



## LET'S GO! TERO 5210 I GANG KWAN

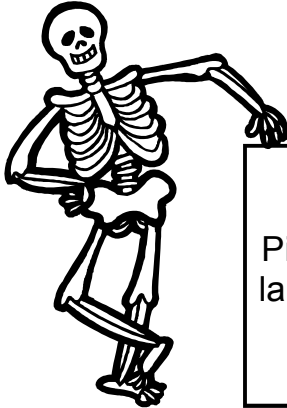
### Cwak mato Pii & Cak ka wang gaa amata ma dwong ki

#### Kit ma National Dairy Council tito kwede:

- Lotino ma tye ki mwaka 4-8, myero gu mat cak ounce 8 wang adek pi nino aciel nyo jwi



- Lotino ma tye ki mwaka 9-18, myero gu mat cak ounce 8 wang angwen ki nucu pi nino aciel nyo jwi



#### Ngec nyo lok angea?

Pi lotino me mwaka weng, pii gi cak aye gaa amata ma beco. Pii tye la bong kalori dok bene mato pii pwonyo lotino pe gu mat gaa amata madwongo ki sukari me gengo ruo pii.

*-<http://www.revolutionhealth.com>*

#### Kit me timo ne ma yot:

##### **Pii**

1. Ket cupa me pii nyo pii me cupa i ka ma leng
2. Med lemun ma pwud manyien, gin ma wac, nyo pok lemun i dye awal pii wek obed ma kur.

##### **Cak**

1. Mot mot nen ni i loke ki i cak ma kulu i cak ma tye gi moo ma nok
2. Rub cak ki baraf, ki nyik yat ma cal berries ma in i maro.

**Lim [www.letsgo.org](http://www.letsgo.org) Ka i mito ngeo ma pol**

