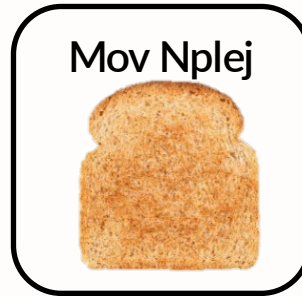


Cov Khoom Xyaw Zaub Mov 3 Yam rau Pluas Tshais

(The 3 Food Components for Breakfast)



Xaiv yam tsag kawg 3 yam khoom xyaw
(suav nrog txiv hmab txiv ntoo thiab/los sis zaub ½ khob)

Rau pluas zaub mov uas muaj txiaj ntsig zoo,
xaiv tag nrho yam!