

Caanaha hooyada: Nafaqada Lagu Darayo (Adigoo isticmaalaya caanaha formula _____)

Maxaan ugu baahnahay in aan nafaqo ku daro caanaha hooyada?

Nuunnyaasha qaarkood ayaa u baahan nafaqo lagu cayilo si ay u koraan. Budada formula ayaa loogu dari karaa caanaha si nuunnaha loogu kordhiyo nafaqada cayilka.

Sidee baan u sii nafaqeyn karaa caanaha hooyada?

1. Gacmaha si fiican ugu dhaqo saabuun iyo biyo. Dhaq dusha sare ee qasacadda caanaha formula ka hor inta aadan furin si aad uga ilaaliso in jeermisku u gudbo masaasadda. Isticmaal weel iyo masaasad nadiif ah.
2. Caanaha hooyada waxaa ugu fiican in wax lagu qaso marka ay yihiin heerkulka guriga ama ay yara kulul yihiin. Budada cayilka laguma qasi karo marka ay caanaha hooyadu qabow yihiin.
3. Jaantus ka eego bogga 2aad. Adigoo isticmaalaya koob leh lambarrada cabbirka, oo ku shubo inta aad rabto oo ah caanaha hooyada. Meel siman dhigo koobka wax lagu cabbiro, oo adigoo gaarsiinaya indhaha iska hubso heerka caanaha.
4. Isticmaal malqacad ah nooca cabbirka ama caagga budada qasacadda si aad u cabbirato formula budo ah. Gaarsii heer sax ah, ha kala badin, cabbirka.

Muddo intee le'eg ayaan haysanayaa nafaqada iyo caanaha hooyada?

Dabool oo qabojiyaha gasho caanaha hooyada ee aad ku qastay nafaqada. Iska tuur caanaha hooyada ee nafaqaysan ee aadan isticmaalin 24 saac.

Iska tuur qasacadda ah formula furan marka aadan la isticmaalin hal bil.

Sida aad isugu diyaarineyso quudinta nuunnaha

1. Si tartiib ah isugu qas caanaha hooyada iyo budada nafaqada ah.
2. Xoogaa kululeyso caanaha hooyada adigoo dhex gashanaya biyo diirran.

Marna ha gelin kululeeyaha cuntada sababtoo ah uma kululeeyo si isku mid ah, ee qeyb "ayaa kululaata" oo afka nuunnaha ayaa ku guban kara.

3. Markaad caanaha biyo ku kululeysato, si tartiib ah u rux dhalada. **Mar kasta** iska hubso kuleylka caanaha ka hor intaadan siin ilmaha.
4. Iska tuur wixii ah caano qasan oo ku hara dhalada ka dib markaad ilmaha siiso caanaha.

Caanaha hooyada + heerka formula lagu darayo

| Buddada halkii oonsi | Caanaha hooyada | Budada formula (heer, aan aad u buuxin) |
|----------------------|---------------------------------|---|
| □ 22 | 3 oonsi | $\frac{1}{2}$ qaaddo-shaah |
| | 4 oonsi ($\frac{1}{2}$ koob) | $\frac{1}{2}$ qaaddo-shaah + $\frac{1}{4}$ qaaddo-shaah |
| | 6 oonsi ($\frac{3}{4}$ koob) | 1 qaaddo-shaah |
| | 8 oonsi (1 koob) | 1 qaaddo-shaah + $\frac{1}{2}$ qaaddo-shaah |
| | 16 oonsi (2 koob) | 1 Qaaddo |
| | 18 oonsi ($2\frac{1}{4}$ koob) | 1 qaaddo-budo* |
| □ 24 | 2 oonsi ($\frac{1}{4}$ koob) | $\frac{1}{2}$ qaaddo-shaah + $\frac{1}{4}$ qaaddo-shaah |
| | 5 oonsi | 2 qaaddo-shaah |
| | 8 oonsi (1 koob) | 1 Qaaddo |
| | 10 oonsi ($1\frac{1}{4}$ koob) | 1 qaaddo-budo |
| | 12 oonsi ($1\frac{1}{2}$ koob) | 1 Qaaddo + 2 qaaddo-shaah |
| | 20 oonsi ($2\frac{1}{2}$ koob) | 2 qaaddo-budo |
| □ 26 | 50mL | 1 qaaddo-shaah |
| | 2 oonsi ($\frac{1}{4}$ koob) | 1 qaaddo-shaah + $\frac{1}{4}$ qaaddo-shaah |
| | 3 oonsi | 2 qaaddo-shaah |
| | 5 oonsi | 1 Qaaddo |
| | 6 oonsi ($\frac{3}{4}$ koob) | 1 qaaddo-budo |
| | 9 oonsi | 2 Qaaddo |
| | 18 oonsi ($2\frac{1}{4}$ koob) | $\frac{1}{4}$ cup (4 Qaaddo) |
| □ 28 | 50mL | 1 qaaddo-shaah + $\frac{1}{2}$ qaaddo-shaah |
| | 100mL | 1 Qaaddo |
| | 5 oonsi | 1 qaaddo-budo |
| | 7 oonsi | 2 Qaaddo |
| | 12 oonsi | $3\frac{1}{2}$ Qaaddo |
| □ _____ | | |

*Isticmaal qaaddo-budada kuugu dhax jirta formula

1 Qaaddo = 3 qaaddo-shaah
30 mL = 1 oonsi

Su'aalo?

Haddii aad na weydiineyso wax su'aalo ah, la soo xiriir qeybta Adeegyada Nafaqada ee isbitaalka saacadaha maalintii.

Children's – Minneapolis

612-813-6865 ama 612-813-6960

Children's – St. Paul

651-220-5678