

Gvaq Cieng Aeu Bwh Miz Maklaeq

过年必备栗子

Seizdoeng cingq dwg aen seizciet maklaeq hwnj haw. Gizsaed, gwn maklaeq mboujdan habbak, lij miz haujlai goengyauq vunzraeuz siengj mbouj daengz dem. Baihlaj gaisau geij aen goengyauq maklaeq ciengx ndang:

Goengyauq it: Ndaw maklaeq hamz miz bubaujhoz cihfangzsonh caeuq veizswngshu, gvangvuzciz, gwn de ndaej fuengzceih hezyaz sang, gvanhsinhbing, doenghmeg giet ndongj, ndok soeng ndok byoiq, dwg gij huqbouj ndei dingj nyieglaux, hawj vunz lai souhyienz ndeu.

Goengyauq ngeih: Ndaw maklaeq hamz miz hzwvangzsu, ciengz gwn maklaeq doiq lwgnyez bak linx hwnj baez nanz mbouj ndei caeuq vunzhung congghbak biux naeuh daih miz ndeicawq.

Goengyauq sam: Maklaeq

ndaej soengq ndat hawj ndang vunz, caemhcai q ndaej siu lauz ndaw ndang bae, gwn de ndaej ik heiq cangq beizheiq, bouj dungxsaej.

Goengyauq seiq: Ndaw maklaeq hamz veizswngshu C gig lai, ndaej veizciz diuzheuj, goetndok, sailwed ndaw noh cingqciengz goengyungh, ndaej yawhfuengz caeuq ceihiw ndok soeng ndok byoiq, hwet naet ga unq, nyinz ndok insep, rengz naiq, doiceiz ndang vunz nyieglaux.

Hoeng, gwn maklaeq aeu haeujsim gwnfap.

1、Boux beizheiq hawcaep mbouj hab gwn ndip, wnggai saz roxnaeuz cau gwn, hix ndaej dawz de caeuq makdaihcawj, fuzlingz, haeuxnaz cawj cuk gwn.

2、Boux lwed miz bingh lumj rueg lwed, ok haexlwed wnggai gwn

ndip.

3、Mehsenglwg, lwgnyez baenz haexgaz mbouj hab gwn lai.

4、Aenvih ndaw maklaeq hamz miz dansuijavohzvuz haemq lai, boux baenz binghnyouhdangz mbouj hab gwn lai.

5、Mboujlwnh dwg gwn ndip roxnaeuz gwn cug, aeu menhmenh nyaaj gwn lienz myaiz ndwnj roengzbae, yienghneix yaugoj cij ndei.



Seizdoeng Lwgnyez Gwn Bouj Fuengfap

儿童冬季进补方法

Haeuj laebdoeng le faex nywj reuqroz lo, cien non fanh roeg cungj ninzdoeng, heiqyengz bouxvunz caem youq, heiqyaem hoenghvuengh, baenzneix, gij lwgnyez bingh lai ndang nyieg haenx wnggai baenzlawz gwn bouj ne?

1、Cawjranz gaej laepda hawj lwgnyez gwn bouj. Itbuen daeuj gangj, cawjranz mbouj daiq rox gij cihsiz gwn bouj, roxnaeuz ngamq rox di ndeu, dingq bouxwnq gaisau le, roxnaeuz luenh saenq meizdij gvangjgau luenh ngab, cix bae cawx baujgen sizbinj, yingzyangj doxgaiq caeuq gij yw hamz miz veizswngshu gvangvuzciz daeuj hawj lwgnyez

gwn bouj, doeklaeng cix hawj bohme h saetmuengh ndwi, mbangj lij miz fucozyung dem. Mbangj huqbouj lumj funghvangzcangh hamz miz itdingh soqliengh gizsu, lwgnyez gwn le baenz singq caeux cug. Mbangj yingzyangj baujgenbinj fatseng yingzyangj doxgaiq daiq lai roxnaeuz dengdoeg, lumj veizswngshu A caeuq veizswngshu D dengdoeg daengj. Faensik gij yenzynh neix, cujyau dwg cawjranz caengz loengh cingcu j ndaw ndang lwgnyez dauqdaej dwg siuj gijmaz couh luanh bae cawx ma hawj lwgnyez gwn, wnggai bae hawj canghyw duenq ndei cingcu j le

dingq canghyw bae cawx ma gwn bouj.

2、Itbuen cingzgvang lajde, gij yingzyangj lwgnyez bingq mbouj sihyau doenggvaq ywbouj daeuj gwn bouj, ngoenz sam donq gya diemjsim couh gaeuq lo, cawjranz aeu roengzrengz anbaiz ndei gijgwn lwgnyez doxdaengh, lwgnyez miz mbouj ndei sibgvenq aeu gibseiz gaijcingq gvaqdaej.

3、Hawj lwgnyez gwn bouj seiz, lij aeu doiq lwgnyez gojnwngz miz binghmenhsingq roxnaeuz binghgipsingq miz cimdoi q dwk bae ceihiw, yienghneix yaugoj cij ndei hane.

Caet Cungj Ragbyaek Ndae j Dingj Nit Youh Giep Bingh



Yihyo z yenzgiu ndaej rox, lai gwn rag byaekheu ndaej hawj ndang vunz maenghcangq, ndang vunz lai dingj ndaej nit.

Rag byaekhau: Swiq rag byaekhau seuq ronq baenz benq caeuq hing, coeng baek dang gwn, ndaej yw ngamq baenz dwgliengz seiz lau nit fat ndat, dungx ndat yaem sieng.

Rag lwggwz: Aeu di rag lwggwz, naeng maksigloux ndeu caez ngenz baenz mwnh, moix baez

gwn 6 gwz, ngoenz gwn 2 daengz 3 baez, ndaej yw siq nanz mbouj ndei.

Rag byaekginzcai: Aeu 60 gwz rag caeuq mbaw byaekginzcai, 10 aen makdaihcawj caez baek raemx, gwn makdaihcawj caeuq dang, ndaej yawhfuengz doenghmeg giet ndongj.

Rag byaekgep: Rag byaekgep caeuq mbaw de daem yungz nap aeu raemx, raemxgoenj raeuj soengq gwn, ngoenz baez, aen dan neix hab boux baenz gipsingq cangzyenz, menhsingq haexgaz gwn; aeu di rag byaekgep caeuq dangznding baek raemx gwn, ndaej yw mehmbwk begdaiq lai; aeu rag byaekgep daem yungz baeng gizsieng, ndaej sanq cw k siu foeg, dingz in dingz lwed, caemh ndaej

yw laemx sieng.

Rag byaekmbungj: Aeu 120 gwz rag byaekmbungj baek raemx gwn, ndaej yw oksiq; aeu 120 gwz rag byaekmbungj, meiq caeuq raemx gak 250 hauzswng h baek raemx hamz ndaw bak, ndaej yw heuj nengz heuj in.

Rag byaekbohcai: Aeu 100 gwz rag byaekbohcai, 15 gwz dawgaeq baek raemx gwn, ngoenz 2 daengz 3 baez, ndaej dawz daeuj guh ngoenznaengz hohleix boux baenz binghnyouhdangz.

Rag coeng: Aeu 20 go coeng daiq rag, di haeuxsan ndeu caez cawj cuk gya di meiq he swnh ndat gwn (gwn le ok di hanh ndeu cei q ndei), hab boux baenz gyauej in fat ndat gwn.

七种菜根御寒又祛病



Lwgnyez Seizdoeng Daenj Geijlai Geu Buhvaq Habngamj

冬季宝宝穿几件衣服合适

Hawj lwgnyez daenj geijlai geu buhvaq, itbuen dwg gaengawq aenmbwn bienqvaq daeuj dem gemj, itbuen vunzhung daenj geijlai geu lwgnyez couh daenj geijlai geu, danghnaeuz vunzhung mwh mbouj doengh seiz mbouj roxnyinh nit, hix mbouj roxnyinh ndat, couh gangjmingz habngamj lo, lwgnyez hix dwg yienghneix. Mbangj lwgnyez ndang mbouj daiq ndei, lumj baenz binghndokunq, ndang noix diet lwedhaw roxnaeuz bingzseiz haengj baenz dwgliengz haenx, wng beij vunzhung lai daenj geu buhvaq ndeu. Danhseih aeu haeujsim diemj ndeu dwg, lwgnyez haengj doengh, haengj guh youzheiq diuq hwnj diuq roengz seiz, aeu gaengawq cingzgvang dem gemj buhvaq, mienxndaej ok hanh daiq lai yinxhwnj baenz dwgliengz.

Seizdoeng Gwn Hojgoh Haeujsim Saehhangh

冬季吃火锅注意事项

Hojgoh mboujdan h ndei gwn, caemhcai q miz haujlai vwnzva gwnndoet neihanz youq ndawde dem.

Gwn hojgoh yienznaeuz feihdauh ndei, hoeng mwh gwn seiz aeu haeujsim veiswng h, caemhcai q gangj gohyoz. It senj liuh aeu singjsien, mienxndaej fatseng gijgwn dengdoeg; ngeih aeu gaem ndei leizfeiz, danghnaeuz gijgwn youq ndaw hojgoh goenj nanz lai, yingzyangj cwngzfwn couh deng buqvaih, feih mbouj singjsien; danghnaeuz raemx caengz goenj couh gwn, youh yungzheih yinxhwnj conghsaej baenzbingh. Linghvaih, gwn hojgoh seiz gaej gwn raemxdang daiq ndat, mboujnex nemmuek congghbak caeuq saihoz yungzheih deng logsieng.

