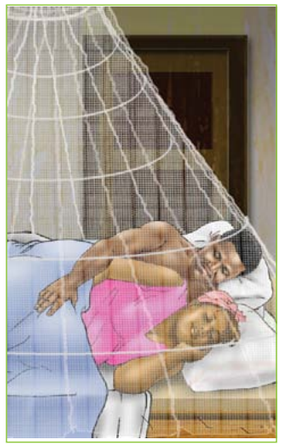
## Kwaghyan u eren a mi sha inja

- Kwaghyan u eren a mi wang ka a lu a inja sha u yangen nyian man iangev mbi gen.
- Kile ikyav wang man koso kwaghyan wou hen ijiir ii lu wang yô.
- Jiidi inyam i ndor you kua ishu man ajiakyegh ou a via tsembelee.
- Kile ikyayue you, jiidi í sha anshighe kpeghee man ya fese sha shighe u mzeram ma dedoo mara ma lu her la.
- Ôô atamakyon a kô man ikyayue cii u hii u yan ye.
- Ôô ave ou sha chahul man mngerem cii u hii u yôron ye shi wea za shin ihungwa shin wea ese wan ityô kpa er nahan.

## Akaawan a hange hange agen

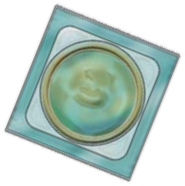
- Mem kpishi shi de eren tom u taver ga, hemban je yô ken iwer i tiar i masejime i yav man mar wou la.
- Sha u yangen angev mbu amunanegh yô, yav ken ikpamunan ii i her icigh ki amunanegh sha mi la sha hanma tugh
- Aluer iyol hia yô, za iyouci fese.
- Mena asange a icigh a wuan mbaanyigôr mba sha awambe nahan wase u yangen awambe a yinan ken iyol la.
- De me msôrom shin mcimbin ma garen ityough ker shin taav ga.



## Kwaghyan u injaa man Anyigôr u nan anakande

- U ngu a anyigôr ne shin u ngu a mi ga. Saa u za kar ve u fa ye.
- Wea lu aa anyigôr ne yô, za nenge a ortwer wou a pase u kwagh u ú er la shi a tese u er ú koso wan wou yô.
- Aluer u ngu a anyigôr ne yô, gba u u seer kwaghyan wou sha er u seer lun a tahav yô.
- KKura iyolyou kua wan wou sha er ne kera zua a anyigôr ne kua iangev mbi gen mbi i zough a mi sha u yaven a or zum u lu yav shin u lu nan wan atumba la sha u yaven a or u nan we jubu tseegh.

- Er tom a jubu hanma shighe man sha inja kpaa. Za nenge a ortwer u nengen sha kwagh u mar hôron la.



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# Kwaghyan u Injaa
## sha shighe Uyaa man Atumba a Nan

# Hen u Yan Kwaghyan u Injaa

## Kanyi i doo u ú fa?

* Shighe u u lu yav yô, ya kwagh kwa tar ken iyange. U been yô, ya ankwaghyan u kpuaa shin beekwaghyan ( kwaghyan u yan cuku cuku la).
* Zum u u lu nan wan atumba yô, ya kwaghyan kwa tar ken iyange. U been yô, ya ankwaghyan u kpuaa shin beekwaghyan.
* Ya akaa wue wue a a lu hen haregh wou la sha hanma iyange.
* Kwaghyan u nan zar atumbaa ngu a ngu ga.
* Ungô mba ve lu yev yev vea hemba yan kwagh, vea wa ikyo sha iyol ve shi vea mem kpishi.
* Ma zarakaa kpishi.

# Fa kwaghyan u wasen ken iyol

Akaayan a nan tahav ken iyol ka ishamakaa er ikyuleke man chinkafa man wua man amishe man igbirakaa er logo shin atsaka nahan.

Atamaikyon a lun a vitamin A u kuran iyol man ikyayue anza er mango man mbuee man kon u pashion man alum man ikyayue i ii dishi dishi man karot man atsaka ua agbedang man ugwu shi adigande man atamaikyon agen man ikyayue er ayaba man mbuee kune kune man avokado man iceegh i buter man tomato man mngishim man kabage.

Akaayan a wasen or u vesen inja er alev man lenti man pea man ahi man ishimakaa inja er ishwa nahan.

Akaayan a ken anyamegh a wasen or u vesen amba er inyam i ndor man nyam ikyegh man ishu man mteman man ajiakegh man akaa a i er sha atumba a bua la.

Mkurem man ahôm amba er ishamakaa i lun a mkurem man buta man mkurem ma nyian ma ka ma wase u yan vitamin man nan tahav mbu seer ken iyol la.

# Kura Mkpeyol Wou

## Doo u kasev mba uyaav man mba nan mbayev atumba vea:

* Zaan ikyaren abunde kpa kwa nyiin shighe u ve lu yav la, vea hii sha shighe u yav mbu lu iwer itiar la.
* Ma mngerem ma ma engem kpishi sha hanma iyange.
* Palegh u man tii shin kofi shighe u ve lu yav la.

## Kanyi akaa u seer yana?

* Gba ape u mena asange a icigh a wasen wan ken uya shighe u u lu yav la shi u mar kpa u mena a iwer itiar.
* Mena asange a icigh a i yer ken zwa Buter er iron la sha kwaghyan er aa sough fere yô.
* Hanma shighe yô, yaan baa u iodine la sha er wan wou a gba iwuan ga shi una gba akpoo ga shi ngô kpa una va ikyer ga yô.
* Fese er u maa je, mena icigh ki vitamin A gayô mena ken atô u sati ataratar sha u nengen we wan zua a icigh kin sha atumba yô.