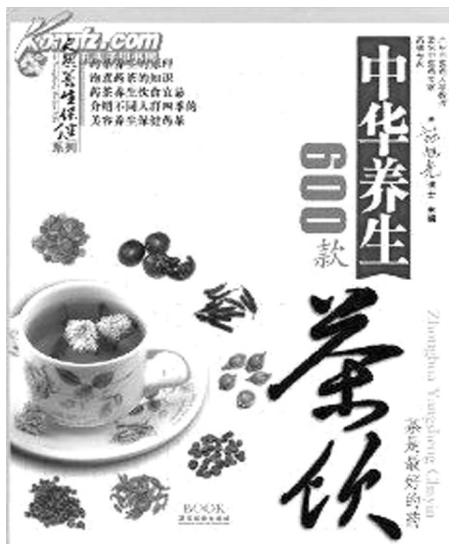


**Caz duh:**

Boiqliuh: Aeu 30 gwz duhheu, 9 gwz mbawcaz, di begdangz ndeu.

Guh fap: Mbawcaz yungh baengzsa suék ndei, caeuq duhheu caemhdoh dwk raemx ngauzcawj, daengz duhheu cug seiz, vez mbawcaz hwnj le dwk begdangz roengzbae.

Geij Dan Yw Giuj Yw Bingh Seizdoeng

几款药膳方巧治冬季小病

Yungh fap: Swnh ndat gwn roengzbae, ndaej baez dog gwn liux roxnaeuz baen guh geij baez gwn.

Goengyauq: Duhheu diemzcaep, siu ndat geij doeg, ndaej yw hwnj dok fatsa siu doeg ndat, gya mbawcaz ndaej leih nyouh, begdangz siu ndat, ndaej yw dwgliengz, congghoz in ndat, ok nyouh mbouj swnh roxnaeuz giem ok nyouh insep.

Cuk mbaw byaekhom-nyaeuq:

Boiqliuh: 15 gwz mbaw byaekhomnyaeuq, 60 gwz haeuxsuen, habliengh dangznae.

Guh fap: Sien baek mbaw byaekhomnyaeuq raenz aeu raemx de langh liengz, haeuxsuen gya raemx aeuq cuk, cuk cug seiz ndingq

raemx byaekhomnyaeuq roengz, dwk dangznae couh baenz gwn.

Yungh fap: Langh raeujremq seiz gwn, ok hanh engq ndei.

Goengyauq: Byaekhomnyaeuq ndaej sanq ndat, gya haeuxsuen, dangznae cawj cuk gwn, ndaej coi ok hanh, youh ndaej hoh dungx. Boux baenz dungx in, rumzndat dwgliengz ceiq hab gwn.

Maklaeq aeuq nohmou cing:

Boiqliuh: 500 gwz nohmou cing, 300 gwz maklaeq, di coeng caeuq hing he, liuhlaeuj, begdangz, ciengqyouz gak di ndeu.

Guh fap: Ronq nohmou cing baenz gaiq iq, maklaeq bok gvamq ndei. Dwk youz roengz rek, caeuq begdangz cau j baenz henjding, dwk

ciengqyouz le caiq dwk nohmou cing, maklaeq, coeng, hing, liuhlaeuj roengz caez cawj daengz noh unq couh baenz gwn.

Goengyauq: Ndae j nyinh bwt vaq myaiz, bouj mak cangq mamx.

Dang conhbei makleizsez-liz:

Boiqliuh: 2 aen makleizsezliz, 4 gwz conhbei, 75 gwz dangznae.

Guh fap: Dat naeng makleizsezliz caemhcai q cawz ngveih, cab baenz gaiq iq dwk roengz ndaw vanjhung bae, dwk conhbei, dangznae caeuq 150 gwz raemxsaw, hai feiz coemh goenj, gek raemx naengj 1 diemj cung le langh raeujremq gwn.

Goengyauq: Nyinh bwt dingz ae, siu ndat vaq myaiz.

Nohyiengz Dwg Gij Huqbouj Ndei Seizdoeng

羊肉是冬季滋补佳品

Nohyiengz dwg cungj huqbouj ndei dingj nit ndeu, danhseih de diemzraeuj cix ndat lai, gwn le rox hwnjhuj. Aenvih de miz cungj haeuhauz ndeu, mbangj vunz mbouj haengj gwn, siengj siucawz haeuhauz, cijmiz “doi q bingh roengz yw”, gwn de cij mbouj haeuhauz.

Seizdoeng ciengz gwn nohyiengz ndaej coicaenh siuvaq, baujhoh bangx dungx, coihbouj nemmuek aendungx, caemh ndaej dingj nyieglau.

Bouxlauz caeuq boux ndang haw dungx caep, seizdoeng wng lai gwn di nohyiengz ndeu, yienghneix ndaej dingj nit, caemhcai q doi q boux baenz feigzwhz, boux hozgyawh in, boux baenz ae' ngab, mehsenglw le heiqlwed haw, boux hwet naet gyauejhoq nai q caeuq sojmiz binghhawcaep caemh miz ndeicawq.

Gizsaed, 1 goeng-gaen nohyiengz dwk 10 gwz ganhcauj caeuq di laeuj, hing he itheij cawj, gawq ndaej siu haeuhauz, youh ndaej baujci z gij meih nohyiengz.

Cujyau yungh liuh: 500 gwz nohyiengz, 250 gwz maenz-cienz, 150 gwz lwgcid, 100 gwz lauxbaeg nding.

Boiqliuh: Hoh oij ndeu, 50 gwz hing, 10 gwz byaekhom, dug byaekginzcai he, 2 geng iq gyu, di veicingh ndeu.

Guhfap:

1、Dwk raemx swiq nohyiengz seuq.

2、Gij boiqliuh dat naeng swiq seuq ronq ndei.

3、Dwk nohyiengz roengz gumeng, gya 1.5 swngh raemx,



aeuq naemz le gip oij, hing caeuq byaekhom hwnj.

4、Dat naeng maenzcienz ronq baenz gaiq le dwk roengz raemxgyu bae cimq.

5、Dwk lwgcid, lauxbaeg nding, maenzcienz roengz rek aeuq cug, gya diuzliuh couh baenz gwn.

Seizdoeng Gwn Lauxbaeg Nding Ndae j Baujhoh Aenbwt

冬季多吃胡萝卜可保护肺脏

Seizdoeng aenbwt yungzheih fat-bingh, hozgyawh in, bwt in, ae' ngab daengj bingh rox gyanaek. Itbuen vunz hix ciengz baenzae, aek in. Aen geiqciet neix, baujhoh aenbwt gengangh daegbied youqgaenj.

Miz aen fap fuengbienh youh bienzngreiz ndeu ndaej baujhoh aenbwt, haenx couh dwg lai gwn lauxbaeg nding. Aenbwt deng sieng dingzlai dwg aenvih nemmuek hozgyawh deng sieng yinx-hwnj, veizswnghsu A ndaej baujhoh nemmuek sibauh, moix ngoenz genhciz gwn aen lauxbaeg nding ndeu, doi q diemheiq hidungj daegbied dwg doi q baujhoh aenbwt miz haemq ndei cozyung. Linghvaih, β lauxbaeg nding doxgai q doi q ndit caeuq yanggi daegbied minjganj, ndit ciuq nanz rox yangjva faengaij, ndigah, lauxbaeg nding ceiq ndei baez dog gwn liux gaej louzce nanz. Cai q gangj, β lauxbaeg nding doxgai q naengz yungz youq ndaw youzlauz, ndigah, cau j, aeuq, saz gwn cungj ndaej.

Haeuj daengz seizdoeng, haet-haemh vwnhdu doxca daih, nyeznomj yungzheih baenz dwgliengz caeuq congghoz mbouj cwxcaih, ndigah, gij gwn, daenj, youq, byaij nyeznomj bohme h au lai haeujsim cij ndaej.

1、Daenj: Aenvih vwnhdu doxca haemq daih, haethaemh aeu hawj nyeznomj lai gya daenj geu buh ndeu. Gij nyeznomj aenvih haengj doengh, ndang yungzheih ok hanh haenx, mwh de guhcaemz seiz aeu youq raeblaeng de demh mbaw gaen ndeu roxnaeuz mwh de guhcaemz sat le gibseiz vuenh buh hawj de. Doengzseiz, haiz nyeznomj wng hawj de daenj yindunghaiz mbaeumbengq guhcawj, gaej hawj de daenj haiznaeng.

2、Gwn: Lai hawj de gwn di doxgai q hamz veizswnghsu lai haenx. Daegbied dwg gij doxgai q hamz

Nyeznomj Seizdoeng Baujgen Aeu Rox

冬季幼儿保健常识

veizswnghsu A caeuq veizswnghsu C lai haenx, gij doxgai q neix ndaej bangcoh yawhfuengz sanghuhgizdau ganjyenj. Gyauejsuenq, lauxbaeg, hing, byaekgep cungj dwg gijgwn demgya nyeznomj rengz dingj bingh, hoeng gojnwngz nyeznomj mbouj haengj gwn, cawjranz ndaej doenggyaq gajbiengq gwn yungh fuengfap yaeuh nyeznomj gwn. Lumjbaenz mwh cau j byaek seiz gya dwk di suenqsoiq ndeu, bingzseiz cawj di raemx lauxbaeg, raemxhing hawj de gwn. Gij nyeznomj ciengz youq seizdoeng ae-

gebbe h aenx, cawjranz aeu aeuq di raemx makleiz dangznae hawj de gwn. Linghvaih, danhfanz dwg yw cungj miz sam faen doeg, gaej hawj nyeznomj dawz gwn yw dangguh diuz roenloh yawhfuengz baenzbingh daeuj gwn.

3、Youq: Yienznaeuz mbwn nit, hoeng, ndaw ranz lij aeu baujcwng itdingh seizgan daeuj hai cueng doeng rumz, baujci z ndaw rug hoengheiq riuzdoeng ndei. Moegdenz nyeznomj aeu ciengzseiz gaenx saeg dak ndit.

4、Byaij: Seizdoeng ceiq hab bae rog ranz yindung, cawjranz ndaej-



hoengq seiz wng lai dai q nyeznomj okbae yindung, lai hawj de dak ndit, dak ndit ndaej coicaenh aenndang nyeznomj supsou gai, doengzseiz hix ndaej demgiengz dijciz nyeznomj.