

Cuɔpɔɛ kɛ pãth 10 a wã kã pãth 12

Kuan ti puɔth ti ca ɲuɔk kɛnɛ kuan ti ca nor kɛ kuan tin camkɛ kɛ yɛt

**NIP
ALLERGIES
IN THE**

Bub

Rëp mǐjthni ti camkɛ

Tin tekɛ maan ɛɔɲ

**Kuan tin nhiam tin
camkɛ kɛ yɛt**

Mieth ran kãrɔa



- Gatdu mǐjeth tok kãrɔa kɛ guãath in wëë kɛ ben nhial. En yöö bi raan mieth tok kãrɔa bece kã la ɔɔɔɔɔ ɲiɔ mi dǐit!
- ɲotni kɛ mi la kãmi jɛ kuan ti kɔkɛn a cãɲ /ci wɪc gatdu te thɪn.
- Cu gatdu kuk kuän, ɛni yöö ɲãcni jɛ ɛn yöö ɔɔaɛ ɛn yöö dëë kuan ti kɔkɛn la thöpkɛ kɛ kuɪ kã yöö dee gatdu ɔ kule ɲieec kɛ mieth.
- Tok kuan tin la gɛɛr ciaɲ nath tin /keni met thöp kɛ thöp kã ɲotni kɛ mi thöpi tin la kãmi jɛ ni wän.



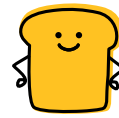
CAK YAAN

Juray mi lim lim kɛnɛ dɔw jiaath mi puɔth puɔth mi cake mat kɛel deeke lãt ɛ ɔɔaɛ. Yɔn juray mi lim mi ca thal kɛ mac kɛ jurayni ti ca maɲt kɛel. Lãthni cak yaan kuän bɛel. Yɔn juray in kɔcni jɛn min ca ɲuɔk kã diaal. Deri liɛeth juray mi lim lim yɔn kɛ yɪr wɪj juraay bã kɛ tin dak thokeriɛn.



TUɔɔN

Yɔn omelettes (kuän mi lãtkɛ kɛ ton), frittatas (kuän tonni), kuän tonni jurayni French amãni jurayni ti pat paat. Yɔn gatdu kɛ kãm omelette (kuän mi lãtkɛ kɛ ton) mi ca lãth rey ruthã mi ca kɛl.



BEL

Cariɛy mi ca thal ɛ kɔc cɛtkɛ kɛk kɛnɛ makörön dëëke thöp. Juray (mi te kɛ ɲɔɲ, kɛ thãɲ guãthni liɛeth thɪm-thɪm (sesame)) mi ca thöp ala yöö camkɛ kɛ wuɲth yet kɛ mi camkɛ ala jurayni ti ca maɲt kɛel. Lãthni nup bɛel rey mulaɲkã juɔl mi ca thal. Lãthni jurayni ti bi maɲt kɛel kã bike cu ɲuɔk. Yɔn kuän in cɔali Weet-Bix™ mi dëë cam kɛel kɛ cak kɛnɛ moth kɛ banana.



REY

Yɔn rec tin thalke cãɲ kɛ cam, jurayni ti ca mat kɛ rec tuna, kɛ matni rec tuna rey juray mi cɔali zucchini. Yɔn rec ti ɲuan, ti ca cɔwkɛn kam raar (cɛtkɛ rey salmon mi pay thal). Yɔn riɲ rec kɛ mulãk rec. Rey in cɔali tuna kɛ salmon mi camkɛ kɛel kɛnɛ cariey, ruth, cariey mi bãär kɛ mulãkni juɔl ti ca thal.



CAK ɲɔɔRã

Jurayni ti ɲuan te reydiɛn kɛ ɲɔɲ, mi lotni yöö yɔn jurayni ti ca liom kɛ ti gööl kɛ jurayni ti camkɛ kɛ tet. Mieth kuän tofu mi ca dãk buani kɛnɛ mulaɲkni juɔl ti ca thal. Mieth kuän tofu mi ca thal kɛel kɛnɛ liɛeth dëë jɛ thöp ala kuän mi dëë cam kɛ yɛt.



DɔN PINY

Lãthni dɔn piny mi puɔth puɔth rey jurayni, rey kuän mi thaali kɛ lãthniɛ rey riɛn.



DEY JIɛEN

Mǐjthni kɛ dey jɛɛn tin la yierke ɲpãni jurayni, wɪj kã mi cami kɛ mi matke rey riɛn mi ca thiem. Yɔnɛ ɛn yöö bike yɪr kɛ pesto mi tekɛ dɔn piny rey carieyã. Deri nup mi cɔali almond yɔn kɛ rialidu ikã kɛ jurayni.



Jiath liɛeth thɪm-thɪm (SESAME)

Yɔn liɛeth mi te reyde kɛ tãniɛ, lãthniɛ wɪj juray, kɛ kuerɲiɛ rey mulaɲkã juɔl mi ca thal. Liɛeth mi jien kã tãniɛ (jiath liɛeth thɪm-thɪm (sesame)). Kɛl mulaɲk juɔl kɛ dhɛt thɪm-thɪm (sesame). Kithni dey thɪm-thɪm (sesame) wɪj riɛn, wɪj mulaɲkã juɔl mi ca thal kɛ ruth. Kãni juray mi tekɛ liɛeth thɪm-thɪm (sesame) kɛ lãthniɛ kɛ jurayni kɛ mi dëë cam.



REY YIËER

Yɔn kɛkni ti koɔt. Rec yieër ti gööl, ti ca wan kɛ dõge kɛ ca thal kɛ mac amãni mulaɲkni juɔl tin ca thal. Luëëk, ti ca thal kã ca ɲuɔk ti matke kɛ ruth kã lãthke kɛ rey mulaɲkni juɔl tin ca thal.

En lãär ɛmɛ nyoothɛ cãp ti lɛy ɔ kɛ wã nath rey kuan tin jake ciaɲ nath kã yöö bɛ ɔ ger. Kɛ kuɪ lãäri diaal kɛ tã mǐjthã gan, kãni guɛc kã tã lãthni puɔlã puãny tin te rey wecdun kɛ guãath in tǐj thɪn kɛ muktãb in cɔali Raising Children's Network.

Tã lãt gãɲ nath kɛ ɔ kã kuan tin dee ciɲ nath ger mi luãkɛ ɛ

Nuer | Thok Nath



En lãt ɛmɛ cɛ luãk yɔɔni jek kã Muktãb kumɛ Australia min lãt kɛ kuɪ puɔlã puãny