

Hih thusinna na simkhit ciangin, a nuai a, sittelna link pan dotnate na zawkhith teh (nutrition education credit) thaneihna ding an nektuidawn pilna ci in, na sangkahna ciaptehna lai nangah ding hi.

Nata ha cidam na'ng keem ding



Cidamin maitaina hipan ki pan hi!

Naungekte ha a muat loh nading banghang in thupi hiam?

Naungekte ha hong tok hangin, naupang hate ulian ha tawh a khek matengin cidam takin akeep ding thupi hi. Naupang hate pen nata cidamna lak ah zong a thupi mahmah khat ahi hi.

Naupang khat in an ahaai theihna, a pau theihna, a ki mawl theihna, leh lai a sin theihna pen a kam leh aha cidam na tawh ki sai hi. Naupang khat in ha natna a neih leh bangmah lunglut lo hi.

Ahang adangte: naupang hate pen a khaguh pan in ulian hate a po theih na dingin a mun ding a om kul ahi hi. Naupangte ha tok baih lua leh, a ha te uh athuap po theih in, a tangkiim theihna ding in sikual te thuah kul thei hi.

Ha a muat pen kilawh baih hi. Ha pi te gei ah, ha apo masate muat leh, ha pi te zong lawh nuam deuh hi.

Naupang hate a muat loh na ding koibang in keem ding?

Ha nawh leh kam kuah ding

- *Nau nasuah khit ciangin, nata ngek in kam pen a swat lo ni masate ah kuah in.*
- *Nau nawi piak leh nawi thawl na piak khit ciang, a ha ni leh a kam sung te puan sia kawt tawh damtak in nul sak in.*
- *A ha masate hong po lian ciang, hanawtna neu a neem tawh a hate damtakin nawt sak in.*
- Kum 3 a phak ma in, Fluoride haza “tawm no” cik (Antang khat cia) tawh nikhat nih vei nawt sak in.

- Kum 3 leh kum 6 kikal te a ding “be tang” cia Fluoride hazate nikhat nih vei nawt sak in.
- Nata kam kuah khit peh in sia khia pah ding hilh in.
- Kum 8 a phak dongin a hanawt hun khempueh cingin la, amah leh amah zong kisin sak in, ki at teh sak in.
- (Mohte, a khum tuite leh dawngtheih tuamtuamte) tawh ki sawh nawn lo in a lup ma in, hanawtna bek a tawpna pen a ha tawh a kisawh kha van a hih khul hi.
- Hanawt a lawpna dingin hanawt khit teh na lupsak ma in taangthu gen pih ding cih bang zol in.



Akhum ante leh tuikhunte ciangtan in

- Tuithawl te nawitui, cikhum tui, singgahtui (juice), soda, leh niangteh tuikhum te peuh mah na koih ei in.
- Lumma leh sun ihmuhma peuhmah naupangte nawithawl/tuithawl pia kei in. Sun sung khempueh tuithawl tawisak suak kei in.
- Mohte sang in soda leh a khum Ante nek ding ciangtan in.
- Soda pen dawn den ding hi lo a, khat veivei bek (treat) a zat ding.
- An khumte leh tuikhum dawn khit ciangin ha pen tuisiangtawh khuah ding.

Nata Fluoride tuite hoih tak dawn sak in.

- Fluoride pen ha a muat loh na dingin hoihmahmah hi.
- Fluoride pen hate kip kho sak hi.
- Fluoride pen ha lungnekna vaangte a damsak hi.
- Fluoride pen leipan piang tawm hi a, lau huai lo hi.

Nata kha 12 khit ciang in Hasiavuan tawh ki mu sak in.

- Kum khat sungin hih pah in.
- Khat vei hasiavuan tawh ki muh pen hatang khat lutnekna havaangte om loh tawh kikim hi.



KHAWL-IN!

Hiah meek in, dotnate na dawng ciangin ciaptehna lai na ngah ding hi.



leh [ah hong kan in.](#)

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