

Cov Khoom Xyaw Zaub Mov 5 Yam rau Pluas Su

(The 5 Food Components for Lunch)

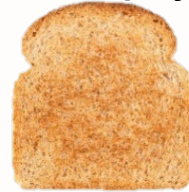
Zaub



Txiv Hmab
Txiv Ntoo



Mov Nplej



Mis Nyuj



Nqaij/Nqaij
Sib Hloov



Xaiv tag nrho rau pluas zaub mov uas muaj txiaj ntsig zoo!