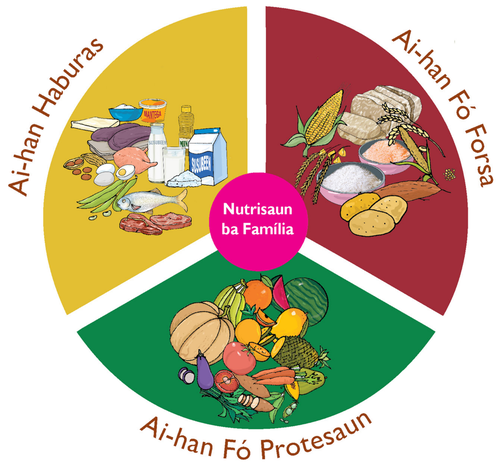
Kalendáriu Disponibilidade Ai-han Nutritivu

Oinsá ita bele han ai-han nutritivu durante tinan tomak?

TASI FETO/COSTA NORTE

GRUPU AI-HAN	FULAN											
	Jan	Fev	Mar	Abr	Mai	Jun	Jul	Ago	Set	Out	Nov	Dez
Ai-han Haburas												
Fore-keli					●	●	●					
Fore-rai				●	●	●	●	●				
Fore-metan				●	●	●	●	●				
Fore-mungu					●	●	●					
Koto mean			●	●	●	●	●					
Manu-tolun	●	●	●	●	●	●	●	●	●	●	●	●
Ai-han Fó Protesaun												
Lakeru tasak				●	●	●	●					
Senoura			●	●	●	●	●	●	●			
Ai-dila tasak				●	●	●						
Marungi	●	●	●	●	●	●	●	●	●	●	●	●
Ai-han Fó Forsa												
Fehuk midar kór kinur			●	●	●	●	●	●	●	●	●	
Batar				●	●	●	●	●				
Foos rai					●	●	●	●	●			
Ai-farina							●	●	●	●	●	●



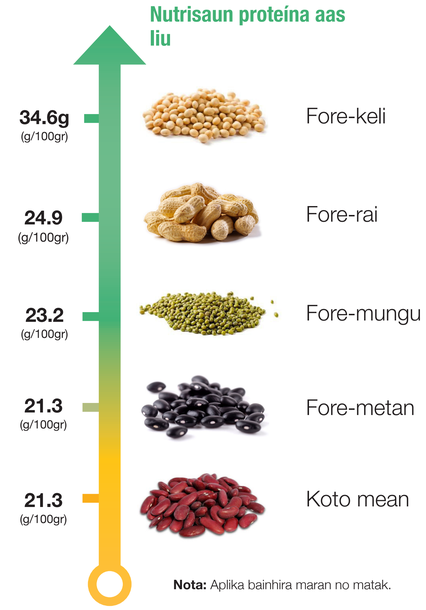
Iha tempu ida ne'ebé mak ai-han grupu 3 ne'e menus iha Ita-Boot sira nia fatin?

Wainhira ai-han balu menus, oinsá mak ita nia família bele hili opsaun seluk hodi konsume husi ai-han grupu 3?

Ita bele haree durante fulan balu, feto no mane sira sibuk hela iha to'os. Oinsá ita nia família bele jere servisu uma laran no atividade agrikultura hodi fó tempu atu prepara ai-han nutritivu ba família?

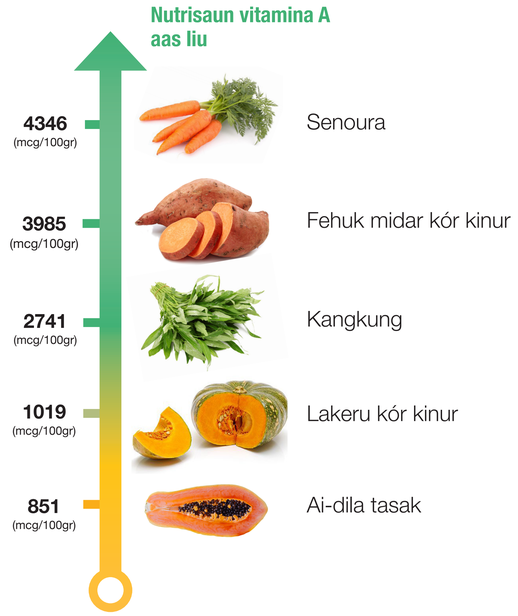
Kuda no konsume ba saúde di'ak liu

Proteína mak importante ba **kresimentu** no dezenvolvimentu **fíziku** no **mentál**

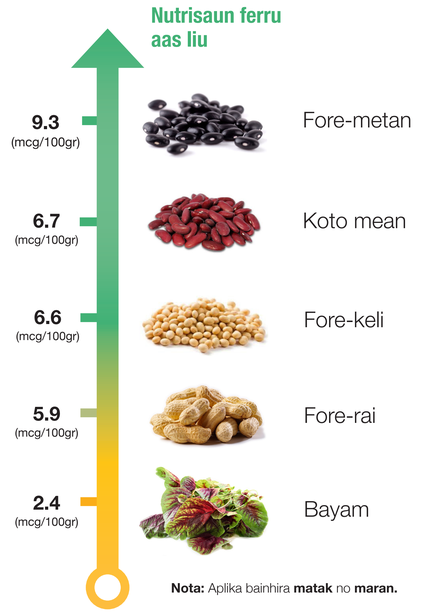


Nota: Aplika bainhira maran no matak.

Vitamina A mak importante tebes ba ita nia **matan** no **prevene moras**

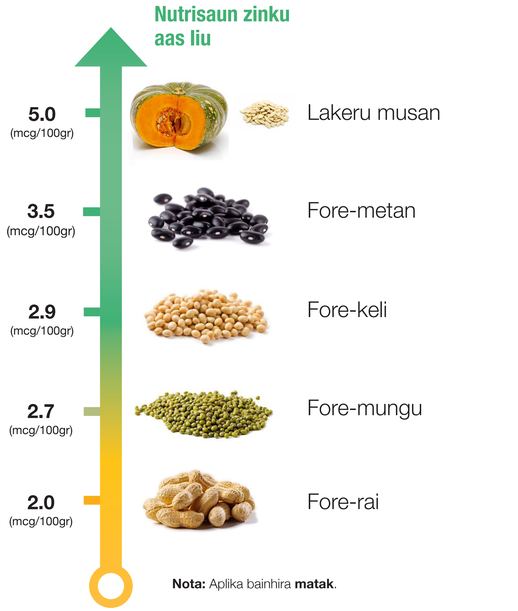


Ferru mak importante ba ita nia raan no **prevene raan menus**. Nia mós prevene moras no **ajuda kakutak** hala'o nia servisu



Nota: Aplika bainhira **matak** no **maran.**

Zinku mak importante ba ita nia isin atu **prevene moras** no **ajuda kakutak** hala'o nia servisu



Nota: Aplika bainhira **matak**.