

Etke Jej Mōnā ?



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Etke Jej Mōnā ?

written by:

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illustrated by:

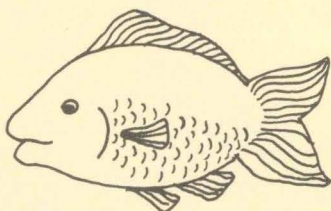
Deby Nakamura



Kwonañin kar baj lōmnake ke kajjitōk in, "Etke kwoj mōnā?" Aaet, kwoj bōlen mōnā bwe kwokole. Bōlen kwoj mōnā bwe en jok buruōm jān am iuwañaañ. Ak' kwojelā ke ta ko mōnā ko rej wojaki ñan ānbwinim? Elāñne kwojelā, ekwe ebwe ñan am jab read. Ak elāñne kwojaje, ekwe read wōt im pukōt iuwaak eo.

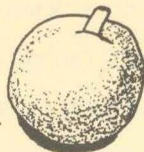
Mōnā ko kwoj kañi kajjojo raan
 reoktak. Mōnā kein rej jab āier wōt juon.
 Ebar āinwōt oktak jermal ko an mōnā kein
 jān doon. Jet mōnā rej ejaake ānbwinim.
 Jet mōnā rej kōjparok eok jān nañinmej.
 Mōnā ko jet rej kōkajoor eok ñan am
 ikkure im makitkit.

ek



ni

mā



Emman ke ikkure ippam? Bōlen elōn
 jet ikkure ko mejlōkām. Bōlen kwokōnaan
 tutu im ikkure iaar. Elāne kwoj kōnaan
 men kein, ekwe jet kein melele kōn wāween
 an mōnā ko jipān eok.

Kwe im ro jet, komij kañi elōn kain
 mōnā ko. Ek, mā im ni rej jilu kain mōnā.
 Mōnā kein jilu rej jab āier wōt juon. Im
 mōnā kein reoktak aer jermal jān doon ilo
 ānbwinimi. Kwoj kememej wōt ke ta ko
 jilu mōnā kein rej kōmmāni nān eok?



Emōj de am kar jelā ke mōnā ko rej
 kōkajoor ānbwinim. Elānne ekajoor ānbwinim,
 enaaj itoklimo in am tutu iaar im ikkure.
 Jān wōt am mōnā, emman an ājmuur ānbwinim.
 Elānne kwonaaj ājmuur wōt, kwe im ro jeram,
 renaaj itok limoin ami ikkure. Emman lok
 nē kwoj ājmuur bwe kwon maron ikkure ippān
 ro jeram.

Ak, kwonaaj et elānne kwobaj nañinmej?
 Enaaj ejjelok am limo elānne kwoj nañinmej.
 Elap lok limoin am ikkure ippān ro jet ne
 kwoj ājmuur.



Mōnā ko elōn iuwaer renaaj bōbrae
 eok jān am būki nañinmej ko. Men eo dein
 bwe en lōn wōt iuwaan mōnā ko kwoj kañi
 ilo juon raan. Ilo wāween in ānbwinim
 enaaj pād wōt ilo an ājmuur im karbōb.

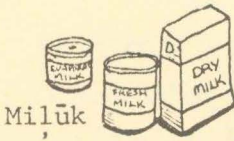
Kwojelā ke kain mōnā rot kein kwoj
 konono kaki? Ekwe, lale mōk jaat eo im
 etan in MŌNĀ KO REJ LETOK ĀJMUUR? Kwoj
 loe ke, jaat in ej ajeej ilo jilu mōttan.
 Erkein unen mōnā ko jilu rellap. Mōnā ko
 ilo group kein jilu reaktak jān doon.
 Āinwōt bar mōnā ko rej pād ilo juon wōt
 group.

Kanooj bar linōre mōk jaat eo. Bōlen emōj am kañe elōñ iaan mōñā ko ilo jaat in. Elāne kwaar mōñā jān kajjojo iaan group kein, ekwe emman. Mōñā ko aolep raar kōkajoor ānbwinim. Raar barāinwōt ejaake ānbwinim im jipān eok bōbrae nañinmej.

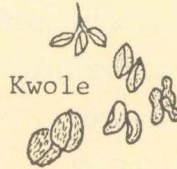
Eor jete kain mōñā kwoj maron kile? Kwoj maron ke kwalok etan jet iaer?

Ilo iien in maantak kwaar konono kōn wōt mōñā. Kwaar barāinwot konono kōn ta ko mōñā ko rej kōmmani nān ānbwinim. Aet, emōj de am konono im katak kōn jet melele ikijjen mōñā. Katak in kōn mōñā jej na-etan nutrition. Kwoj katak kōn nutrition kōnke mōñā ko kwoj kañi ekanooj in lap tokjāer. Laddik im leddik ro rej ritto lok rej aikuj in jelā kōn aorōk in mōñā ko nān ānbwinier. Katak kōn mōñā enaaj jipān kōkajoor im keājmuur ānbwinier. Enaaj barāinwot kōmman bwe en emman aer eddōk im ritto lok.

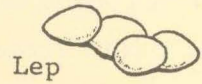
Mōnā Ko Rej



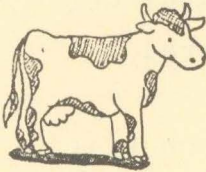
Milūk



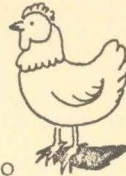
Kwole



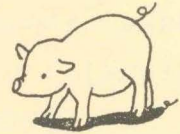
Lep



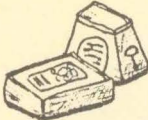
Kanniōk



Bao



Piik



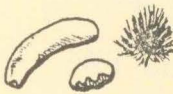
Canned Meat



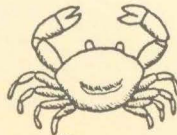
Piinat Bōta



Jiij



Menin lojet

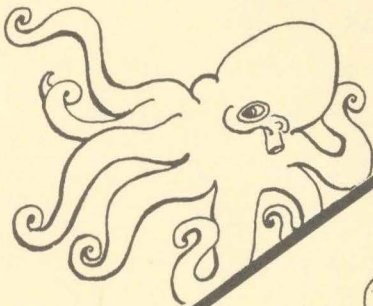


Baru

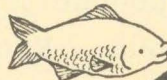


Jālele

MŌNĀ IN EDDEK



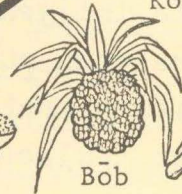
Kweet



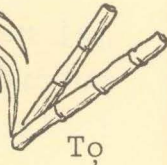
Ek



Kōtaban



Bōb



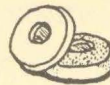
Tō



Raij



Mā



Tonaaj



Tapioka

Pinana

MŌNĀ IN

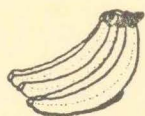
e Tok Ājmuur



Oran



Ļaim



Pinana emmed



Kuwat



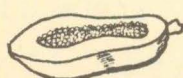
Bōb



Okar



Ni



Keinabbu



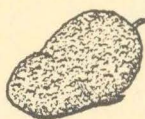
Piin maroro



Kiudi



Maņko



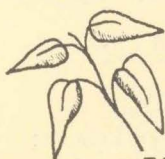
Meimed



Bwilkōn piteto



Otmelan



In Mōnā



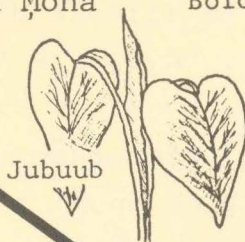
Bōlōk



Peinabōl



Waini

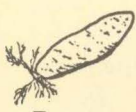


Jubuub

MŌNĀ IN ĀJMUUR



awā



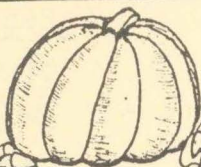
Iaam



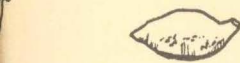
Petkōj



Baanke



Bwilkōn baanke



mat Piteto tōnāl Pilawā



Ieraj

KŌKA JOOR

Kwoj kememej wōt ke group in mōnā ko jilū ilo jaat eo? Ekwe, bar lale jaat eo im keidi ippān laajrak in mōnā kein ilaḷ. Lali mōnā ta ko rej lajrak ilo kajjojo group. Kwojelā ke jete alen am mōnā jān kajjojo group ilo juon raan? Eñiin laajrak eo:

GROUP IN MŌNĀ KO JILU

I. GROUP IN PROTEIN: Erkein mōnā ko rej ejaake ānbwinid. Mōnā kein rej letok protein, minerals, im B vitamins.

Ilo group in epād:

1. Kanniōk (kōmat, im ejjelōk di ie)
2. Bao (kōmat, im ejjelōk di ie)
3. Lep (koba lep in wōn im bao in majatoto)
4. Ek im men in lojet (kōmat ak amej im ejjelōk di ak opōn)
5. Peanut butter (koba ippān wheat bread)
6. Kwole in mā (koba ippān pilawā, beans im raij)

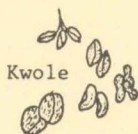
7. Miluk ak jiij (elāne eor ilo aelin̄ kein)
8. Kāāre in mōnā kein ebar lap ōn in protein ie:

- a) Beans im raij
- b) Beans im wheat
- c) Peanut im bread
- d) Rice im soy

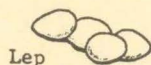
Kwonaaj aikuji emān alen mōnā kein ilo juon raan.



Milūk



Kwole



Lep



Kanniōk



Bao



Piik



Ek



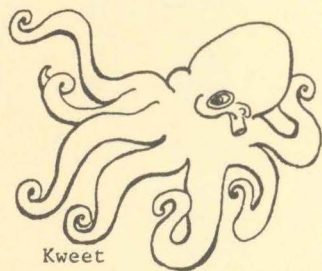
Canned Meat



Piināt Bōta



Jiij



Kweet



Menin lojet



Baru



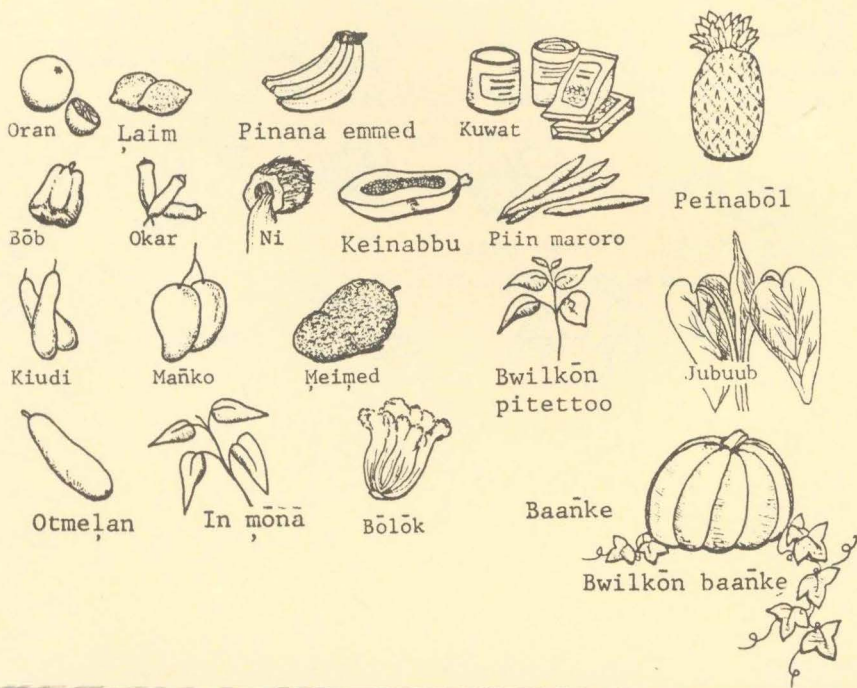
Jālele

II. GROUP IN LEEN/KĀĀN WŌJKE: Mōnā kein
rej letok ājmuur nān ānbwinid.

Erkein mōnā ko rej letok ōn in vita-
mins, minerals im roughage. Ilo
group in epād:

1. Leen ko remōn (laim, lemon, oran,
im leen ko jet)
2. Bōlōk maroro (bōlōk in ieraj,
piteto, baañke, im cabbage)
3. Leen ko jet (keinabbu, pinana,
bōb, abōl, mañko, meimed)
4. Berries in aelin kein (kaar, et.)
5. Vegetable ko rej ialo im maroro
(baañke, wōtmelan, kiudi, etc.)

Kwonaaj aikuji jilu alen mōnā kein
ilo juon raan.



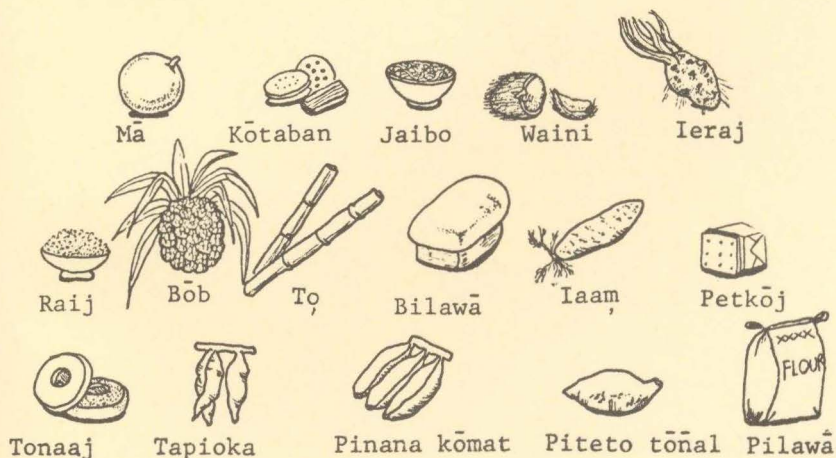
III. GROUP IN KANIN ĀNE KO: Erkein mōnā
ko rej kōkajoor ānbwinid.

Mōnā kein rej letok makmōk, kopej im
protein, kab vitamins im minerals.

Ilo group in epād:

1. Mā (aolep kain im iiōk)
2. Ieraj (aolep kain im iiōk)
3. Tapioka im iaam
4. Pilawā (iiōk ak kāāre)
5. Raij, oats, cornmeal im grit
6. Pastas (macaroni, noodle, jaibo, utoñ, ramen, etc.)

Kwonaaj aikuji 2 lõk ñan 3 alen mōnā
kein ilo juon raan.



EOR JETE MŌNĀ KWOMARŌN LOI ILO GROUP
KEIN JILU?

Jeī leta ko rejako im pukōt mōnā ta ko
rej pād ilo kajjojo group.

GROUP IN MŌNĀ

ETAN MŌNĀ KO

Mōnā In
Ājmuur

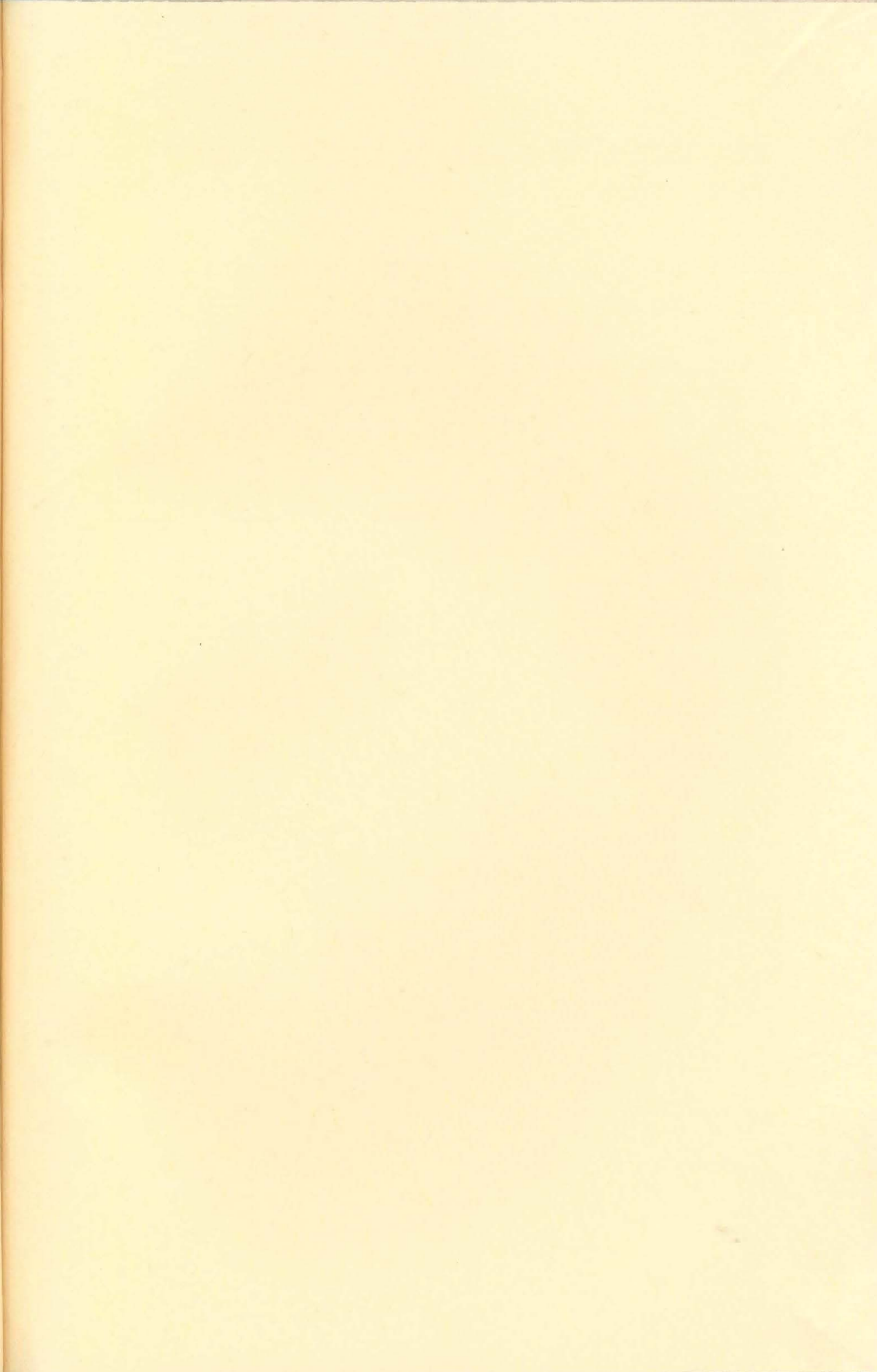
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Mōnā In
Eddōk

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Mōnā In
Kōkajoor

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