



Qoob Sau ntawm lub Hlis®

Plaub Hlis Ntuj

Kev Nyob Dawb Huv thiab Kev Vam Meej Kev Kawm Mus Ua Ke Nraim California muab txoj Kev Xeeb thiab Kev Tshaj Qhia Qauv Ntawv Teev Tseg (STAR) hauv caij nplooj hlav. Yog li ntawd nws yog ib qho tseem ceeb dua ntais rau koj tus me nyuam kom noj dawb huv thiab nyob nquag plias. Pab koj tus me nyuam ua kom tau qhab nia zoo nrog qhov **Qoob Sau ntawm lub Hlis**. Ntsuam xyuas, saj, thiab kawm txog kev noj txiv hmab txiv ntoo thiab zaub ntau ntxiv kom nyob nquag plias txhua hnuv. **Qoob Sau ntawm lub Hlis** hom zaub raug nthuav txog yog

carrots



Tswv Yim Ceev Txhiam Laj Txhiam Xws

- Carrots yeej muaj raws caij nyooq thawm plaws xyoo.
- Nrhiav cov carrots ntev ncuw, tuab npawv, daj rhuv. Xyuas kom meej tias lawv tsis muaj tej chaw tsoo los yog tej kab tawg pleb.
- Zam tej carrots uas ntsws ntsee thiab muag mev lawm.
- Carrots raug ceev tseg tau zoo tshaj plaws rau hauv tshuab txias (refrigerator) lub tais laug ntim zaub. Qhov no pab ceev tau lawv kom qab kawg nkaus thiab nkig nkuav.
- Yog tias koj yuav tau cov carrots tseem muaj qia ntsuab, dam cov qia tawm thiab muab cov carrots yang dej.
- Tsis txhob muab ceev tseg nrog tej txiv hmab txiv ntoo. Txiv hmab txiv ntoo tso tawm ib co pa raj a uas muaj peev xwm ua rau zaub puas.

QUESADILLAS ZAUB

Khoom Sib Tov:

(Ua 4 qho qee noj ntawm 1 lub quesadilla ib qho)

- 1 lub carrot loj nteev, txhuam ua tej tug
- 1 lub taub zucchini, txhuam ua tej tug
- 8 daim tortillas hmoov nplej ua
- 3/4 khob cheese txhuam ua tej tug
- Kua ntsim ntim lam fwj, rau kev qab los
1. Tso hauv ib lub tais, tov cov carrot thiab zucchini.
2. W 1/2 khob zaub sib tov rau saum plaub daim tortillas. Tshooj tej qhw b qho nrog 3 maum diav cheese. Txhab kua ntsim.
3. Npog nrog daim tortilla thij ob.
4. Txawb ib lub yias tsis lo zaub rau saum qhov cub kub pes nrab kom txog thaum kub lug. Tso tej lwb lub quesadilla rau hauv lub yias thiab ua kom siav li 1 feeb.
5. Ntxeev thiab ua kom siav li 1 feeb ntxiv los yog kom txog thaum cov cheese yaj.
6. Txiav tej lwb lub quesadilla ua tej ya thiab muab noj sov so.

Sau dua los ntawm: *Healthy Latino Recipes Made With Love, California Latino 5 a Day Campaign, 2004.*

Kev Pab Ua Kom Nyob Dawb Huv

- Cog koj tej khoom noj dawb huv ntiag tug. Cog ib thaj zaub. Kev cog zaub yog ib qho dej num ua kom ib ce khov kho zoo heev.
- Vim xeev txoj kev xeeb twb los ze zus lawm, txhawb koj tus me nyuam kom noj tsev kawm ntawv puas tshais thiab puas su. Tsev kawm ntawv tej puas noj yeej muaj txiv hmab txiv ntoo thiab zaub txhua hnuv. Nug koj tus me nyuam tus xib fwb los yog hu cheeb tsam koom tsev kawm ntawv lub hauv paus chaw khiav dej num rau lus qhia ntxiv.
- Cia koj tus me nyuam ua tus xib fwb thiab qhia koj saib vim li cas kev noj txiv hmab txiv ntoo thiab zaub ho tseem ceeb.

Nutrition Facts

Serving Size	1 cup, chopped (28g)
Amount per Serving	
Calories 52	Calories from Fat 3
% Daily Value	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 88mg	4%
Total Carbohydrate 12g	4%
Dietary Fiber 4g	14%
Sugars 6g	
Protein 1g	
Vitamin A 430%	Calcium 4%
Vitamin C 13%	Iron 2%
Source: www.nutritiondata.com	

Cia Li Ua Kom Ib Ce Khov Kho!

- Nrog qhov kev xeeb thaum caij nplooj hlav, nws yog ib qho tseem ceeb kom koj tus me nyuam tawm nraum zoov. Kev ua kom ib ce khov kho txhua hnuv yuav pab nce tau koj tus me nyuam kev tig saib ntsoov thiab kev xeeb tau zoo.
 - Cog koj tus me nyuam mus ua ib qho kev sib tw nrhiav khoom teev tseg (scavenger hunt) hauv ib lub park nyob ze ib cheeb tsam. Xyuas saib koj tus me nyuam muaj peev xwm nrhiav tau pes tsawg hom nroj tsuag thiab ntoo sib txawv.
 - Nrog kev muaj cov xuaj moo duab hnuv nyob ntev dua qub, cog tsev neeg mus taug kev tom qab puas hmo.
- Rau tej tswv yim ua kom ib ce khov kho ntxiv, mus xyuas:
www.kidnetic.com
www.verbnow.com

Kev Pab Koj Cov Me Nyuam Noj Kom Dawb Huv

- Yuav cov me nyuam carrots nqa nrog koj rau kev txom ncauj yooj yim, thaum tawm rooj.
- Ntxiv tej tug carrots nyoos ua ib qho khoom cua nkij nkawj ib cag thaum noj sus.
- Txhuam carrots rau hauv cov zaub sib tov (salads) thiab tshooj tej kua zaub los ntxiv ib qho kev qab nkig nkuav, qab zib txev.
- Carrots yog ib qho khoom ntxiv zoo heev rau tej puas noj. Lawv raug noj tau kheej, suam ua tej tug, hlais ua tej vog, txhoov los yog txhuam ua tej ya. Thov koj tus me nyuam pab xav tej kev ua tau lom zem los tso carrots rau hauv tsev neeg tej puas noj. Rau lus qhia tswv yim ntxiv, mus xyuas:
www.cachampionsforchange.net

