



WASAARADA CAAFIMAADKA EE MISSOURI IYO ADEEGYADA WAAYEELKA IYO ADEEGYADA NAFAQADA WIC

QIIMEYNTA WIC EE NAFAQADA ILMHAHA YAR EE DA'DOODU TAHAY 1-5

MAGACA ILMAHA:	DA'DA: <input checked="" type="checkbox"/> U DHEXEYEA BILAHA <input type="checkbox"/> 12-23 <input type="checkbox"/> 24-59	TAARIKHDA LA DHAMEEYAY:
<p>1. Cunugaaga miyey jirtaa hanaan cunto cunis oo u gaar ah? <input type="checkbox"/> Haa <input type="checkbox"/> Maya [341-362] [425.6] Hadii aad ku jawaabtey haa, dooro: <input type="checkbox"/> Khudaarta oo kaliya <input type="checkbox"/> Aan cunin wax xoolo ka yimid <input type="checkbox"/> Kaaloridu ku yar tahay/cayil dhimid <input type="checkbox"/> Cunooyinka ay ku jirto bagteeriyad caloosha u roon <input type="checkbox"/> Cuntooyinka jidhku diido <input type="checkbox"/> Tuumbo lagu quudiyo <input type="checkbox"/> Kale _____ Hadii aad ku jawaabtey haa, ma waxaa jira arimo caafimaad oo la xiriira arintani? <input type="checkbox"/> Haa <input type="checkbox"/> Maya</p>		
<p>2. Cuntooyinka soo socda kuwee ayuu cunugaagu cunaa? (Dooro dhamaan intii ku khuseysa) <input type="checkbox"/> Cabitaanada laga miiro khudaarta dareyga ah ama khudaarta cagaaran <input type="checkbox"/> Hilib aan la karinin, hilibka la saafsaafey ee karsan, hilib la luuqey (hot dogs) <input type="checkbox"/> Hilib qeydhiin ama aan aad loo karinin, maley, digaag, turkey ama ukun <input type="checkbox"/> Waxyaabaa xoolaha laga dheefsado oon la karinin (darey ah oo beerta laga keeney) <input type="checkbox"/> Foomaajooyinka jilicda san sida Feta, Brie, Camembert, Blue-veined cheese, Queso-Blanco, Queso-Fresco <input type="checkbox"/> Khudaarta loo yaqaan sprouts oo cayriin (alfalfa, qorofal, digirta, raadhiska) <input type="checkbox"/> Midnaba inta kor ku dhigan</p>		
<p>3. Cunugaagu miyuu si joogta ah u cunaa waxyaabo aan cunto ahayn? <input type="checkbox"/> Haa <input type="checkbox"/> Maya [425.9] Hadii aad ku jawaabtey haa, dooro intii ku khuseysa. <input type="checkbox"/> Danbaska <input type="checkbox"/> Dhoobada <input type="checkbox"/> Ranjiga jajabkiisa <input type="checkbox"/> Dunta kaarbadka <input type="checkbox"/> Boodhka <input type="checkbox"/> Waraaqaha <input type="checkbox"/> Budada (Taydha ama budada xasiida) <input type="checkbox"/> Sigaarka ama hash sigaar <input type="checkbox"/> Caagaga <input type="checkbox"/> Carada <input type="checkbox"/> Kale: _____</p>		
<p>4. Maalintii, imisa jeer ayuu cunugaagu cunaa khudaarta miraha ah? <input type="checkbox"/> 5 ama ka badan <input type="checkbox"/> 4 <input type="checkbox"/> 3 <input type="checkbox"/> 2 <input type="checkbox"/> 1 <input type="checkbox"/> Midna</p>		
<p>5. Maalintii, imisa jeer ayuu cunugaagu cunaa khudaarta cagaaran? <input type="checkbox"/> 5 ama ka badan <input type="checkbox"/> 4 <input type="checkbox"/> 3 <input type="checkbox"/> 2 <input type="checkbox"/> 1 <input type="checkbox"/> Midna</p>		
<p>6. Cunugaagu <u>nooc</u> ayuu caanaha ka cabaa? (Dooro dhamaan intii ku khuseysa) [425.1] [425.8] <input type="checkbox"/> Caanaha naaska <input type="checkbox"/> Caanaha foormulada (magaca) _____ <input type="checkbox"/> Caanaha Lo'da <input type="checkbox"/> Caanaha Riyaha <input type="checkbox"/> Caanaha Bariis ama Caanaha Almond <input type="checkbox"/> Caanaha Soyga <input type="checkbox"/> Caano laga saarey sonkorta dabiiciga ah <input type="checkbox"/> Midna <input type="checkbox"/> Kale _____ Caano <u>caynkee</u> ah ayuu cunugaagu cabtaa? <input type="checkbox"/> Subaga-laga saarey (skim) <input type="checkbox"/> Subagu- ku yar yahay (1%) <input type="checkbox"/> Laga dhimey baruurta (2%) <input type="checkbox"/> Iskuwada jira <input type="checkbox"/> Aan khusyn Maalinti, imisa jeer ayuu cunugaagu caano cabaa? <input type="checkbox"/> 4 koob ama ka badan/In badan/maalintii <input type="checkbox"/> 2 koob/Labo jeer/maalintii <input type="checkbox"/> 3 koob/sadex jeer/maalintii <input type="checkbox"/> 1 koob am ka yar/Hal mar/maalintii ama ka yar</p>		
<p>7. Maalintii, imisa jeer ayuu cunugaagu cabaa cabitaanada laga miirey khudaarta miraha ah/ isboortiga, [425.2] [425.3] sodhaha caadiga ah iyo/ama biyaha lagu darey Kool-aid ama sonkor? <input type="checkbox"/> 4 ama ka badan <input type="checkbox"/> 3 <input type="checkbox"/> 2 <input type="checkbox"/> 1 <input type="checkbox"/> Midna Maalintii, imisa jeer ayuu cabaa (diet pop/soda) iyo/ama bun/shaah? <input type="checkbox"/> 4 ama ka badan <input type="checkbox"/> 3 <input type="checkbox"/> 2 <input type="checkbox"/> 1 <input type="checkbox"/> Midna Maalintii, imisa jeer ayuu cunugaagu cabaa biyaha saafiga ah? <input type="checkbox"/> 4 ama ka badan <input type="checkbox"/> 3 <input type="checkbox"/> 2 <input type="checkbox"/> 1 <input type="checkbox"/> Midna</p>		
<p>8. Halkee ayaa biyaha cunugaagu cabaa ka yimaadaan? (Dooro mid intii ku khuseysa) [425.8] <input type="checkbox"/> Magaalada/ Degmada biyaha ay maamusho <input type="checkbox"/> Biyaha nawaaxiga magaalada <input type="checkbox"/> Ceel gaar ah <input type="checkbox"/> Biyaha caagadaha</p>		
<p>9. Cunugaagu biyaha mooyee ma wuxuu ka cabaa cabitaanada masaasada ama koobka ilmaha?.... <input type="checkbox"/> Haa <input type="checkbox"/> Maya [425.3] Goorma ayuu cunugaagu cabaa cabitaanada, aan ahayn biyo kana cabaa masaasad/koobka ilmaha? (Dooro dhamaan intii ku khuseysa) <input type="checkbox"/> Sariirta habeenkii <input type="checkbox"/> Waqtiga jiiifka <input type="checkbox"/> Waqtiga cuntada/cuntad fudud <input type="checkbox"/> Maalintii is daba wada dhalada ama koobka uu wax ku cabo</p>		
<p>10. Cunugaagu miyuu qaataa fiitamiino, macdanta jirku u baahan yahay, daawo dhaqameed?... <input type="checkbox"/> Haa <input type="checkbox"/> Maya [425.7] [425.8] Hadii jawaabtu tahay haa, dooro dhamaan intii ku khuseysa: <input type="checkbox"/> Fiitamiinada isku dhafan ee ilmaha <input type="checkbox"/> Maadada dhiiga kordhisa ee feerada <input type="checkbox"/> Dhirta dawada loo isticmaalo <input type="checkbox"/> Maadada ilkaha xoojisa <input type="checkbox"/> Fiitamin D <input type="checkbox"/> Kale: _____</p>		
<p>11. Maalintii, imisa saacadood ayuu cunugaagu hor fadhayaa shaashada (TV, computer, video game, cell phone)? <input type="checkbox"/> Midna <input type="checkbox"/> ka yar 1 saac <input type="checkbox"/> 1 saac <input type="checkbox"/> 2 saacadood <input type="checkbox"/> 3 saacadood <input type="checkbox"/> 4 saacadood <input type="checkbox"/> 5 saacadood ama ka badan <input type="checkbox"/> Aan la garaneyn Maalintii, imisa daqiiqadood ayuu cunugaagu sameeyaa dhaqdhaqaaq jidhka, ciyaaraha/jimicsadaa (aad u neefsadaa ama dhididaa)? <input type="checkbox"/> ka yar 15 daqiiqo <input type="checkbox"/> 15 daqiiqo <input type="checkbox"/> 30 daqiiqo <input type="checkbox"/> 45 daqiiqo <input type="checkbox"/> 60 daqiiqo (1 saacad) <input type="checkbox"/> 90 daqiiqo (1 ½ saacad) ama ka badan <input type="checkbox"/> aan khuseyn</p>		
<p>12. Cunugaagu miyuu booqdey dhaqtarka ilkaha 12 bilood ee la soo dhaafey? <input type="checkbox"/> Haa <input type="checkbox"/> Maya [425.8] Cunugaagu miyuu leeyahay ilko bolol, (marka lagu daro ilkaha aan wali ka dhicin ee bolola), ilko jajaban, cirid dhiiga, ilko maqan iyo/ ama ilko meel qaldan ka soo baxay oo sababa in calalisku ku adkaado?..... <input type="checkbox"/> Haa <input type="checkbox"/> Maya Cunugaagu miyuu ku cadeydaa ilkaha cajiinta ay ku jirto (fluoride)? <input type="checkbox"/> Haa <input type="checkbox"/> Maya <input type="checkbox"/> Ma ogi</p>		

Qof aqoon sare u leh(CPA)/midka nafaqada u qaabilsan ayaa kaala hadli doona raashin qaadashadaada iyo dhaqdhaqaaqa aad sameysid su'aalana wey ku weydiin doonaan