

<b>Khoom Noj + Khoom Haus</b>	<b>Zaub Mov los sis Khoom Noj Txom Ncauj</b> B = Pluas Tshais L = Pluas Su D = Pluas Hmo S = Khoom Noj Txom Ncauj	<b>Ntau npaum li cas?</b> c = lub khob lb = phaus oz = ooj in = nti T = Tbsp = diav † = tsp = diav daus kas fes	<b>Cov Lus Qhia Ntxaws</b> Yuav tom khw, lub khw noj mov los sis ua zaub mov noj tom tsev? Hom twg? Yuav npaj li cas: ncu, hau, ci, kib hauv yias, nthee, kib, cub, ci ntawm daim ntxaij, ci ntawm yias, xwv? Muaj los sis tsis muaj daim tawv? Koj puas tau muab: cov kua gravy, roj butter, piam thaj/cov hmoov qab zib, ntsev, kua zaub xam lav, cov khoom do zaub mov kom qab? lb qho li cas? Cov mis nyuj: tsis muaj roj, 1%, 2%, tag nrho? Kooj, kas poom, hmov? Hom dej haus: kua txiv hmab txiv ntoo 100%, kua txiv hmab txiv sib tov, dej qab zib, dej haus kis las, mis nyuj, dej dawb?
-------------------------------	---	---	--

1	2	3	4
	B L D S		
	B L D S		
	B L D S		
	B L D S		
	B L D S		
	B L D S		
	B L D S		
	B L D S		

Tswj Tseg Ciab © Cov Kev Xeeb Ntsuas Txog Kev Qhia Ntawv thiab Kev Kawm Ntawv ntawm Lub University of California, 2014. Tag Nrho Yog Muab Tswj Tseg Ciab

1	2	3	4
	B L D S		
	B L D S		
	B L D S		
	B L D S		
	B L D S		
	B L D S		
	B L D S		
	B L D S		

<b>Tshawb xyuas</b>	Kuv rov nyeem cov npe khoom noj dua. <input type="checkbox"/>	5
	Suav tag nrho cov zaub mov thiab khoom noj txom ncauj. <input type="checkbox"/>	

Tswj Tseg Ciab © Cov Kev Xeeb Ntsuas Txog Kev Qhia Ntawv thiab Kev Kawm Ntawv ntawm Lub University of California, 2014. Tag Nrho Yog Muab Tswj Tseg Ciab



- Kev tawm dag zog**
- Tsawg dua 30 feeb.
  - 30–60 feeb.
  - Ntau dua 60 feeb.

- Puas yog cev xeeb tub?**  Yog  Tsis yog
- Puas yog pub koj lub mis rau menyuam noj?**  Yog  Tsis yog
- Cov nyiaj yuav khoom noj txhua hli** \$

**RAU COV NEEG UA HAUJ LWM FOR STAFF**

Educator \_\_\_\_\_

Data entry date \_\_\_\_\_

Participant ID \_\_\_\_\_

Townsend MS, Ganthavorn C, Johns M, Schneider C, Neelon M, Donahue S. **Kev Taug Qab Xyuas Kev Noj Zaub Mov...Nag Hmo Kuv Noj Dab Tsis, version 4 rau XYOO 2014-15.** [Daim foos rov Hai Cov Zaub Mov Dua los ntawm pab pawg tswj hwm 24-teev 5-kauj ruam . Tam li yog ib seem ntawm kev ntsuam xyuas cov bxaj ntsig uas tau txais, phau ntawv 4-nplooj no tau siv cov xim los qhia cov neeg tuaj koom EFNEP muaj kev paub tsawg uas dhaub cov tshaj tshaj xheem 5-kauj ruam thiab siv ua ke nrog EFNEP Food Description MINI thiab EFNEP Daim Ntawv Kev Faib Xaib.] University of California Cooperative Extension. © 2014, Cov Kev Xeeb Ntsuas Txog Kev Qhia Ntawv thiab Kev Kawm Ntawv ntawm Lub Tsev Kawm Ntawv Yus Nis Vaws Xis Tim California. Tag Nrho Yog Muab Tswj Tseg Ciab Tus Kws Tawm Qauv Duab: M Reed.

Cov kws sau ntawv ua tsawg rau Estela Cabral De Lara, Jan Gillespie, Santos Lopez, Shirley Salado, Nelly Carrillo-Carlos, Vanessa Kenyon, Margarita Schwartz thiab Mary Maser rau lawv cov lus qhia uas muaj nqis.

Lub Tsev Kawm Ntawv Yus Nis Vaws Xis Tim California bawv tsis pub muaj kev ntub ntxaug los sis kev thab plaub ntawm ib tus neeg hauv lub khoos kas los sis kev ua tes dej num. (Tuaj yeem saib cov cai txog kev ntub ntxaug lwm haiv neeg ntawm phau ntawv tiav tag nrho tau ntawm <http://ucanr.org/sites/anrstaff/files/107734.doc>) Yog muaj lus nug txog bxaj cai muab lub cib fim

rau kev ua hauj lwm sib npaug zog tuaj yeem xa mus rau Linda Marie Manton, Tus Tiv Tauj Lees Txais Kev Ua Mus Txiv, Lub Tsev Kawm Ntawv Yus Nis Vaws Xis Tim California, Davis, Kev Ua Liaj Ua Teb Tu Tsiag Txhu thiab Cov Peev Txheej Muab Kev Pab Fab Ntuj Tsim, 2801 2nd Street, Davis, CA 95618, (530) 750-1318.

Txoj hauj lwm no/tau txais kev txhawb nga los ntawm US Department of Agriculture (Teb Chaw Mekas Lub Tuam Tsev Hauj Lwm Ntsig Txog Kev Ua Liaj Ua Teb Tu Tsiag Txhu. USDA), Lub Chaw Saib Xyuas Khoom Naj Khoom Haus thiab Kev Ua Liaj Ua Teb Tu Tsiag Txhu Thoob Plaws Hauv Teb Chaws, Expanded Food and Nutrition Education Program (Lub Khoos Kas Nthua Dav Kev Kawm Paub Txog Zaub Mov Noj thiab Khoom Naj Khoom Haus Zoo). Qho kev xam pom, kev tshabwv pom, kev txiav txim siab los sis cov lus pom zoo uas tau pom hauv cov ntawv tshaj tawm no yog cov neeg sau ntawv thiab tsis tas yuav cuam tshuam rau qhov kev xav ntawm USDA.

09/15/14 v.4



**United States Department of Agriculture (Teb Chaw Mekas Lub Tuam Tsev Hauj Lwm Ntsig Txog Kev Ua Liaj Ua Teb Tu Tsiag Txhu)**

Lub Chaw Saib Xyuas Khoom Naj Khoom Haus thiab Kev Ua Liaj Ua Teb Tu Tsiag Txhu Thoob Plaws Hauv Teb Chaws

**Updated translation 8.21.2024**



**UNIVERSITY OF CALIFORNIA Agriculture and Natural Resources**



# Kev Taug Qab Xyuas Kev Noj Zaub Mov

## Nag hmo kuv noj dab tsi

Lub Npe

Hnub Tim  /  /

- Tshooj 1 los sis 2
- Tshooj 7 los sis 8



Expanded Food and Nutrition Education Program (Lub Khoos Kas Nthua Dav Kev Kawm Paub Txog Zaub Mov Noj thiab Khoom Naj Khoom Haus Zoo)