

'Tuahchun-na uar ko lai' nafa caah hanghnah hangthei le thingthei

Rong a phunphun le khai ah a khuangmi thingthei le hanghnah hangthei hna hi nafa caah ei a nuam mi an si kho ko. Ngachia tamdeuh cu thingthei le hangthei hna hi a voikhatnak an ei mi rawlkhal an si. Kumkhat leng a si i amahte in ei a hun duh ah khin ngakchia an ziaza a tam zia nupa hna nih nan hmuh men lai. An ziaza a tam ruangah thingthei le hangthei an ei mi a tlawmdeuh tawn.

Hihi lungre thei a si kho ko nain harnak a chuahpi lo.

Ngakchia cu thingthei le hangthei tamdeuh in ei fial khawh an si lo. A tthabik mi cu nupa hna nih thingthei le hang hnah hangthei kha ei zungzal uh. Caan a rau kho men asinain ngakchia cu nu le pa an tuahmi zohnak in an cawn khawh bik. Tuah lengmang ko!

Mizei paoh caah hanghnah hangthei le thingthei ei a tthatnak a ruang tampi a um. Vitamin C le folic acid an chuahpi. Cun zawtnak a kham tiah ruah mi thil an chungah a um.

Thingthei le hanghnah hangthei zeizat dah ei ding a si?

Australia minung hna cu nifate thingthei pumhnh le hanghnah hangthei pa hnga lengmang ei dingah forfhial an si. Asinain ngakchia le upa tampi cu hizat hin an ei lo.

Khuacaan ah ngakchia cu a thaw deuhmi a thau i a thlummi tu ei an duh asilole ngakchia hna nih an kheng chung le an chuncaw bawm chungah an nganh lengmang ruangah nupa hna nih an pe ti hna lo.

Ngakchia cu a tlawmte lawng an ei khawh men lai cucu an kumkhua, an kathawtning le an cawlcanghning ah aa hngat lai.

Hanghnah hangthei le thingthei a tlawmpalte an ei mi kha ei lonak in a tthadeuh, cun a tamdeuh pek khawhnak lam kha zoh lengmang. Phun tampi tinhchih in- a rong aa dangmi hanghnah hangthei le thingthei, a tlawmtam in a si lo.

Zeitindah ka fa hi hanghnah hangthei le thingthei zalak in ka ei ter khawh lai?

A pakhatnak cu hanghnah hangthei le thingthei hna nagmah nih nifatin na ei hmasa hna a herh.

Ngakchia cu tthate in an hngalhm ei an duh tawn caah hanghnah hangthei le thingthei hna lam a phunphun in na pek lengmang kha a biapi. kafa nih a duh lomi hanghnah hangthei asilole thingthei phun a um tiah va ruat hrimhrim hlah; a hnu na pek tthan caan khi ei cang tuahning a ti ni zong a si kho ko. Ngakchia or cu an kum sinah aa thleng ve.

Hlawhtlinnak caah tuahning dot hnga

1. I tel ve nak

- An duh mi phun thingthei le hanghnah hangthei thimnak ah nafa telter ve.
- Dawr ah na fa kalpi law thingthei le hanghnah hangthei hna kha zohter, hnimhter law thonghter chun hna.
- Thingthei le hanghnah hangthei ttawl le timhlahm kha nafa i bawmhter. Hihi a rong le a muisam hngalhternak caanttha ah hmang.

- Anmah eiawk caah hanghnah hangthei tuahter hna law thiamnak ca i an tuahmi tete kha thazaang pe tuah.
- Khaw chungah mitsur le khuhhmung thei rel tti uh.
- Hanghnah hangthei pawl dum ah asilole um in cing hna. Nafa ti toihter law zohkhenhter.

2. Lungnuamhnak

- Asikhawh caan ah na fale he tlamtling in rawlei tti kha ruat peng. Hanghnah hangthei le thingthei a phunphun thawtuk in na ei hna kha ngakchia nih an hmuh tikah an in eipi ve men lai.
- Ngachia cu chumhmi hanghnah hangthei nak in a hring in ei an duhdeuh caan a um.
- Ngakchia hna cu rawlei caan ah lungnuam loin an um ahcun ei an duh men lai lo cu caah rawlei thanuamnak kha ruat law bia i alnak tete kha hrial hna.

3. Timhtuah nak

- A tharhlahm mi thingthei khawkhat le pemu, pawrpok, hrambo ba le pa tibantuk hna kha ttamhnem eiawk ah rianrang in tuah khawh dingin fridge chungah lak fawi in chia hna.
- Thingthei le hanghnah hangthei hna kha kheng chungah dawh tein chia hna. Thei a phunphun a rong a phunphun kha pe hna, kheng chungah cheu hna.
- Ei a duh lomi cu zarhkhat ah voikhat in thei le hanghnah hangthei dang kha pe chun lengmang.

4. Asikhawh caan paoh ah thingthei le hanghnah hangthei kha telh hna

- Hanghnah hangthei le thingthei kha a lam a phunphun in telh hna law rawl le ttamhnem an ei mi ah khan a tambik in telh cih.
- Rawlchuan ning a thar kawl lennak in nan chuan tawnmi hang asilole mehkio ah khan hanghnah hangthei a phunphun asilole a tamdeuh tu in tuah i zuam.
- Ttamhnem ei mi ah khan hanghnah hangthei le thingthei zongkha telh chih hna. Fungvoi buh, aalu rawh, mahte in puahmi fungvoi, hanghnah hangthei asilole chang ah thingthei le hanghnah hangthei chiah chih tibantuk in tuah chun hna. Tikhal lakah chiahmi thingthei asilole hanghnah hangthei, fungin thil mi le nen mi thingthei hna le kokek thingthei hang dur in chiah mi hna kha pe chun hna.

5. Tuah lengmang ko

- Ngakchia cu thingthei le hanghnah hangthei an duh khawhnak hnga caah cawn asilole cawntthan an hau. Ngakchia hna cu thingthei asilole hanghnah hangthei ei an duhnak dingah voi hra in a cunglei an hmuh hmasa a herh ti kha hngal peng.
- Ngakchia kheng ah a tlawmte in chiah piak zungzal hna; an ei duhnak lai thazaag pe hna, asinain an ei lai le ei lailo cu an mahte nih khiak hna seh.
- Ngakchia an rawl a ttambik lio rawl an ei hlan ah hanghnah hangthei a hring zong in pek khawh a si.
- Na tuahcia mi rawl a duhning in tuahter hlah. Ngakchia cu rawl phunkhat khat kha ei duhlo in an um men lai, asinain zeidang pek hrimhrim loin na um ahcun a ei te ko lai.

Zeibantuk thingthei le hanghnah hangthei pawl dah ngandamnak ah a tthabik?

Hanghnah hangthei le thingthei paohpaoh hi ngandamnak ah an ttha dih! Thingthei le hanghnah hangthei pawl cu rong phunphun, muisam a phunphun an ngei ko lai. A tharhlam mi, tikhal ah chiah mi, dur in chiah mi asilole a car mi hna zong an si ko lai. A hring mi, hut mi, chumh mi, reu mi asilole rawh mi zong an si kho men. Phun tampi a si kha a biapi.

Athleiin, a aihre, a hring le a sen tiin rong thingthei le anhringso pawl kha thim khawh i zuam. Tahchunhnak ah phazeti, anttam ba sen, mai, kuhlu, pankawpi, hnahnem, theihmung le alu pawl hi an si.

Zeitin hi pawl hi....

Thingthei hang le anhringso hang pawl hi tah?

A hang le tihal riamhnak ti hraikhat dinnak nakin thingthei le hanghnah hangthei ei hi a ttha deuh. Thingthei hang le hanghnah hangthei hang ah hin vitamin tampi an um, asinain a tthatdeuh lonak cu kokek thanthling a tam i a thang tete a tlawm. Nafa rawl ah a hang na telh asiahcun nikhat ah hrai khat lawng in pe.

Alu chip pawl hi tah?

Chip le crips pawl cu aalu in tuahmi an si, asinain chumh asilole a reu in reu mi an si. Thau le cite tamtuk an tel caah khua caante lawng i ei ah a ttha.

Changreu phun ah tuahmi thingthei pawl hi tah?

Hi pawl ahhin thingthei aa tel ve ko, asinain thanthling a tamtuk aa tel, a thang a um lo cun ngakchia ha ah an i benh cu caah ei lo ah a tthabik.

Rungrul thahnak sii aa tel maw?

Tthate in an hlathlai nak nih hanghnah hangthei le thingthei ah hin rungrul thahnak sii a tlawmte lawng aa neh i ei awkah a him ko tiah an hmuh, ngakchia note le hnukding lio ca hmanh ah a him ko. Rungrul thahnak sii a pelte zong um lo dingin ttawl hmasa dih tu a herh.

Tikhal lak le dur chung ah chiahmi hna hi tah?

A tharhlam mi hi an tthabik ko nain, tikhal ah chiahmi, dur in chiahmi asilole thingthei le hanghnah hangthei car hna hi a tharhlammi pawl an um tilo caan i hmanawk ah an ttha i phaisa zong a tlo. Atharhlam mi tluk dengmang in vitamin zong an um ve.

A hring mi hanghnah hangthei le thingthei i haaknak tah?

Kalthiamka ngakchia le ngakchia note te cu thingthei le hanghnah hangthei pek khawh an si. Cheumi thingthei, hanghnah hangthei le rawl hak paoh relchih in rawl an ei lio ah ngakchia cu tthate in tthutter le ven ding a si.

Ngakchia hna thingthei le hanghnah hangthei ei thazaang peknak caah a biapi mi ruahnak peknak

- Nangmah nih thingthei le hanghnah hangthei a phunphun kha ei hna.
- Hanghnah hangthei le thingthei a phunphun pek dingah i tinh chih, a tlawmtam in tuak hlah.
- Rawl le ttamhnem eiawk na pek paoh ah thingthei le hanghnah hangthei pek chih khawh i zawm.
- Zeibantuk hanghnah hangthei le thingthei dah kan cawk ti biakhiahnak ah ngakchia i tel ve.
- Ngakchia nih ei duhlain an hrial caan zongah thingthei le hanghnah hangthei pek peng.
- Ngandam tein nafa nih a eidin tikah thangtthat va philh hlah.