

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.

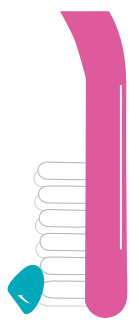
10 sano



ILLUSTRATION: CARIN CARLSSON

Imisa daawada ilkaha?

Laga bilaabo ilkaha cusub ee soo dhasha iyo ilaa da'da -2sano, waa in cadadda daawada ilkaha la ekaataa ciddida yar ee cunuga.

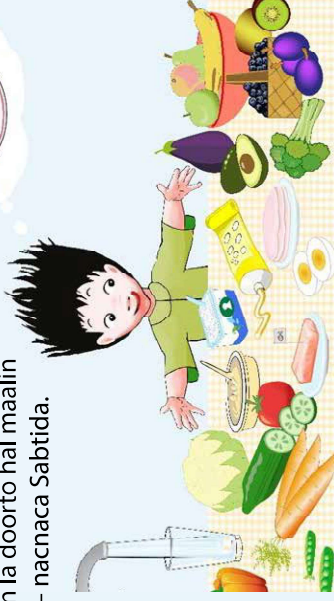


Biyaha ayaa ugu fican

Marka cunuga ooman yahay, waxa ugu fican in biyo la siiyo, habeen iyo maalin labadaba. Kaliya sii caamaha 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 fican in la sugo in la siiyo cunugga nacnac, buskut doolshe, chips iyo cabitaan maacaan ilaa inti suurtogal ah. Waa caado fican in la doorto hal maalin oo tobaadka sida – nacnaca Sabtida.



Ka fogow raashinka yar-yar

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



somali - somalisk

Caadooyin u fican cunugaaga ilkihiisa



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BLEKINGE

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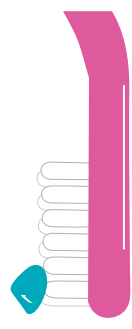


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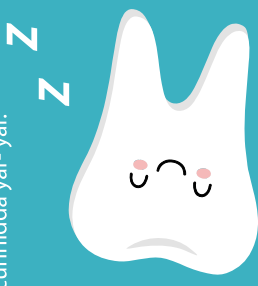
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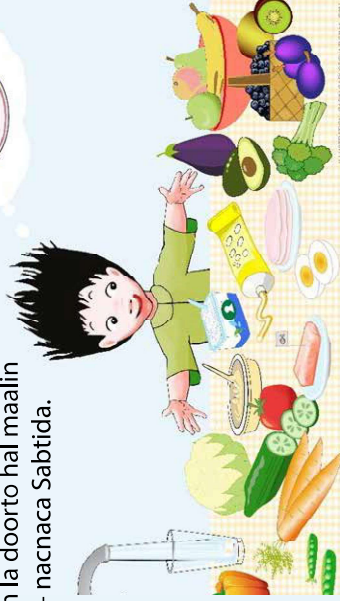


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