

# Bayaanka caafimaadka

Dhowr su'aallood ku saabsan habka aad u nooshahay

Habka noolasha iyo caafimaadka aad ayay isugu xiran yihiin. Su'aalahaan waxay saldhig wanaagsan u noqon doonaan sidii aad xaalad-caafimaadeedkaaga wax ugu beddeli lahayd. Dhowr daqiiqo ayaa ku buuxin kartaa.

## **Foomka buuxi kaddib gacanta ka saar qofka aad la kulmi doonto!**

Magaca.....tobanka labar aqoonsiga.....  
taariikhda.....

### **Khamriga**

#### **1. Immisa bakeeri caadi ah oo khamri ayaa toddobaadkii cabtaa?**

- Waxaan cabba <1 bakeeri caadi toddobaadkii ama maba cabbo khamriga
- 1–4 bakeeri caadi ah toddobaadkii
- 5–9 bakeeri caadi ah toddobaadkii
- 10–14 bakeeri caadi ah toddobaadkii
- 15 ama in kabadan bakeeri caadi ah toddobaadkii

#### **2. Adiga oo ah qof haweeey immisa jeer ayaa 4 bakeeri caadi ah cabbtaa, qofka adigoo kale oo lab ah immisa jeer ayaa 5 bakeeri caadi ah ama kaban cabbta isla fursadaas?**

- Marna
- Marar dhif ah aan ka badnayn 1 jeer bishii
- Bil kasta
- Toddobaad kasta
- Maalin kasta ama qiyaastii maalin kasta

“bakeeri caadi ah” waxaa loola jeeda:



50 sl folköl



33 sl starköl



12-15 sl vin



8 sl starkvin



4 sl starksprit

### **Tubaakada**

#### **1. Sigaar-cabbidda**

- Weligay sigaar ma cabbin
- Waxaa imminka laga jooga in 6 bilood ka badan tan iyo markii aan sigaar-cabbidda joojiyay
- Waxaa imminka laga jooga in muddo aan dhamayn 6 bilood tan iyo markii aan sigaar-cabbidda joojiyay
- sigaar waan cabba , laakiin maalin kasta ma cabbo
- maalin kasta ayaa sigaar cabba
- sigaar waan cabba ..... sigaar ayaan maalin kasta cabba

#### **2. Tubaakada**

- Weligay tubaako ma cunin
- Waxaa imminka laga jooga in 6 bilood ka badan tan iyo markii aan tubaakada joojiyay
- Waxaa imminka laga jooga in muddo aan dhamayn 6 bilood tan iyo markii aan tubaakada joojiyay
- Tubaako waan cunnua, laakin maalin kasta ma aha
- Maalin kasta ayaan tubaakada cunna
- Tubaakada waan cunna, waxaa cunna ..... khasacad tubaako toddobaadkii

## ***Dhaqdhaqaaqa jirka***

**1. Immisa saacadood ayaa hal toddobaad caadi ah ku lummisay dhaqdhaqaaqa jirka, kaasoo neeftuur ku keenay, sida orod, jir-jimicsi ama isboortiga kubbada?**

- 0 saacad
- Ka yar 30 daqiiqado
- 30–60 daqiiqado
- 60–90 daqiiqado
- 90–120 daqiiqado
- Ka badan 120 daqiiqado

**2. Immisa saacadood hal toddobaad caadi ah aad ku lummisay dhaqdhaqaaq-maalmeed, sida socsocod, baaskiil-wadid ama ka shaqayso beertaada? Isku-dar saacaadaha oo idil (ugu yaraan 10 daqiiqado kolkiiba).**

- 0 saacad
- Ka yar 30 daqiiqado
- 30–60 daqiiqado
- 60–90 daqiiqado
- 90–150 daqiiqado
- 150–300 daqiiqado
- Ka badan 300 daqiiqado

## ***Raashinka***

**1. Immisa jeer ayaa khudradda iyo/ama khudradda xidiida (fresh, qaboojisan ama la kariyay)?**

- Laba jeerer maalintii ama in ka badan
- Hal jeer maalintii
- Dhowr jeerer toddobaadkii
- Hal jeer toddobaadkii ama marar aad dhif u ah

**2. Immisa jeer ayaa miraha iyo/ama berry (fresh, qaboojisan, la soo warshadeeyay, cabbitaan)?**

- Laba jeerer maalintii ama in ka badan
- Hal jeer maalintii
- Dhowr jeerer toddobaadkii
- Hal jeer toddobaadkii ama marar aad dhif u ah

**3. Immisa jeer ayaa kalluunka ama raashinka badda raashin ahaan u cunta, iyago insalaata ah ama is-maris?**

- Saddex jeer toddobaadkii ama in ka badan
- Laba jeerer toddobaadkii
- Hal jeer toddobaadkii
- Dhowr jeerer bishii ama marar aad dhif u ah

**4. Immisa jeer ayaa macmacaanka, shokolatada / nacnac, chips ama sharbeed cuntaa/cabtaa**

- Laba jeerer maalintii ama in ka badan
- Hal jeer maalintii
- Dhowr jeerer toddobaadkii
- Hal jeer toddobaadkii ama marar aad dhif u ah

**5. Immisa jeer ayaa quraacda cunta?**

- Maalin kasta
- Ku dhowaad maalin kasta
- Dhowr jeerer toddobaadkii
- Hal jeer toddobaadkii ama marar aad dhif u ah

**Ma jeclaan lahayd inaad hab-dhaqankaaga wax ka beddesho? Istilaab ku calaamadeey hoos.**

Haa, dabcan

Maya, marna

---