

Cov Khoom Xyaw Zaub Mov 3 Yam rau Plus Tshais

(The 3 Food Components for Breakfast)

Txiv Hmab
Txiv Ntoo



Mov Nplej/
Nqaij/Nqaij Sib Hloov



Mis Nyuj



**Xaiv tag nrho cov khoom rau plus zaub
mov uas muaj txiaj ntsig zoo!**