

# BIYAHA

## Shuruudaha Biyaha

**Cab maalin kasta:** ½ galaan = 2 rubuc = 8 koob

- Biyaha ha qiyaasinin.
- Cab waxa aad u baahantahay maanta.
- Wax badan raadi beri.

Biyo badan cab marka cimilada kulushay ama ku dadaal.

U qoondee ½ galaan kale cunto karinta iyo nadaafadda shakhsi ahaaneed.

## Ilaha Biyaha

Ku xir isha biyaha aad ka hesho ee wadada dhexdeeda ah tuubo xakamaysa ama meesha ay biyuhu ka soo galaan gurigaaga.

## Ku shub Biyaha Weelka lagu kulayliyo

- Hoo'istuu bishaanii irraa ibsaa yookiin sarara boba'aa dhaamsaa.
- Ka xir isha biyaha qabow kuleyliyaha biyaha.
- U sug inay biyuhu qaboobaan.
- Hoos tuubo ama baaldi si aad u shubtid tuubada.
- Fur tuubada biyaha kulul meel kale oo guriga ah.
- Fur tuubada biyaha laga shubayo. Filo xoogaa wasakh ah inay hoos fariisato.
- Nadiifi haddii tayada biyuhu ay shaki laga qabo.

## Ilaha kale

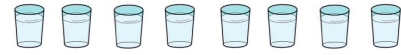
- Baraf ka dhalaalay ee firinjiyeeriga laga soo saaray
  - Khudaar qasacadaysan ama casiirka khudaarta
  - Taangiga musqulaha
- Haka cabin biyo saxanka musqusha.



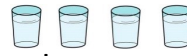
## INTEE IN LA'EG AYAAD U BAAHANTAHAY MAALINTII?



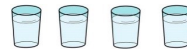
koob oo cabitaan ah qofkiiba



4 koob oo dhaqitaan ah qofkiiba



4 koob oo cunto loogu kariyo qofkiiba



## Sida Loo Nadiifiyo Biyaha

### Kulaylin (Mida ugu wanaagsan ah)

- Ku kala miir biyaha marka hore maro ama shaandhaynta qaxwaha.
- Kulayli biyaha 1 daqiiqo ilaa iska rogogaan.
- Haqaboobaan kahor inta aan la isticmaalin



### Nadiifiyaha jeermiska dila

- Markasta adeegso kuwa jeermis dilaha ku badan yahay oo nadiifi oo ka dil jeermiska, aan uraynin ama kiimikooyin lagu daray.
- Ku miir biyaha maro marka koobaad ama shaandha miirta qaxwaha.
- Ku qas 1/8 qaada shaaha (qiyaastii 8 dhibcood) halkii galaan oo biyo ah.
- Ku laba celi mida biyaha roobka.
- Sug 30 ilbiriqsi.
- Biyuhu WAA inay lahaadaan ur AAD u yar ah nadiifiyaha jeermiska ka dila.



### Nadiifinta kama saarayso shidaal ama kimikaal.

**HA cabin biyo ku wasakhaysan shidaal ama kiimikooyin.**

Macluumaad dheeraad