

## Mashruuca Caafimaadka ee Dhoola-Cadeynta



## Talo-siinta Daryeelka Caafimaadka Ilkaha Ubadkaada

Ubadkaada wuxuu leeyahay dhamaan 20ka ilkood. Ilkahaan waa kuwo muhiim ah sida ilkaha dadka qaangaarka ah. Ilkahaan ubadkaada waxay ka cawinayaa ku hadalka iyo si fiican in ay wax ku calaaliyaan. Ilkahaan waxay booska u hayaan ilkaha qaangaarka. Qaar ka mid ah ilkaha caanoodka waxy ka dhici karaan ilaa oo ka gaaraayo 12 sano. Halkaan waxaynu kugu siineeynaa sida u cawini karto ubadkaada ee daryeelka caafimaadka ilkahooda ku saabsan.

- Ilkaha ubadkaada u caday maalin kastaba si aad uga hortagto inay hallaabaano. Ka caawin ubadkaada si fiican ilkaha u nadiifiyo. Taba-bar sii ubadkaada sida loo cadayo iyo candhuufta loo tufo hana isticmaalo daawadda-cadayga ee foloriid.
- Si joogta ah u jeegaray ilkaha ubadkkada. Haddii aad aragto dhibic ama meel iska badaleyso ilkihiisa ama ciridka goorta aad faruurta kor ugu qaado. Wac xafiiska takhtarkaada ama takhtarka ilkaha..
- Sii ubadkaada cunno ay ku yar tahay sokorta iyo cunno ay ku badan tahay fitamiinka iyo macaadinta si ilkahooda u noqdaano kuwa leh caafimaad wanaagsan. U diid ubadkaada cuntadda u badan mac-macaanka iyo sokorta kana mid ah noocyadda kala duwan ee buskudka. Cuntadaan waxey keeni kartaa in ay duleeliso cirida mana ah kuwa leh nafaqo. Sii ubadkaada khudrad halka aad ka sii laheed casiirka khudrada goor kastoo suura gal ah. Una xadid casiirka ah 100-boqol casiir ilaa afar oonsis (ounces) maalintiiba. U diid cabitaanka kale oo macaanka leh.
- Ka difaac ilkaha ubadkaad in ay dhaawac gaaraano. Ha u ogolaan wax kastaba in ay galiyaano afkooda. Bar oo ka caawin sida oo ugu hortagi lahaayeen dhicida iyo sida saxa ah loo isticmaalo qalabka caruurta ay ku ciyaraano. Ku bilaaw ubadkaada inoo caadeeysto xirashada koofida helmeetka goorta qalabka caruurta fuulaayo. Fiiri ubadkaada goorta oo ciyaraayo hubina xanaano-bixiyaasha in ay sameeyaano sida oo kale.
- Gaariga goorta aad waddo ku xir markastaba kursiga caruurta. Shil qafiif ah wuxuu keeni karaa in oo dhaawaco ilkaha ubadkaada.



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