᅇlic/tᅇkic, keya na yᅇn ku gam miᅇth ku mᅇenh du aciᅇ cᅇm nhiaar, yᅇn a lᅇu ba baar them tᅇnᅇ nᅇin liik akölda.
- Miith tueᅇᅇ adhil bik yic naᅇ kuany miith derᅇic adit citmen ayᅇᅇt raap, tuᅇᅇ, akuem ku agooth ku miᅇth kööc ku riᅇᅇ aguᅇr. Yᅇn a lᅇu ba kᅇk gam ke liim, miithtim ku kuat rap.
- Tᅇ cᅇ mᅇenh du lui bᅇya cam, gᅇᅇ mᅇet miᅇth wᅇn ayiᅇel/akuök looi thᅇn miith yᅇn keek cᅇm thokic. Kuany tök tedᅇ ke rou ᅇ miith aluᅇt ayiᅇel/akuök wᅇn kuat/anᅇndu cam aluᅇt, ku gᅇᅇ ba kᅇkkᅇ maat thᅇn miith yᅇn ke mᅇenh du cᅇm thok.



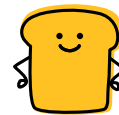
CA EE WEN

Miᅇc (aciᅇnic miᅇc, dieny aliu) tedᅇ ke ricotta lanib/läkläk a lᅇu abi maat liim tedᅇ ke miithtim cᅇ guuric. Ca menhkor wᅇn cᅇ looi ca ee weᅇ. Liᅇp kedᅇᅇ kor ᅇ madida (akᅇc diny) ke cᅇm meth tedᅇ ke menhtim cᅇ guuric.



TUᅇᅇ

Tuᅇᅇ-cᅇ thaal ku guur ke liim. Tuᅇᅇ-cᅇ thaal ku guur thᅇn cᅇm meth yic.



RAPDIT

Rap ᅇᅇᅇnic adit, raap-cᅇ looi ke cᅇm meth. Them madida rap cᅇ liᅇp ke ca thᅇn ca tedᅇ ke ca meth.



RᅇC

Lilbau/konh rᅇc salmon tedᅇ ke tuna a lᅇu bi guur ku liᅇp thᅇn liim cᅇ guuric. Them rᅇc mabiᅇr, cᅇ thaal wᅇn rᅇetic kathii nyin ku liᅇk thᅇn liim yiic.



AKUEM-SOY

Tofu a lᅇu bi guuric anib ku liᅇp thᅇn menhtim cᅇ guur.



ARIᅇP/ATᅇM

Liᅇp ariᅇp lanib ke piᅇu ku liᅇk thᅇn liim cᅇ guuric. Liᅇp kedᅇᅇ kor ᅇ ariᅇm/abiik tedᅇ ke ariᅇp lanib ke cᅇm meth tedᅇ ke menhtim cᅇ guuric.



AGOR TIM

Liᅇp agor tim cᅇ guur anib ke piᅇu ku liᅇk ke liim cᅇ guuric.



NYUᅇM

Ariᅇp nyuᅇm a lᅇu bi maat miithtim tedᅇ ke liim cᅇ guuric.

Wᅇl/thᅇn kᅇnᅇ agem kᅇᅇ cᅇ tak tᅇnᅇ luçi ayiᅇel wᅇnᅇ miith lac looi. Tᅇnᅇ kuat wᅇl/thᅇn alᅇᅇ ciᅇm meth, keyi bᅇr tᅇnᅇ loiloi pialwᅇi luthᅇn gendun tedᅇ ke baai ciᅇᅇ tedᅇ ke Raising Children's Network.

Luçi gᅇl ayiᅇel/akuök ᅇ miᅇth akony yᅇe

Dinka | Thuᅇᅇᅇᅇ



Luçi kᅇnᅇ aye miᅇc wᅇu tᅇnᅇ Akutnom Akuma Australia ᅇ Pialwᅇi