# NTAWV QHIA KEV TSIS MUAJ MOB NIAJ HNUB NO

Daim ntawv qhia no yog hais txog xeeb ceem kev tsis muaj mob. Caw ua kom tiav cov hauj lwm hauv qab no (1–4). Yog tias koj muaj lus nug dab tsi, caw nug tau!

healthy habits every day

## YAM HAUJ LWM: 1

### XEEB CEEM KEV TSIS MUAJ MOB THIAB KOJ TSEV NEEG!

**QHIA KEV:**
Tshawb xyuas (✔) tag nrho cov xeeb ceem kev tsis muaj mob uas koj thiab koj tsev neeg ua los ntawm cov uas tau teev tseg.

☐ NOJ TAG NRHO NTSIAV

☐ YUAV TSUM NQUAG HOM KHAJ LUB CEV

☐ XAIV YAM MIS MUAJ ROJ TSAWG

☐ NOJ TXIV HMAB TXIV NTOO THIAB ZAUB KOM NTAU

☐ HAUS DEJ

☐ TXHOB RAU QAB ZIB HEEV HEEV RAU TEJ KHOOM NOJ THIAB DEJ

TAG NRHO

**KOJ TAU TSHAWB XYUAS XEEB CEEM KEV TSIS MUAJ MOB PES TSAWG YAM?**
Koj puas tau tshawb tej yam uas koj tsis tau pib kom zoo. Xav kawm ntxiv txog xeeb ceem kev tsis muaj mob . . . nyeem mus ntxiv!

# YAM HAUJ LWM:2

## SAJ IB QHO . . . TXIV HMAB TXIV NTOO THIAB ZAUB!

**QHIA KEV:**
Nyob rau cov npe hauv qab no, kos voj voog rau cov txiv hmab txiv ntoo thiab zaub uas koj lossis koj tsev neeg ib txwm noj. Hais txog lwm yam txiv mhab txiv ntoo lossis zaub uas tsis tau teev rau hauv uas yog koj lossis koj tsev neeg tau noj, caw sau ntxiv rau ib kab twg uas yog raws nws tsos.

| LIAB DOOG/XIAV | LIAB | KAB NTXWV DOOG | DAJ/KAB NTXWV | NTSUAB | DAWB |
|---|---|---|---|---|---|
| Txiv hmab liab doog | Txiv lws suav | Txiv nkhaus taw | Txiv kab ntxwv | Zaub spinach | Dos |
| Txiv plum | Dib dej | Qos yaj ywm qab zib | Txiv lws zoov | Zaub ntsuab qhwv nplooj | Qij |
| Txiv berry xiav | Txiv cuab thoj | Dib pag | Txiv taub ntoos | Txiv kiwi | Zaub dos |
| Zaub qhwv liab doog | Txiv cherry | Zaub ntug hauv paus | Txiv duaj (hom tawv du) | Zaub xas lav romaine | Qos yaj ywm |
| Txiv fig nyoos | Txiv pos nphuab | Txiv apricot | Txiv duaj | Taum mog ntsuab | Txiv tsawb |
| Lws liab doog | Zaub ntug hauv paus | Xwb kuab noj noob | Txiv zuaj | Zaub paj Mes Kas | Zaub paj qhwv |
| | Txiv ev paum liab | Qos liab | Txiv kab ntxwv me | Zaub qhwv ntsuab | Zaub noj cag |
| _____ | Dos liab | Xwb kuab noob txiv qhib | _____ | Zaub Swiss | Zaub Jicama |
| _____ | _____ | _____ | _____ | Bok choy | _____ |
| _____ | _____ | _____ | _____ | Zaub noj kav | _____ |
| _____ | _____ | _____ | _____ | Dib ntsuab | _____ |
| _____ | _____ | _____ | _____ | _____ | _____ |
| _____ | _____ | _____ | _____ | _____ | _____ |
| _____ | _____ | _____ | _____ | _____ | _____ |

**QHIA KEV:**
Siv cov kab uas kojj tau sau rau saum tojj no, teb cov lus nug txuas ntxiv mus no:

**1**

Koj lossis koj tsev neeg tau noj tsos twg ***NTAU TSHAJ PLAWS?***

- ○ Liab doog/Xiav
- ○ Liab
- ○ Kab ntxwv doog
- ○ Daj/kab ntxwv
- ○ Ntsuab
- ○ Dawb

**2**

Koj lossis koj tsev neeg tau noj tsos twg ***TSAWG TSHAJ PLAWS?***

- ○ Liab doog/Xiav
- ○ Liab
- ○ Kab ntxwv doog
- ○ Daj/kab ntxwv
- ○ Ntsuab
- ○ Dawb

**3**

Sau rau hauv qab no hais txog ib hom txiv ntoo lossis zaub tshiab uas koj lossis koj tsev neeg tuaj yeem saj tau nyob rau lub lim tiam no.

*WIC qhia kom noj ntau yam txiv hmab txiv ntoo thiab zaub uas muaj tsos vim ib tsos twg muaj txiaj ntsim rau lub cev nyias txawv nyias.*

# YAM HAUJ LWM:3 | KHOOM NOJ TXHUA SIJ HAWM THIAB QEE ZAUS!

**QHIA KEV:**
Caw nyeem cov lus piav qhia hauv qab no.

## KHOOM NOJ TXHUA SIJ HAWM

Khoom noj txhua sij hawm muaj ntau nyob rau hauv khoom noj tseem ceeb.

Peb noj tau ***txhua txhua hnub.***

## KHOOM NOJ QEE SIJ HAWM

Khoom noj qee sij hawm muaj ntau nyob rau piam thaj, roj lossis ntsev. Sometime foods are high in sugar, fat or salt.

Peb noj tau ***ntev ntev ib zaug.***

Tshawb xyuas (✔) tag nrho cov KHOOM NOJ TXHUA SIJ HAWM.

☐ MIS MUAJ ROJ TSAWG

☐ DEJ QAB ZIB

☐ QOS KIB

☐ TXIV KAB NTXWV

☐ NCUAV CI TAG NRHO

☐ ZAUB PAJ MES KAS

☐ KHOOM QAB ZIB

☐ NQAIJ ZOM

*WIC qhia kom noj* KHOOM NOJ TXHUA SIJ HAWM *ntau ntxiv thiab noj* KHOOM NOJ QEE SIJ HAWM *tsawg ntxiv..*

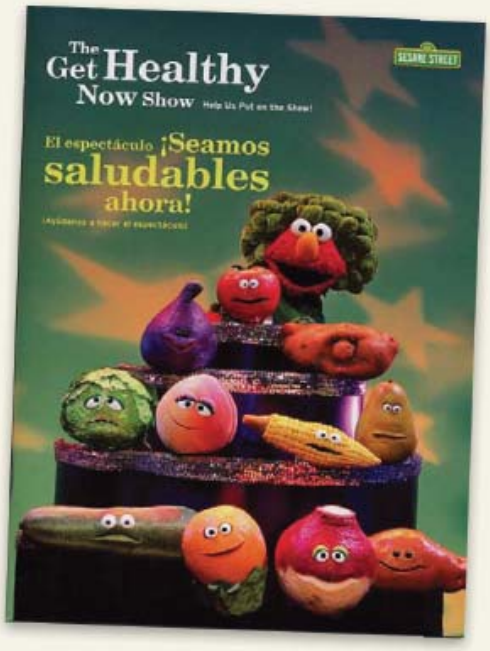
# YAM HAUJ LWM:4

## KEV HLOOV TXAV HAUV WIC!

**QHIA KEV:**
Nyeem cov npe hauv qab no uas yog piav qhia txog qee yam kev hloov txav tshwm sim nyob rau hauv WIC.
Tshawb xyuas txhua yam kev hloov txav uas ua rau koj muaj siab rau nws tshaj plaws.

- ◯ **Kev tshawb xyuas WIC tshiab hais txog txiv hmab txiv ntoo, zaub thiab tag nrho yam ua ntsiav (Yuav los rau thaum Kaum Hli Ntuj 2009 no)**
- ◯ **Sesame Street thiab WIC ua hauj lwm ua ke txhawm rau txhawb nqa xeeb ceem kev tsis muaj mob rau koj thiab koj tsev neeg**
- ◯ **Pob DVD Sesame Street pub dawb:**
  - **PHAU NTAWV KEEB KWM** koj tuaj yeem nyeem nrog koj tus me nyuam .
  - **PHAU NTAWV NROG DUAB ME** muab lus qhia, ntau yam hauj lwm ua, thiab qauv qhia ua khoom noj uas txiav tawm los.
  - **DAIM DVD SESAME STREET** ua txog ib cov yeeb yaj duab luv luv thiab suab nkauj uas tham txog xeeb ceem kev tsis muaj mob.

*Tswj suab rau kev hloov txav ntau ntxiv nyob rau hli puav yuav los no!*




Tom qab ua tiav cov hauj lwm no, dab tsi yog ib yam uas koj yuav tau xav hauv kev ua yam sib txawv rau koj thiab koj tsev neeg?

Xav tau tswv yim lossis qauv qhia ua khoom noj nyob rau kev npaj txiv hmab txiv ntoo thiab zaub?

Nug koj tus neeg ua hauj lwm WIC

## UA TSAUG UAS TUAJ KOOM RAU HAUV YAM HAUJ LWM NO!

Translated by TranslateXpress, Inc. from the California WIC Program's worksheet: "Get Healthy Now!" If you have questions about this translation please contact the Public Health Foundation Enterprises (PHFE) WIC Program at 1-888-942-2229.