

# UNIVERSITY OF FLORIDA

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## IFAS EXTENSION

### Bay Timoun Ou Manje <sup>1</sup>

Adapted by Glenda L. Warren<sup>2</sup>

*Bay Timoun Manje (kat a douz mwa)*

Lèt manman se lèt sa-a timoun yo bezwen jiskan yo gen kat mwa a si mwa. Bay ti moun lèt manman jiskan yo gen yon lane. Pa bay timoun yo lèt nan magazen avan yo gen douz mwa.

	Laj Kat a si Mwa	Laj Sis a uit Mwa
<b>Manje pou Kòmanse</b>	<p><b>Timoun Sereal</b></p> <p>Kòmanse bay ti moun manje ki gen fè ladann, nan laj sa yo, tankou diri, sereal ki gen anpil vitamin ladan-yo. Itilize yon kiyè lè w-ap bay timoun yo manje sereal. Fè diri a lejè avèk lèt manmanm oubwen lèt nan bwat. Apre sa ou kapab bay timoun yo manje ble ke yo vann nan magazen yo.</p>	<p><b>Legim ak Fwi</b></p> <p>Kòmanse ba li legim ak fwi. Bay timoun nan yon sèl kalite manje.</p> <p><b>Ji ki Fèt ak Fwi ki gen vitamin C</b></p> <p>Bay ti moun yo ji nan yon ti gode.</p>
<b>Sin lè Timoun nan Pare</b>	<p><b>Timoun ka</b></p> <ul style="list-style-type: none"> <li>• Chita san difikilte</li> <li>• Kenbe tèt li dwat</li> <li>• Retire manje nan kiyè-a avèk lang li</li> <li>• Kenbe pifò sereal-la nan bouch li</li> </ul>	<p><b>Timoun nan ka</b></p> <ul style="list-style-type: none"> <li>• Chita pou kon't li</li> <li>• Bat bouch-li pou'l manje</li> <li>• Mete manje nan bouch li pou kon't li</li> <li>• Kòmanse bwè nan yon gode</li> </ul>

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- Adapted from the third edition (1995) of "Eating Right is Basic," developed by Michigan State University Extension. English version adapted for use in Florida by Glenda L. Warren, M.S., R.D., CFCs, associate professor, Extension nutritionist, EFNEP, Family, Youth and Community Sciences, Cooperative Extension Service, Institute of Food and Agricultural Sciences, University of Florida, Gainesville FL 32611.

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	<b>Laj set a dizan</b>	<b>Laj dis a douzan</b>
<b>Manje pou Kòmanse</b>	<p><b>Vyann, Poul ak Pwason</b></p> <p>Kòmanse ba yo vyann ki mou, poul ak pwason ki san zo. Pa mete sèl, grès, sik ou piman nan manje timoun yo.</p>	<p><b>Manje sou Zel (Yon ti Pase nan Bouch)</b></p> <ul style="list-style-type: none"> <li>• Pen griye</li> <li>• Ti moso legim bouyi, kale, fwi ki mou.</li> <li>• Ti kal vyann moulen, poul oubyen pwason san zo ladan-yo.</li> </ul>
<b>Sin lè Timoun nan Pare</b>	<p><b>Timoun nan ka</b></p> <ul style="list-style-type: none"> <li>• Kraze manje</li> <li>• Pran manje pou kon't li pou'l manje</li> </ul>	<p><b>Timoun nan ka</b></p> <p>Itilize yon kiyè ak yon gode</p>

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