

# Cov Khoom Xyaw Zaub Mov 5 Yam rau Plus Su

(The 5 Food Components for Lunch)

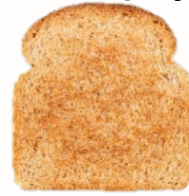
Zaub



Txiv Hmab  
Txiv Ntoo



Mov Nplej



Mis Nyuj



Nqaij/Nqaij  
Sib Hloov



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

Rau plus zaub mov uas muaj txiaj ntsig zoo,  
xaiv tag nrho 5 yam!