

Qiyaastii 10 ilaa 12 bilood

Cuntooyinka jilicsan ee la jarjaray iyo kuwa la shiiday iyo cuntooyinka faraha

NIP
ALLERGIES
IN THE
Bub

Kordhinta cuntooyinka kala duwan

Dhadhanku ku badan yahay

Cuntooyinka faraha ugu horreeya

Isku filnaanso in cuntada loo cuno

- Ilmahaagu wuxuu bilaabi doonaa rabitaanka inuu wax badan cuno. Barashada in ayaga wax cunaan waxay dhalin kartaa wasakh waxayna qaadataa tababaro badan!
- Sii wad inaad siiso cuntooyin cusub xitaa haddii ilmahaagu aanu sidaas u jeclayn.
- Waligaa ha ku qasbin ilmahaaga inuu cuno cunto, laakiin waa muhiim inaad sii joogteyso siinta cuntooyinka si uu ilmahaagu u barto inay wax cunaan.
- Ku bilaw cuntooyinka keena xasaasiyada ee aadan wali barin oo sii joogtey inaad siiso kuwa uu hore u cuni jiray.



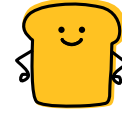
CAANAHHA LO'DA

Farmaajo cottage ah iyo furuut jilicsan oo la isku daray ayaa aad u fiican. Tijaabi farmaajo duban oo la dhex galiyay rooti ama sandwich farmaajo leh. Ku sii cereal ka caanaha lo'da caadiga ah. Tijaabi jiis jilicsan oo loo jarjaray si yar. Waxa kale oo aad tijaabin kartaa farmaajo la mariyay rooti ama buskudka.



UKUNTA

Tijaabi omelettes, frittatas, rootiga Faransiiska iyo pikelet guriga lagu sameeyo. Isku day inaad siiso ilmahaaga omelette la jarjaray oo lagu dhex kariyay bariis shiilan.



QAMADI

Qaababka baastada la kariyey ee jilicsan sida pastini iyo baasto ayaa la soo bandhigi karaa. Rooti (waxaa ku jira soy, iyo mararka qaarkood sisinta) oo loo siiyo sida rooti fara qabsi ah ama loo isticmaalo sandwiches. Ku dar baasto ku salaysan sarreen khudaarta la kariyey. Samee sandwiches oo goo goo. Tijaabi Weet-Bix™ cereal leh caano iyo moos la jarjaray.



KALLUUN

Tijaabi kalluunka faraha ee guriga lagu sameeyo, sandwiches tuna, ama ku dar tuna jeex zucchini ah. Tijaabi noocyo badan oo kalluun ah, lafaha laga saaray (tusaale salmon cusub oo la camiray). Tijaabi maraqa kalluunka ama kalluunka casserole. Tuna ama salmon oo lagu daray baasto, bariis, baasto ama khudaar la kariyey.



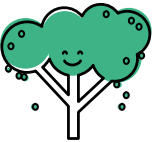
SOY

Inta badan rootiga ganacsiga ee caadiga ah waxaa kujira soy, markaa isku day sandwiches ama faraha rootiga. Tofu la yaryareey ayaa lagu dari karaa baasto iyo khudaar la kariyey. Tofu adag oo lagu shiilay in yar oo saliid ah ayaa loo bixin karaa cunto ahaan farta. ayaa loo siin karaa cunto ahaan far qabsi ah.



LAWSKA

U isticmaal lawska siman sandwiches, rooti duban ama lagu daro kubbadaha hilibka.



LOWSKA GEEDKA (TREE NUTS)

U isticmaal lawska geedka sandwiches, rootiga ama lagu daray hilibka la kuus kuusay. Isku day in aad ku darto maraqa pesto oo ay ku jiraan lawska dhulka la dhigay baastada. Waxa kale oo aad isticmaali kartaa cunto yicib ah si aad u samayso doolshe.



SISINTA

Tijaabi hummus ay tahini kujirto, mari rooti rooti, ama sidi in lagu daartay khudaarta jilicsan ee la kariyey. Hummus dip laga sameeyey tahini (koollada sisinta). Ku walaag khudradda saliidda sisinta. Ku daadi sisinta hilibka, khudaarta la kariyey ama bariiska. Isticmaal rooti leh sisinta si aad u samayso sandwiches ama rooti.



KALLUUN QAREED

Tijaabi keega carsaanyada. Prawns, lagu shiilay pan ama lagu steam gareeyay baasto iyo khudaar la kariyey. Scallops, la steam gareeyay lana jar jaray oo lagu daray bariiska iyo khudaarta la kariyey.

Mashruuc ka hortagga xasaasiyadda cuntada oo ay taageerayaan

Somali | Soomaali

Macluumaadkani waxa uu bixiyaa fikrado gaar ah oo ku saabsan baritaanka cuntooyinka keena xasaasiyadda. Macluumaadka guud ee ku saabsan quudinta dhallaanka, tixraac adeegyada caafimaadka ee gobolkaaga ama territorigaaga ama Raising Children's Network.



Mashruucani waxa uu maalgelin ka helay Waaxda Caafimaadka ee Dawladda Australia