



Agabka:

Buug:

*We Eat Food That's Fresh
(Waxaan Cunaynaa Cunno
Daray ah)*

Ee ay qortay Angela Russ-
Ayon

Dhadhaminta:

- 2-4 basbaas maxalliga oo midabbo kala duwan
- Mindi
- Looxa khudradda lagu jarjaro

Waxqabadka:

- Warqadda dhismaha oo midabo leh
- Hadhaaga iniinyaha barbarooniga
- Dulmar barbarooni (ku lifaaqan), haddii la doonayo
- Xabag qorida ama dhalo
- Manqasyo

Bogogga Midabaynta:

<http://www.supercoloring.com/coloring-pages/vegetables/pepper>

pint size PRODUCE

Basbaasyo!

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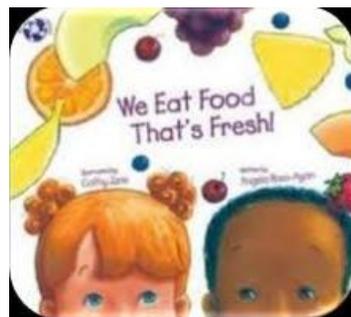
Kala hadal siyaabaha kala duwan ee aan u cuni karno cunnooyinka daray ah: Duban, la isku daray, la shiilay, kareem leh, kulul, qabow, qaboojiyay, iyo in ka badan!

Ka daawo fiidiyow Waxaan Cuneynaa Cunno Daray ah oo kor loo akhriyey halkan:

<https://www.youtube.com/watch?v=gOX4liJsHns&t=8s>

Oo halkan waa xiriirinta laxanka singalong

<https://www.youtube.com/watch?v=hqts2dvezkc>



Dhadhaminta: Basbaasyo Xalxalaafan

Xullo 2-4 nooc oo basbaas maxalliga ah - ku dar midabo kala duwan. Ka bilow basbaas dhan oo u oggolow carruurta inay taabtaan, uriyaana basbaaska korkiisa. Xalxalaaf basbaaska oo u oggolow carruurta inay uriyaan, dhadhamiyaan, oo taabtaan midabada kala duwan. U kaydi iniinyaha si loogu isticmaashid waxqabadka soo socda!

Ka dib dhadhaminta iyo isbarbardhiga noocyada kala duwan ee basbaaska, ka wada hadla:

- Basbaasyadu ma macaanbaa mise waa dhanaan?
- Jilicsan ama cufan?
- Midabkee ayaad ugu jeclayd?



Waxqabadka:

Tusmada

Barbarooniga

Carruurta haka sameeyeen farshaxan fudud oo kala duwan barbarooni iyaga oo ku daraya isticmaalka xirfadahooda dhaqdhaqaaqa yar.

1. U daa iniinyaha basbaasku ha qalalaane.
2. Ku sawir jaantus barbarooni warqadda dhismaha, ama warqad cad oo carruurta ha midabeeyaan. Adeegso jaantuska ku lifaaqan haddii aad rabto.
3. Dhibco ku samee xabag (ama carruurta ha adeegsadaan qori-suufi ah si ay u sameeyaan dhibco xabag ah) gudaha jaantuska basbaaska.
4. Carruurta ha qurxiyaan barbaroonigooda iyagoo ku ridaya miraha basbaaska jaantuska dhexdiisa.
5. U oggolow inuu qalalo, jar, oo uu ku raaxeyso farshaxanka!

Cunno diyaarin: Barbarooniyo

Isku day qaar ka mid ah siyaabahan si aad uga caawiso carruurta isku dayga basbaasyada:

Nalal-Joogga keydka ah: U jarjar basbaas casaan, jaalle iyo cagaar ah qaybo yaryar— wareegyo haddii aad dareensan tahay khiyaali. Dul dhig ulaha celeryga ee farmaajo kareemka leh, caruurtuna ha u rogaan celery-gooda nal-joogsi!

Qudhaanjada ku jirta diiwaan kale: Beddelka celeryga, ku rid jeex ka mid ah subagga lawska jeexyo barbarooni ah, dul dhig sabiib, oo ku raaxayso.

Doomaha Barbarooniga: Isku dar farmaajo kareem iyo basal cagaar oo ku dar xoogaa isku darka ah dusha qaybaha barbarooniga ah. Carruurta waxay kaa caawin karaan isku-darka, qurxinta dulsaarka iyo cunidda!



Ilo Dheeri ah

•Booqo bogga internetka ee 'MN Grown' si aad wax badan uga ogaato xilliyada barbarooniga, oo ay weheliso wax soosaar kale oo maxalli ah :

<https://minnesotagrown.com/whats-in-season/>

•Ka eeg boggayaga internetka xiriirinnada manhajka iyo howlo kale oo badan:

www.renewingthecountryside.org/f2ece

Sources of Information

Photo: www.kidsbookfestival.com

*Adapted from <https://www.thingstoshareandremember.com/tasting-green-red-orange-peppers-gardens-grow/>

<https://www.superhealthykids.com/parenting/10-delicious-snacks-with-bell-peppers/>

