

SALAAMAHA FASAXA

Diisambar 17, 2020

Adeegyada Nafaqo ee Dugsiga iyo
Bulshada ee JCPS

502 **FOOD
NEWS**

Fueling Louisville's Future

Cuntooyinka Fasaxa Jiilaalka

Goobaha Cuntada ee JCPS waxay ku faraxsan yihiin inay cunto badan bixiyaan fasaxa jiilaalka. Weelka waxa ku jira xirmooyin quraac ah oo ka kooban firiley, cabbitaan, iyo macmacaan mireed. Qadada waxa la baxsha saxano badan oo ay ku jiraan Basbaaskayagii Waddaniga ahaa, saanweej digaag ka samaysan, dooro, midho macasaro, iyo xabko. Intaas waxa dheer, 10 koombo oo caano ah ayaa laguugu dari doonaa bac 5 rodol oo istrawberi la jarjaray ahi ku jiraan. Waxa sidoo kale la diyaariyay dhowr nooc oo sharaab firesha ah.

Tilmaamaha kulaylinta oo ay la jiraan talooyin badbaado iyo kayd cunteed ayaa ku qoran dhabarka warqaddan. Fadlan hubi inaad tan si taxaddar leh u aqrido si aad u hubiso tayada ugu fiican.



NALA WADAAG FIKRADAHAAGA/SAWIRADAADA CUNTO!

Soo Jeedin Cunto Diyaarined:

Digaag Barmesan

Ka hor intaanad kulaylin digaaga, dusha kaga rid 1/4 koob oo fuud baasto ah iyo waxooga burcad ah. Sideeda ku cun, ama waxooga baasto dhuudhuub ah ku darso. Macaan!

Basbaas

Basbaas waddanigayagu sidiisa ayuu macaan ku yahay balse hadii aad rabto inaad fikrado tijaabiso, kuwan eeg:

- Baasto ama makaroono ku darso
- Dusha kaga dar burcad la jarjaray ama labeen dhanaan
- Ka samee basbaas naakoos

Xalleefyo Istawberi La Qaboojiyay ah

- U isticmaal sidii bur-saliid/quraac
- Jallaato ka samee (Hab fiican oo caanona loo isticmaali karo!)
- Ku gas moos, istarawberi, iyo caano si aad uga dhigto seeko.
- Ugu raaxayso sidiisaba!



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JCPS Nutrition Services



Tilmaamaha Kulaylinta Cuntooyinka Fasaxa Jiilaalka



Waxaanu ku faraxsanahay inaanu awoodno inaanu cunto bixinayno fasaxa jiilaalka. Fadlan raac talooyinka badbaado iyo tilmaamahan kulaylineed.

- Ashyaada waxa horey u soo kariyay soo saaraha balse waxa loogu talo galay in dib loo kuleeliyo si tayada ugu fiican looga helo.
- Maadaama noocyada alaabooyinku kala duwan yihiin, oo ay dhammaan shooladaha iyo mofooyinkuna kala dab duwan yihiin, dhammaan waqtiyada karintu waa qiyaas waxaana laga yaaba in wax ka baddal lagu sameeyo.
- **Taxaddar:** Alaabtu way kulushahay marka laga soo saaro shooladda ama moofada.
- **Cuntada** waa in baakadda laga saaro ka hor intaan dib loo diirin.

Qoraal loogu talo galay ashyaada kale:

- Istarawberigu ha qaboojisnaadaan illaa laga isticmaalayo.
- Wax tallaagadayn ah loogama baahna alaabada marfashka (sida, xabkaha, tufaaxa, xirmooyinka quraacda, miraha, koombooyinka caanaha ah).
- Caagadaha caanaha ahi waa qaar xassiloon, marka la furo waa in la tallaagadeeyaa.
- Ku isticmaalada ka hor taariikhda ay "Ugu Fiican" yihiin ee ku kor taal.

Dhammaan cuntooyinka u baahan tallaagadaynta waa in lagu hayo heerkul 41°F ah ama ka hooseeya. Ku taallagadee alaabada muddo 2 saacadood gudahood ka dib markaad heho. Ku hay ashyaada tallaagada muddo aan ka badnayn 5 beri ama taariikhda ku dul qoran baakadda.

Tilmaamaha Digaaga Baatiga

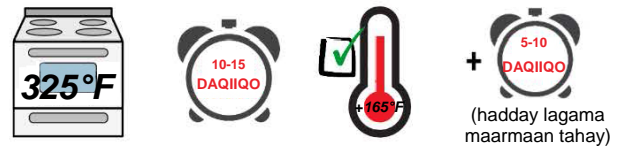
SHOOLADAYN, LAGA KEENAYO BARAF QALLAYL:



1. Alaabada baakadda ka saar oo ku rid bileedh.
2. Ku shooladee SARE 45 daqiiqo.
3. Shayga waxa la cuni karaa marka heerkul gudeed 165°F oo digrii ah la gaaro.
4. Haddii shaygu aanu gaarin heerkul gudeed ugu yaraan 165°F digrii ah, sii wad inaad ku kuleeliso SARE muddo 15-20 daqiiqo ah ilaa laga gaarayo heerkul gudeed 165°F ah
5. Ka soo saar shayga shooladda, oo daad hal daqiiqo ka hor intaanad cunin.
6. Ku cun 2 saacadood gudahood.

***DIGNIIN: Shaygu wuu kululaanayaa. Taxaddar ku cun**

MOOFEEN, LAGA KEENAY BARAF QALLAYL:



1. Shayga ka soo saar baakadda oo ku rid weelka karinta.
2. Moofada kuleele illaa 325°F.
3. Dhig waraaqda dubista khaanadda dhexe, oo ku kari muddo 10-15 daqiiqo ah.
4. Shayga waxa la cuni karaa marka heerkul gudeed 165°F oo digrii ah la gaaro.
5. Haddii shaygu aanu gaarin heerkul gudeed ugu yaraan 165°F digrii ah, sii wad inaad ku kariso moofada, adigoo 5-10 kii daqiiqoba mar eegaya ilaa laga gaarayo heerkul gudeed 165°F ah.
6. Ka soo saar shayga moofada, oo daa 2-5 daqiiqo ka hor intaanad cunin.
7. Ku cun 2 saacadood gudahood.

***DIGNIIN: Shaygu wuu kululaanayaa. Taxaddar ku cun**

Tilmaamaha Basbaaska:

DUSHA KA SHOOLADAYN, LAGA KEENAYO BARAF QALLAYL



1. Ka soo saar shayga baakadda oo ku rid MAQLI/DAAWA
2. Ku dar 1-2 MALQACADOOD OO BIYO AH halkii cuntoba, (1/4 koob baddii dhan ee kasta).
3. Ku kari MKUL DHEXE muddo 5-10 daqiiqo ah. MARMAR RUX.
4. Shayga waxa la cuni karaa marka heerkul gudeed 165°F oo digrii ah la gaaro.
5. Haddii shaygu aanu gaarin heerkul gudeed ugu yaraan 165°F digrii ah, sii wad inaad ku kariso, adigoo 2-5 daqiiqoba mar eegaya ilaa laga gaarayo heerkul gudeed 165°F ah.
6. Ku kala shub jabcado, oo daa 2-5 daqiiqo ka hor
7. Ku cun 2 saacadood gudahood.

***DIGNIIN: Shaygu wuu kululaanayaa. Taxaddar ku cun**

