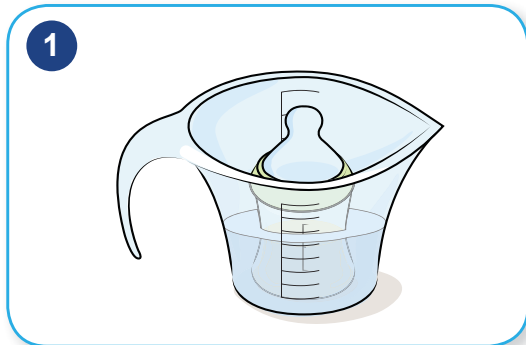


Sida Cunaaga Masaasad Wax loogu Siiyo iyo Qaadista Cuntada Ilmaha

Wixii macluumaad ah oo kusaabsan qaadashada go'aan faahfaahsan oo ku adaan sida aad u quudin karto cunugaaga kala hadal daryeel bixiyahaaga caafimaadka ama kalkaalisada caafimaadka dadweynaha. Kafiiri Xaashida Tilmaanta #1 wixii kusaabsan macluumaadka muhiimka ah.

Kululeynta Caanaha

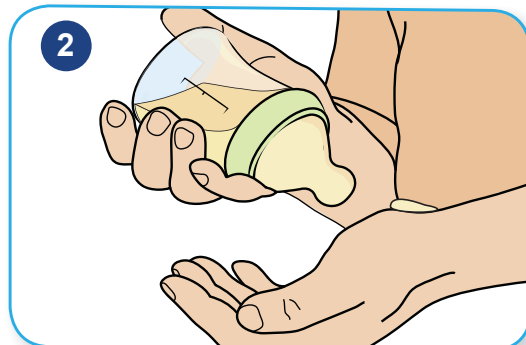


Caruurta waxay cabi karaan caano qandac ama qaboow ah.

Kululee masaasada caanaha adigoo:

- Galinaaya masaasada qasacad ay kujiraan biyo kulul ama isticmaal dhalo kuleeliyaha.
- Kululee wax aan ka badnayn muddo 15 daqiiqo ah.
- Rux masaasada dhoor jeer inta aad kululeynaysid.

Haku kululayn Caanaha Microwave.



Iska marka caanaha kululaadaan, rux masaasada.

Ku dhibci dhawr dhibic oo caano ah gudaha gacantaada si aad u hubisid in caanuhu aysan si saaid ah u kululaan.

Waa inay noqdaan qandac yar, oo aan ahayn kulayl.

Sida loo Baro Cunugaaga Inuu Caanaha kucabo Masaasada



Cunugaaga marka uu dareemaayo gaajo wuxuu muujiyaa calaamadaha sida:

- Inuu gacmaha isku dhadhajiyo uuna dhaqdhaqaaqiyo.
- Inay furaan afkooda iyo dibnaha bishimaha.
- Waxay kugu soo aadinayaan madaxooda.

Xiligaan waa waqtiga ugu wanaagsan oo aad wax siin karto.

Caruurta badanaa waxay wax cunaan 8 jeer ama kabadan 24 saacba



Cunugaaga wuxuu dareemayaa gaajo saa'id ah marka aad ku aragtid:

- Inuu gacmaha lagalaayo afka.
- Inuu wax dhuuqayo ama uu samaanaayo dhaqdhaqaaq nuugitaan.
- Nasiino la'aan.
- Qaylo uu sameenaayo.



Cunugaaga wuxuu muujinayaa calaamadaha ah inuu saa'id u gaajoonayo:

- Nasiino la'aanta iyo oohinta.
- Inuu muujiyo xanaaq.
- Dareemida caajis iyo hurdo.

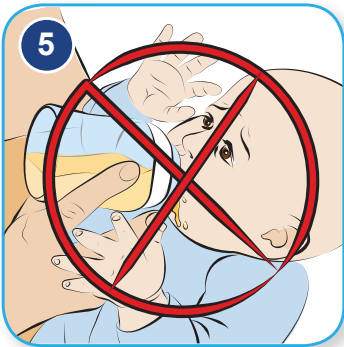
Waa inaad dajisaa cunugaaga haddii uu dareemaayo xanaaq.



Kor u qaad cunugaaga marka aad siinaysid caanaha masaasada. Gali masaasada ibta naaska hoostiisa oo sug masaasada inta uu si furaayo afka kabacdina gali afkiisa masaasada.

Hagalin masaasada godka ama cunugaaga hasaarin sariirta cunugaaga oo jiifa sariirta.

Sida Cunaaga Masaasad Wax loogu Siiyo iyo Qaadista Cuntada Ilmaha



Waqti firaqo ah sii cunugaaga haddi ay muujiyaan caaladaha walaaca sida:

- Inay caanaha kasoo saaraan afkooda.
- Neefta oo kudhagta ama is xoqitaan.
- Inay gacmaha ku qabtaan ama laqaan isla markiiba.
- Inay kasii jeestaana ama ayba iska riixaan masaasada.
- Inay madaxooda u duwaan meel kale.



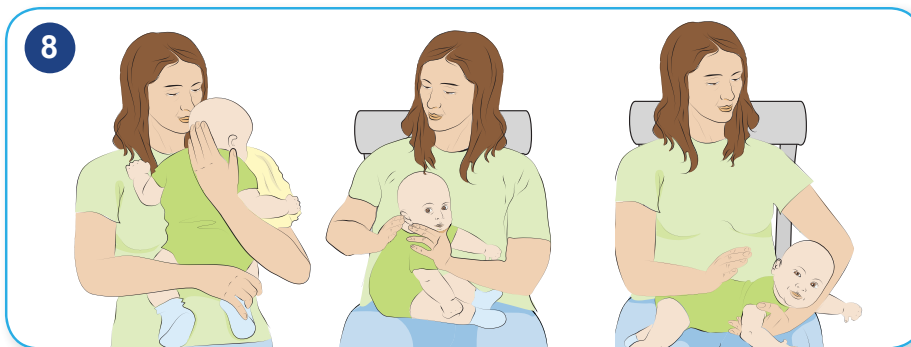
Calaamadaha muujinaaya in cunugaaga uu ubaahan yahay inuu daaco:

- Dadbinta dhabarka.
- Wuxuu noqonayaa cunuga mid qalafsan ama qayliya.
- Wuxuu iska riixayaa masaasada.
- Si aayar ah ayuu unuugayaa ama wuuba joojiyaa.



Jooji caano siinta marka cunugaaga uu muujiyo calaamadaha dharagsanaanta. Calaamadahaas waxaa kamid ah:

- Inuu yareeyo ama joojiyo nuugida.
- Inay isku qabtaan afkooda.
- Inay madaxooda u wareejiyaan meel kale.
- Inay iska riixaan masaasada ama qofka wax siinaaya.
- Inay dareemaan hurdo.



U ogolow cunugaaga inuu daaco adigoo dhabarkooda kasoo galinaaya gacanta. Isku dar sidaan Qaabee cunugaaga si uu u daaco.

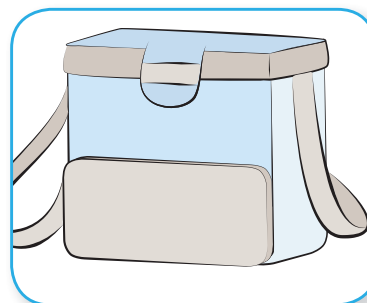
Qaadida Caanaha

Haddii aad galaysid socdaan, mar hore diyaari caanaha.

Kaliya qaado masaasada kadib marka lagu qaboojiyo furinjiyeer ayna qaboow tahay marka lataabto.

Kurid caanaha boorso qaboojiye ah oo leh baakad ilaa inta aad siinaysa cunuga.

Tuur caanaha aan la isticmaalin muddo dhan 24 saacadood.



Wixii macluumaad dheeraad ah oo kusaabsan sida iyo goorta aad quudinaysa cunugaaga kafiri boggaga 16-20 ee kujira buuga **Caanaha Caruurta: Waxa aad Rabtid Inaad Ogaatid**