

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 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 yam!**