

# **Australia ah Ngandam tein Nunning**



This project was funded by the Australia Government Department of Health and Ageing.

Mah cauk hi a cozah bawmhnak in chuah mi a si ko nain mah cauk chung i aa tial mi vial te hi cu Australia a cozah I, Ngandamnak le Tar tlangtlatu rianbu hna i pom mi le hmuh ning zong a si lem lai lo. Acozah pi le, a rian tuan tu hna nih cun bawmhnak pek lawn a si, mah cauk a chuah tu bu nih an tial mi cung ah zei ti hmanh in tuanvo an ngeih mi a um lo. Ruahnak phun phun a um mi hna le konglam phun phun aa tial mi hna hi a dik le dik lo kha a hmang tu hna nih tha tein nan i fianh hmasa lai. Acozah pi, zung rian tuan lu tlai hna, cun rian tuan tu hna le aiawh in riantuan tu pawl hna cu, mah cauk chung i a hman lo mi aa tial mi a um sual a si ah, cun le daithlanh ruang ah kan rak hrelh sual mi a um a si hmanh ah, zei ti hmanh in tuanvo ngeihnak kan ngei lo ti chim kan duh.

Mah thil hi Australia a cozah i Ngandamnak le tar tlangla tu riantuan bu hna i bawmhnak in chuah mi a si. Hmantlak pawl cu Internet chung in kan lak mi an si.

Australia ah Ngan Damtein Nunning

January 2009

A ser tu hna le cauk a nam tu hna cu  
Migrant Information Centre  
(Nichuahlei Melbourne) © Melbourne Australia  
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Pehzulh in theih na duh mi konglam pawl a um ah cun Migrant Information Centre  
(Nichuahlei Melbourne) kha a tang lei ban tuk in pehtlaihnak tuah khawh an si  
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## Australia ah Ngan Damtein Nunning cauk nih aa tinh mi

Mah cauk kan chuah duh hnawh chan nak cu Australia ah a um mi hna ngandam tein an nun khawh nak ding i, a bawm chan tu ding ah a si. Mah cauk chung i a tel mi konglam hna hi mithmuh kut tongh in rawl chuan ning hmuhksaknak ti ban tuk le dor chung ah i chawh leh pi ti ban tuk tuahnak he aa peh tlaih mi cawnpiaknak phun in kal pi ah cun hmual a ngei bik a si lai.

Mah cauk hi Australia i a phan thar mi hna nih fawi tein an hmuu khawh mi eidin tirawl hna zohchun in, ngandamnak caah thahnem bawmhchan khawh tu ding asinak hnga kha Australia nunzia zohchun in kan tuah mi a si. Mah cauk chung i a tel mi le a tial mi hna kha nan miphun nih nan ei tawn mi le ngandamnak caah a tha mi zei rawl paoh paoh le eidin pawl in chap chih i hman khawh a si ko lai.



# *Australia ah Ngandamtein Nunning*



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# A ngandam mi ei ning cang

Ngandamnak caah a tha mi rawl cu si vai a tha mi tam pi aa tel mi ei din phun phun an si. Ngandamnak caah a tha mi rawl kan ei ding hi kan pumsa le kan lungthin, a tu in hmai lei tiang a thawnnak caah a herh ngai mi a si. A bik in hngakchia hna khi ngandamnak caah a tha mi rawl nan ei ter lengmang a si ah cun an upat tiang peh zulh in an nun pi lai.

Ngandamnak caah a tha mi rawl kan ei lengmang ah cun sianginn kai ah si seh, rian tuan ah si seh, kan i dinh caan ah si seh a tha bik in kan ti khawh peng lai.

Kan ei ding a si mi rawl phun phun an um. A tha tuk mi ei din hna cu tam deuh kan ei a herh. A tha mi ei din le a chel chel lawng ah ei hnga mi hna zong an um.



A tha tuk mi ei din  
A fang in a um mi.  
Thing thei le,  
hanghnah hangthei



A tha mi ei din  
Sa, nga, cawhnuk in a  
ra mi ei din, be, arti,  
tofu.



Achel chel ei ding ei din  
A thau mi, cini, cite





# A tha tuk mi ei din



Fang  
mu in a  
ra mi ei



Hangnah  
hangthei  
le  
a kawng chung i  
mu tampi a um mi  
pawl



Thingthei





# Fang mu in a ra mi ei din

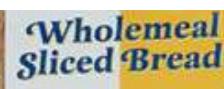
Fang mu in a ra mi ei din hna nih kan caah a biapitukmi vitamin hna si vai tha tha hna le titsa caah a tha mi si vai phunphun an kan pek. Kan pumsa caah thazang a kan pe tu bik an si.

Ni fa tein a tanglei bantuk, voi khat ei in aa ser mi **4 nak tam** nan ei lai.

Pawngmuk phar 2	Pawngmuk zol	Cencark Kheng khat	Tortilla pawngmuk	Pawngmuk phar	Spaghetti Kut thuam
Cereal kheng khat	buh	Khosol Kut thuam khat	Fathau kut zapei khat	Changreu 3	Thingthei an carb mi tuam khat

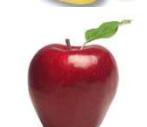


**Rialhnu in sermi** a si lo ah  
**Rial lo in aa mu in um mi** tiin  
nan thim khawh.



3.





## Thingthei le hanghnah hangthei pawl

Thingthei le hanghnah hangthei pawl ei hi kan pum caah a tha ngai ngai mi a si.

Zawtnak phun phun in an kan khamh lai, cun thau zong na thau kho lai lo.

Ngandamnak caah a herh mi vitamin hna le si vai hna phun phun an kan pek.

Fibre dat aa tel caah cancer hna le chungpih/ek fer lo ding zong an kan khamh lai.

***Thingthei le hanghnah hangthei hna hi a tang lei ban tuk in a phun phun in nan cawk khawh.  
An za tein an tha dih ko.***



Athar mi (tawh ka mi)



Acar mi



Akhal mi



Thirbawm chung ah chiah mi

4.





## Hanghnah hangthei

Ni chir tein a tang lei ban tuk, voi khat ei in aa ser mi **phun 5** tiang nan ei a herh

A tang lei zukcuang pa khat cio hi voi khat ei a si:



## Thingthei

Ni chir tein a tang lei ban tuk voi khat ei in aa ser mi **phun 2** nan ei a herh.

A tang lei zukcuang pa khat cio hi voi khat ei a si:

Apple pumkhat	Theithu pum khat	Banhla pakhat	Pear pakhat	Phazeti phar khat	Zilthu m cheuk-hat	Sataw-beri pum riat	Lychee pum riat
Mit sur borkhat	Cherries kut thuam-khat	Kiwi thei pum 2	Theipi 2	Satchum a	Thing-thei an car mi	Thei hang hrai khat (250ml)	Bawm chung i thing-thei



# Hanghnah hangthei chuan ning

Hanghnah hangthei hi phun tam pi in chuan khawh a si.

**Ngandamnak caah a tha deuh mi :** kio mi, microwave chung ah chuan le a hut in hut.

A cung lei bantuk in chuan ah cun a vitamin pawl an ziam lai lo.



## Microwave ah chuan ning cang

A rang zong a rang i, a vitamin zong a tlau lo, aa lat-sat fawn.



Tan in microwave chung chiah khawh mi kheng kuar chung ah chiah.



Ti keu khat in pahih chih.



Minute 2 in 6 tiang chuan, a nem tiang.



Duh ning in ei.



## A kio in kio

Ti hman lo in chiti tlawmte he kio a si caah ngandamnak caah a tha ngai ngai, cun ran zong a rang.



A hme te le aa ngaw tete in tan.



Chiti keu khat hrawng kha uhkang ah toih.



Chiti a lingh tik ah piat tlawm te peih.



Hanghnah hangthei kha peih in minute 3 in 5 hrawng kio



## A hut in hut

Ti chung ah si lo in ti sa a khu in hut ter a si caah ngandamnak caah a tha tuk mi chuanning a si.



Timh tuah



Um chung ah ti tlawm pal in chiah (1.5cm in 3 cm tiang)



Ti tlawk cung ah khan hutnak caah an tuah mi a awng kua a um mi kheng kha chiah.



Hanghnah hangthei pawl kha chiah.



A chin na chinh la i minute 5-8 chung chuang.



Na duh ning in na ei khawh cang.

6.



# Hngakchia pawl kha thingthei le hanghnah hangtei ei ter



Thingthei pawl kha pak  
khat in capuai cung ah chia  
zung zal.



Hngak chia kha anmah he  
dor ah anduhmi thing thei an  
mah tein thim ter ding



Hngak chia kha chuan khin  
nak ah i bawmh ter.



Hngak chia kha thing thei le  
hanghnah hi taamban caah pek.



Thing thei le hanghah a  
biapitnak kong kha chimh  
hna.



A pan tein ah mi le rial mi thingthei le  
hanghnah hangtei pawl kha rawl an ei mi  
chung ah telh chih piak.  
Nan telh piak chih hmanh kha an hngal lai lo.



## **Na lung dong hlah!**

Thingthei le hanghnah hangthei ei ter le pek hi  
hngakchia an ngandam nak caah a bia pi tuk mi a si.



# ✓ A tha mi rawl ✓

**A tha mi rawl :** Sa, Arsa, Be, Arti, Cawhnuk in tuahmi ei din pawl.

A biapi ngai mi vitamin hna le si vai pawl an kan pek.

Tamtuk in ei hlah pum thaunak zong an si ve fawn.



**Cawhnuk in tuah mi ei din pawl**



**Sa, nga, be, tofu le arti**





# Cawhnuk in tuah mi ei din

Ngandamnak caah an biapit nak cu, kan ruh pawl le kan ha pawl an thawn ter.  
 Vitamin pawl le a tha mi si vai hna hmuh khawhnak a tha tuk mi an si, a bik in Calciumdat tam pi aa tel I, ruhfahnak zawtnak a khamh.

Ni fa te voikhat ei khim ser mi in phun 2-3 ei.

Cheese gram 40	Cheese phar 2	yoghurt bawm a fa mi pakhat (200g)	Cawhnuk a si lo le be hnuk hria khat (250ml)



Kum 2 cung hngakchia hna le U Pa hna caah thaunak a tlawm mi le thaunak a tel bak lo mi pawl kha thim.



Kum 2 tang hngakchia hna caah cawhnukkham a tam mi kha an ei ding a si.





# Sa, nga , be, le arti (Sadat (Protein))

Kan pum a thawnnak hnga le a ngandamnak hnga caah sadat a tel mi rawl ei hi a biapituk. A senmi sa nih thirdat a kan pek i, mah nih kan thazaang a thawn ter. Mah irondat a bau mi hna cu anemia (thisen tlawm zawtnak ngei mi) an si tiah auh a si.

Sadat a tel mi rawl tam pi na ei lai lo, thaunak zong tampi a tel ve caah asi.

## Zei tin dah sa hi ngandamnak he aa tlak in kan tuah lai:



Ar kha a vun na hawh lai.



Cawsa kha a thau na lak dih lai.



Chiti tlawm te lawng he na chuan lai.



Chiti tam pi chung ah hnime in na reu lai lo.

Nifate in sadat a tel mi phun hnih na ei lai

## Hmanthlak pakhat cio hi voi khat ei an si :

					Ar a tang sa a cheu		
<p>Sa kut za pei tia</p>	<p>Sa vo khat</p>	<p>Chops (vo 2)</p>	<p>Arsa kut za pei khat</p>	<p>Caw sa 65-100 gram</p>		<p>Ar ke le a vang pakhat</p>	<p>Sa aa rial mi hrai tan</p>
					Arti pum 2		
<p>Nga kuang 90-150 gram</p>	<p>Nga lume te pa hnин</p>	<p>Tofu hrai khat</p>	<p>Ngasa 80-120 gram</p>	<p>Ngasa 80-120 gram</p>		<p>Be kut za pei khat</p>	<p>Be hrai cheu 3 cheu 1</p>

10.



# X A chelchel lawng ah ei ding mi rawl X

Thaunak, cite le cini a tel mi ei din hna cu tlawm pal lawng in kan ei awk a si. Ngandamnak caah a tha lo. A chelchel te lawng ah atlawmpal tein ei ding a si.

**cite** = Thi a kai ter.

**thaunak** = thau, zun thlum, lung zawtnak, hrapkhat thih, cancer cheu khat.

**Cini** = Lung zawtnak le zun thlum zawtnak chuah pi tiang in an thauter khawh mi a si. Cini nih ha zong kha a rop ter.

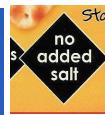
A tang lei hmanthlak cuang mi pawl hi **ni fa tein ei lo** ding mi an si. **A chelchellawngah** ei ding a si.



# Ngandamnak caah athami rawl thimnak

Mah ban tuk pawl hi thim hna.

99%  
Fat Free



## Atanglei bantuk khan zoh in rawl athami na thim lai:

Numbers a tam deuh mi cu a tlawmdeuhin na ei lai.

<u>Nutrition Information</u>		
Servings Per Package:	14	
Serving Size:	30g	
	Per Serving	<u>Per 100g</u>
Energy	441kj	1470kj
Protein	3.6g	12.0g
Fat, Total	2.5g	10.0g
- Saturated	0.75g	3.0g
Carbohydrates	20.9g	42.0g
- Sugars	5g	10g
Dietary Fibre	1.0g	3.0g
Sodium	125mg	500mg

↓ 10g

↓ 10g

↓ 500mg

# A thau tlawm deuh in ei



- Sa i a benh mi a thau kha lak dih



- Ar kha a vun hawk



- Chiti tlawm te lawng hmang



- Thawpat tlawm te a si lo ah hmang duh hlah.

**10.0gram** nak in a tlawm deuh mi tuahnak aa tel mi kha thim.

Nutrition Information		
Servings Per Package:	14	
Serving Size:	30g	
	Per Serving	Per 100g
Energy	441kj	1470kj
Protein	3.6g	12.0g
Fat, Total	2.5g	10.0g
- Saturated	0.75g	3.0g
Carbohydrates	20.9g	42.0g
- Sugars	5g	10g
Dietary Fibre	1.0g	3.0g
Sodium	125mg	500mg

↓ 10.0g

13.

# Cite tlawm te in ei



- Na chuan lio ah cite paih hlah.



- Cite nak in kha chuan, thing mekphek a ning, le a dang dang rim hmui kha hmang deuh.



- Rawl na ei tik ah cite tlawm te lawn phulh.



- Hngakchia hna rawl ah cite phulh piak hna hlah.

<u>Nutrition Information</u>		
Servings Per Package:	14	
Serving Size:	30g	
	Per Serving	<u>Per 100g</u>
Energy	441kj	1470kj
Protein	3.6g	12.0g
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Carbohydrates	20.9g	42.0g
- Sugars	5g	10g
Dietary Fibre	1.0g	3.0g
Sodium	125mg	500mg

• sodium  
**500miligram**  
**(mg)** nak tlawm a tel mi kha na thim lai.

# Thaithawh

Nikhat chung ah thaithawh hi biapibik mi rawl a si. Nan inn chung khar in thaithawh kha nifate in nan ei zungzal lai.

## Thaithawh einak nih a chuah pi mi:



ruahkhunkhawhnak



Thattein ngeih



Thazaangq



lentecelhnak



cawnnak



Pumsa cawlcanqhnak

## Thaithawh caah a tha hnga mi ruahnak



Yoghurt



Pawngmuk rawh  
le khuaihliti



Pawngmuk le  
jem



Cereal le  
thingthei



Pawngmuk rawh  
le be



Changreu



Pawngmuk rawh  
le arti



thingthei



Thingthei hand



Cencerh



Buh le sa le  
hanghnah hang thei



dinhhang



khohsoi



**Biscuit le chips pawl cu a  
tha lo**

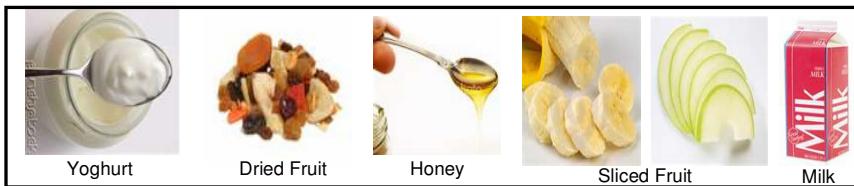


# Thaithawh caah cawhnuk he ei ti mi ei din phun phun

✓ Ngandamnak caah a tha mi ✓



+ le +



✗ Ngandamnak caah a tha set sai lo mi :X



# Cencerh

## (A man fawi, ngan a dam)

### A tel mi thilri hna:



Changvut  
(Oats) hrai  
tan



Ti hrai khat le a  
cheu



Thingthei par mi



Khuaihliti a si lo ah cini



Thingthei an  
cerh mi

### Chuan ning cang:



Changvut le ti kha  
khengkuar chung ah chia.



Cawh



Microwave ah  
minute 1 le cheu



hngerh



Microwave ah  
minute  
1 le cheu chiah



hngerh



Ti si lo ah cawhnuk  
toih



Khuaihliti a si lo ah  
cini keu khat in pah  
chih



A si lo ah thingthein  
an cer mi kha pah



A si lo ah thingthei  
kha pah



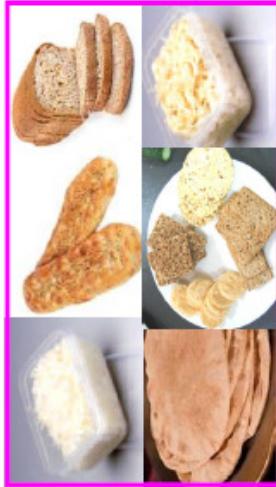
# Ngandamnak caah athami chuncaw bawm



18.

Hngakchia pawl caah chuncaw nan funhmihna hi an mah caah a biapi tuk.  
Ngandamnak caah athami eidin nih ca an thiham khawhnak caah, an thiuk le an pum sa nih a herh  
mi thazaang le vaitamen phun phun a chuah pi.

## FANG MU IN SER MI RAWL



## Din-hang



## Thingthei



## CAWHNUK IN TUAH MI DIN EI



## TISIK ANHNAH



## SA,NGA,BE PHUNPHUN



Man hmanthlak hna hi ASSETS ti mi:  
‘a phan thar mi hna  
caah a tha mi rawl din ei ning;ti mi ca-  
chung in lak mi an si.



# Ngandamnak caah a tha mi chun caw



An chuncaw caah anmahhe an duhmi kha thim ter, rawnhterhna uh



A dangte tein fun hna uh.



Rawl kihterning -  
ti thawl pakhat asiloah  
dinding pakhat kha khal ter law  
mah nih rawl akihter lai.



Fawi tein le ei duhding te  
in tuahpiakhna



Nangmah na eidinmi kha  
zohchun awk tlak si ter.



**Ngandamnak a sithenglomi kha  
a caan caan lawng ah ei pi hna.**



# Sandwich caah a tha hnag mi ruahnak



Sa a pan mi te, CHEESE le zil.



Ngakuang, MAYONAISE and salat.



Mi pe Rial (Peanut Butter) le thingthei car.



Aras, antam hnahnemphun (SPINACH) and Cheese.



JAM le APPLE.

20.



Cawhnuk thawpat le margarine kha hmang hlah na hman zong ah tlawm tein hmang.

# Taamban / Eitukmatak

Taamban hi tha te thim in ei hi kan caah a bia pi ngaimi a si zei caah tiah Ngandamnak caah a thami taamban nih kan pum thawnnak le damnak caah a hreh mi vitamin le si via phun phun a kan pek.

Hngakchia pawl nih ngandamnak caah a tha mi taamban an ei hi a bia pi tuk.

---

**Ei fawinak ah thingthei pawl  
kha capuai cung ah chia**



**Nangmah kha hngakchia caah  
zohchunawh tlak si**

**Ngandamnak caah a tha mi taamban hi  
hngakchia nih fawi tein an lak khawhnak  
hmun ah chia ding a si**



**X A chel chel ah ei ding taamban X**

Ngandamnak caah a tha set lo mi cu a chel chel lawng ah ei ding a si



# Taamban ei awk ah a tha mi phun phun



Thingthei



Jam a si loah  
Khuahliti thuh mi  
changreu



A hawng a  
hak mi thei.



Sandwiche pawl.



Thingthein car  
changreu



Cheese  
tlang pawl.



Fongvei  
chuan.



Thingthei le  
hanghnah hangthei



Thingthei FungYoghurt le thing thei  
a si lo ah thingthei  
car a cawh mi.



Yoghurt  
bawmkhat.



Theithu



Pikelets.



Celery le  
Peanut Butter



Soups pawl  
(Cups-a-soup)



Thingthei dur



Zilthlum  
thlermi



Pawngmuk le  
be



Ngakuang  
(tuna)



Hanghnah  
Hangthei



Mini muffin  
Pizzas



dinhang



Rice  
Crackers



Thingthei car  
cawhmi



Fongvei puah



Changreu



Methei car



Aalu rawhmi



Thingthei hang



Rice crackers



Biskut a si lo ah  
Hanghnah hang  
thei pawl Tatziki ti  
22. mi thuh mi he ei.



Dried crackers  
le cheese a si lo  
ah Peanut Butter



Rawl tthing



Wraps



Cereal

# Taamban ei awk ah a tha mi phun phun

## Pawngmuk le be



Asi lo ah



Pawngmuk  
rawh he ei

Be bawm in a um mi a si lo ah  
spaghetti.

Mei cung asi lo ah  
microwave chung ah lum  
ter



Aalu kha nam te si lo ah  
fok in sawh



Microwave ah Minute 4  
na chuan lai



Aalu kha na leh lai i  
Minute 4. Na chuan  
than lai



A lai fang in na  
cheu lai

+Ei chih khawh mi +



Cheese



Thawpat thei



Be kuang chung a  
um mi



Hanghnah  
hangthei



Sa a pan te an  
ah mi



fonvei

# Taamban ei awk ah a tha mi phun phun

## Ngandamnak caah a tha mi Chips



Kaw hra



mai



aalu



Na can hna  
lai



Microwave  
chung chiah  
khawh mi kheng  
kuar chung ah



Ti keu khat  
chap chih



Minute 5 in 6  
tiang na  
chuan lai



Ti kha zawlaw, chiti  
tlawn te in toih



Na hngerh lai



Thlua el, thur  
thak pawl na  
duh bang tap



Rawhnak  
pakan cung ah  
pharh



210oC tiang a  
ling mi oven  
ah minute 10

## Pizza a hme mi



English muffins a si  
lo le pawngmuk



Thawpat thei



Pan tein ah  
mi sa



Dip tein ziah mi  
cheese



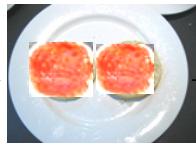
Antam hnah a  
nem mi phun kha  
ahh cia



Khayanchin  
hang



Pahnih in cheu



Khayahchin hang  
kha thuh



Pan tein ah misa  
kha chiah



Thawpat thei kha  
chiah chih



Antam ahh cia  
kha chiah



Cheese kha  
chapchih



Oven chung ah  
Minute 5 chung em



# Pikelets



A telmi thil pawl



Changvut hrai khat



Cini keu khat



Cite tlawm pal



Cawhnuk hrai 3/4



Arti

Chuan ning



Khengkuar chung ah changvut chiah



Cini peih



Cite peih



Kheng kuar pahnih chung um mi hna kha na cawh lai



A dang tein cawhnuk kha thle



Arti peih



Cawh chih



Uhkang chung ah chiti tlawmte lingh



Changvut cawh mi kha dar keu in peih



Second 30 Chung chuang



Leh i Minute 1 chung chuang than

Ei ti khawh mi :



Khuaihliti



Jam



Tanphayar



Peanut butter



Thingthei

# Spaghetti Bolognase

A telmi thilpawl:



Spaghetti a si  
lo ah pasta



Sa rial mi



Pasta  
hang



Piat le khachuan  
kha at



Monglauh ni dip  
tein ziah mi



Zucchini kha  
dip tein ziah



Pa

Chuan ning:

Pasta Sauce



Piat le khachuan kha  
dum tiang in reu



Sa dip tein rial mi  
kha a dum tiang reu



Hanghnah  
hangthei pawl, rim  
hmui pawl peih



Pasta hang kha toih  
law Minute 5 chung  
chuang

Pasta a si lo ah Spaghetti



26. Ti tlawk chung ah  
peih



A nem tiang keu in cawk  
law chuang



Na chuan mi Pasta kha  
cheese phulh law ei.

# Burritos

## A telmi thilpawl:



Arsa



Piat le khachuan  
kha at



Hangthlak  
rimhmui



Cheese pan  
tein ziahmi



Khayahchin  
haang



Tortillas



Hanghnah hangthei par :  
salat, monglauhni pan tein  
ziah, zil, khayah chin

## Chuan ning:



Arsa kha can



Arsa le hangthlak  
rimhmui kha kheng  
kuar ah chiah



Cawh chih



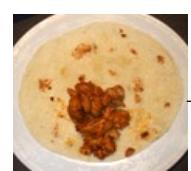
Chiti tlawm te kha  
uhkang chung ah  
lingh



Arsa a chung lei a  
ran tiang chuang



Pakan cung ah c  
atlam chiah law  
tleng



Arsa chuan mi kha  
tortilla cung ah  
chiah.



Hanghnah hangthei  
pawl kha chiah chih  
law na zual lai



# Ngandamnak caah a tha mi Hamburger pawl

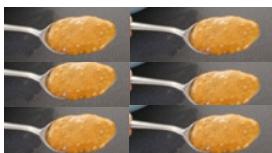
## A telmi thilpawl:



Sa diptein rial mi  
500 gram



arti



satay hang keu 6



Piat le khachuan  
a cheu ve ve



Antam hnah a  
nemphun kha diptein  
riam



Pawngnuk zol



Hanghnah hangthei par :  
salat, monglauhni pan tein  
ziah, zil, khayah chin

## Chuan ning:



Arti le sa kha  
khengkuar chung ah  
chiah



Piat, kharchuan,  
le antam kha peih



Satay hang keu 6  
peih



Cawh chih



Na kut in hlumh



Chiti tlawn te kha  
uhkang ah lingh



Chiti kha uhkang  
chung dihlak ah  
phak ter



Na hlum mi pawl  
kha minute 4 in 5  
tiang chuang



Let law minute 4 in 5  
tiang chuang



Pawngmuk le salad  
he ei.

# Din ding pawl

Ti hi a bia pi tuk.

Ni khat ah ti hrai 8 kan din lengmang a hau.



Australia ah cun peih ti hi din a tha mi a si ko.



Ti kha thawl in i ken law na ti a hal can paoh ah ding.



Hngakchia chuncaw bawm ah ti a si lo le, cawhnuk kha funh hna.



Have plenty



Queensland Government

Select carefully



Occasionally



Mah catlam hi Queensland Ngandannak tlangtla bu hi a chuah mi a si.

Hngakchia kha an ti a hal can paoh ah ti pe hna.



A ee pawl hi a nifatin siloin a caan caan lawng ah dinding a si.



# *Na ha zohkhenh ning*



*Ngandamnak caah a tha mi din ei ...*



*Ngandamnak caah a tha mi taamban ...*



*Zing le zan in ha tawl...*



*Cun Ngandamnak caah a tha mi din...*



## *Na ha a ngan a dam ah cun na nih zong aa dawh lai*



*Cini tam tuk mi din ei...*



*Cini tam tuk aa tel midin hang .. ....*



*....hna hi ha caah a tha lo*

**30.**

# chungkhar zapi nan ha ngandamnak



*Ha si bawi sin ah  
caan hman tein va  
zoh ter*



*Sianginn kai ka  
hngakchia pawl kha ha  
tawl ning cang chimh.  
Zing le zan ih hlah ha  
tawl ter ding.*



*Zohchunawk tlak  
in va um.  
Hngakchia pawl  
hi mi nawl cawn  
an hmang tuk.*

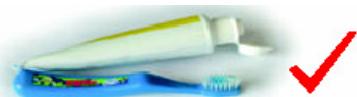
## Hngakchiat lio ha hi a bia pi ngai ngai



Nikhat ah voi hniih an ha tawl piak.  
Hngakchiat lio ha hi rawl ei nak le hmurka chimre  
an thiam khawh nak bawm tu an si.



*An ih lio ah thawl in din  
hang na pek lai lo. Din  
hang pawl le cawhnuk  
pawl kha an ha ah a benh i  
a rawh ter.*



*A nem mi ha tawlak cung ah  
flouride dat aa tel ti hasi hmang  
in an ha na tawl piak lai.*



*Thawl nak in hrail kha ti din nak  
ah na pek hna lai. Ti le cawhnuk  
lawn na pek hna lai.*

# Ha zeitin dah na tawl lai?



1.



2.



3.

Fluoride dat  
a tel mi hasi kha a  
nem mi ha tawlnak  
cung ah chiah.

Hatawlnak a hmul  
pawl kha na hani cung  
ah cei nawn in hnор.

Na ha le na ha ni cung  
ah khan faktuk loin a  
pum mi tlang rin bantuk  
in hatawlnak kha na  
cawl ter lai



4.



5.

ha a chung lei zong  
mah ti khan na tawl  
dih lai

Rawl na khai nak ha hmai  
cu faktuk lo in hnulei hmaile  
kal bantuk in na hnawr lai.  
Ha si pawl kha ha tawl dih  
hnu ah chak dih lengmang  
ding na chimh hna lai.



dental health  
services victoria

32.

Victoria ha le awr lei ngandamnak tawlrel bu hnatlaknak in mah  
hmanthlak/zukcuang pawl hi hman an si. DHSV cu Victoria ram chung  
ah ha le awr lei he pehtlahi in a kan tawlrel tu le a kan zokhkhenn tu bu  
ngan bik an si, mah ban tuk mi za pi ha le awr lei ngangamnak ca  
zong ah fak pi in chimhhrin tu an si.

# Chung pih/Ef fer



Chungpih/Ef fer cu zunpi na kal tik ah a har tuk a si lo le a fah mi kha a si. Mah nih khan pawfah, paw porh le um nuam lo a chuah pi khawh.



## Zei nih dah na chung an pih ter khawh?

Chungpih hi a ruang a tampi a um.



Hngakchia pawl an ei mi rawl



Ti tlawmte lawng din



Cawlcanghnak ngeih lo

## Chungpih khamhning le damhter ning



Chungpihlonak caah Ti din hi a herh ngai mi a si. Hngakchia pawl kha ti tam pi nan din ter lai.



Ngandamnak caah a tha mi kha aa zat tein ei lengmang.



Hngakchia hna kha pum cawlcanghnak tuah nak tha pek.



Hngakchia caah hnuk dinh kha a thabikmi a si.

**Fibre dat a um mi ei din nih chungpih a khamh.**

**Fibre dat cu cin mi kung ah aa um.**



Rial lo mi fang in ser mi ei dina



Fiber dat a tam mi kha thaithawh ah ei lengmang



Thingthei car



Thingthei le hanghnah hangthei



Be le pe



# Him tein rawl tawnhlawm

Rawl na ser hlan le na ei hlan ah na kut na tawl lai.



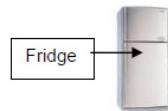
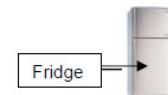
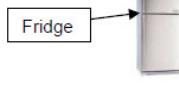
Coka thiang tein chiah.  
Athiangmi thilri pawl na hmang lai.

Sa le hanghnah  
hangthei hna cu na then  
lai. Nam le candan a  
dang tein na hman lai.



Thingthei hna le hanghnah  
hangthei hna cu na eihlanah  
na tawl hmasa lai.

# Food storage

Rawl phun	Fimnak hmun le caan
Fang in a ra mi ei din	    Thli a luh khawh lo ding tuah mi thawl chung ah asi lo ah
Fangbuh chuan cia mi le rawlthing pawl	  Freezer: Thalkat Fridge: ni 2 ni 3
Cawhnuk in chuak mi din ei le arti	  Fridge  Zei tik tiang dah hmankhawh a si ti kha na check lai
Sa, Nga le Arsa	  Fridge  Freezer: thla 6 tiang, na khal ter lai lo Fridge: ni 2 in ni 3
Hang hnah hang thei	  Fridge  Zikhethittar ah zerh 1-2 tian chiah khawh a si ko.
Thing thei	    si lo ah      si lo ah  Fridge chung ah, bizu chung ah a si lo le capuai cung aghan pakhan in chiah
Thingthei par cia mi le Hang-nah hangthei pawl	  Fridge  Fridge chung ah : ni2 in ni3 tiang
An khal ter mi thingthei le hanghnah hang thei hna	   Freezer  Zeitik tiang dah hmankhawh a si ti mi kha na check lai
A bawmin an chiah mi ei din hna	     Bizu chung ah na awnh hlan cu chia law, aa awn hnu ah Zikhaetittar chung ah ni 2 in ni 3 tiang chiah khawh a si

# Upa hna caah pum cawlcanghnak

**Pum cawlcanghnak** = Ni fa te na nunnak ah cawncanghnak na tuah mi  
A tu le hmai lei na ngandamnnak, na lawmhnak le na lungthin nuamhnak  
caah pum cawlcanghnak hi a herh tak tak mi a si.

Pum cawlcanghnak nih :



Na tha an dam ter lai



An nuamh ter lai



Na num an nuamh ter lai



An hngiilh ter lai



Hawikom an ngeih ter lai



Thazang an pek lai



An nuam ter lai



Nun sau le nuamhnak nun an pek lai

Australa hna caah Australai Pumcawlcanh ning chimhrinnak phung nih a chim mi cu:

Upa hna cu zarhkhat ah a tlawm bik ni 5  
pumcawlcanghnak minute 30 chung an tuah a herh

Mah minute 30 pumcawlcanghnak cu nikhat chung ah tuah khawh a si :



Minute 15 fa le he l celh



Minute 15 inn thenh



**Minute 30 pum cawlcanghnak**



**Minute 30 pum cawlcanghnak**

# Zei tiin dah na leklak khawh lai

Na huam mi cawlcaanghnak  
kha tuah



Bus in tuahdeuh dir nak  
pakhat in tum law na ke in  
kal

Na fa le na tu le he i celh



Dat-hle-kar si lo in  
hleihlaak in kai

Na hawi le he  
cawlcaanghnak tuah ti





# Lamkal

Lamkal hi a ho paoh caah a thabikmi pum cawlcanghnak a si.

Ngandamnak caah athatuk.

Man pek a si lo.

Zeitik caan paoh ah tuak khawh mi a si.



Lam kal hi ni fa te na  
cawlcanghnak ah i tel seh.



Sianginn ah hngakchia pawl  
kha ke in kal pihna



Dawr le station ah na ke in  
kal



Nan chung tein a si lo le  
na hawi le he lamkal



# A leklak mi hnagkchia hna cu ngandam mi an si

Pum cawlcanghnak hi hnagkchia hna ngancamnak, an thannak le an lungthin thawnnak caah a herh ngai ngai. A leklak mi hnagkchia pawl cu a ngan a dam mi ah an thang lai.

**Mahbantuk pum calwcanghnak nih nan fa le kha:-**



A nuam ter hna



Hawikom an ngei



Ruh le taksa dam le tawnnak an pek



An mitkuh a vuai ter



Aa nuam mi nutling patling an si ter



Hoikom thil hrawm a thiam



Ca cawnnak ah ruahkhunkhawhnak



Mah le mah i zumhnak

Hngakchia caah Australai Pumcawlcanh ning chimhrinnak phung nih a chim mi cu:  
**Hngakchia pawl hi ni fa tin pum cawlcanghnak ah a tlawm bik minute 60 an tuah lai.**

TV le computer lentecehnak pawl kha na zi 2 cung i cel le zoh ding a si lo.

Mah minute 60 ti mi hi ni khat chung ah tlawmte tlawmte in tling ter khawh a si



**Minute 15** ke in sianginn kal



**Minute 15** leng ah len te celh



**Minute 15** bawlung i celh



**Minute 15** lente celhnak hmun ah

= **Minute 60**  
pum cawlcanghnak

# Hngakchia pawl kha i leklak ter



**Leng ah leklak tein um**

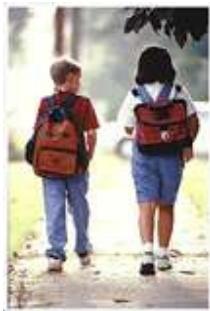


**Inn rian bawmh**



**Hoikom le chungkhar  
he i celh**

**Abu in i celh nak  
ah i tel**



**Sianginn kha ke in kal, si lo  
ah sehbing cit**

**40.**



# Hngakchia pumsa cawlcangh nak caah a tha hnga ding mi phun phun



Kup thuh

Tlik I kher



Hrizonh



Lente celhnak  
hmun



# Naupoi hna tuah khawhmi taksa cawlcanhnan

Pakhat ah second 15 chung tiang na chiah lai.



# Inn ah na tuah khawh mi taksa cawlcanghnak



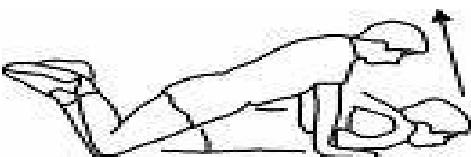
Voi 15 in nawlh



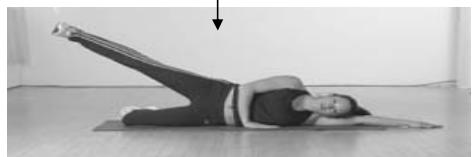
Voi 15 in nawlh



Voi 15 in nawlh



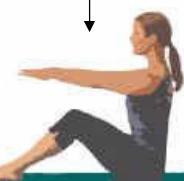
Voi 15 in nawlh



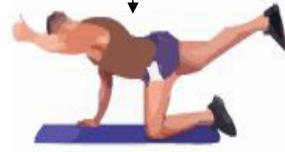
Voi 15 in nawlh



Standing calf stretch



Voi 15 in nawlh



Voi 15 in nawlh

