



EAT WELL
STAY WELL

CUN CUNTO
CAAFIMAAD LEH



DALMAR HERITAGE AND FAMILY DEVELOPMENT

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Heritage and Family Development

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Buugaan waxaa loo daabacay Tababarkiii ay
qabatay Dalmar intii u dhexeysay Febraayo iyo
Maarso 2013.

Waxaan jeclaan leheen in aan uga mahad celino
dhammaan intii naga caawintey fulinta qeybaha
tababarka iyo intii ka soo qeyb gashayba.

Mashruucaan waxaa maal-gelisey waaxda
Caafimaadka NHS ee Enfield.

Welcome to the Dalmar Healthy Eating book!

Food is an important part of our lives. We all like food and think about food, especially children.

Recently we have been working with children and parents from Dalmar on a special project. We have cooked healthy meals, we have talked about food and we have learned about how we can grow our own food.

Just a few changes to our diet can make a huge difference to our health and to the health of our children.

This book contains recipes, information and advice that will help you to keep your family healthy and strong.

Ku soo dhowaaw buugga Cunta Caafimaad leh ee Dalmar!

Cuntadu waa qeyb muhiim u ah nolosheena. Waana wada jecelnahay, waana ka fikirnaa cuntadeena, gaar ahaan carruurta.

Dhowaan nahanba waxaa mashruuca gaarka ah ee Dalmar kala shaqeyneyney carruurta iyo waalidiintooda. Waxaanu karinay cunto caafimaad leh, waxaana ka wada hadalnay guud ahaan cuntada, waxaan kaloo ku baranay sidii aan u abuuran lahayn cuntadeena.

In yar oo isbedel ah oo aan ku sameyno hab dhaqanka aan wax u cuno waxay wax ka tareysaa caafimaadkeena iyo kan carruurteenaba.

Buuggan waxaad ka heleysaa habka loo sameeyo, waxyaabaha aad u baahan tahay iyo talo kaa caawineysa in aad ahaataan qoys caafimaad buuxa qaba oo xooggan.

There are five different types of food:

Fruit and Vegetables

Protein

Dairy

Carbohydrates

Fat and Sugar

**Waxaa jira shan qeyb oo cunto ah oo kala
duwan, waxayna ka yihiin:**

Khudaar iyo Cagaar

Protein (Borotiin) (cunto cusub)

Dairy (Caano la farsameeyey)

Carbohydrates

Dufan iyo Sokor



Fruit and Vegetables provide your body with vitamins and with minerals which you cannot find in other types of food. You should eat as much fruit and vegetables as you can.

Protein is found in meat, fish, eggs, nuts and beans. Protein is used by your body to make healthy nails and hair and to build up muscles. You should eat some protein every day.

Dairy food is found in milk, butter and cheese. Dairy food contains Calcium which is needed for your bones and teeth. Children need plenty of dairy food because their bones are still growing. Try to eat some dairy food each day.

Carbohydrates provide your body with energy. Good carbohydrates are found in pasta, bread, potatoes, oats and cereals, rice, beans and lentils. Bad carbohydrates are found in pizzas, sugar, chocolate and cakes. Your body needs energy through the day, and every meal should contain some carbohydrates.

Sugar. Your body needs energy and energy comes from sugar. You can get sugar from healthy food rather than from chocolate. Apples and bananas, nuts and raisins will give you just as much energy as chocolate and they are much healthier!

Fat. Your body needs fat to help it to work properly. There are two types of fat – saturated fat, which is bad for you and unsaturated fat which is much better. You can find unsaturated fat in salmon and tuna, avocados, olive oil and vegetable oil. Try cooking with vegetable oil or olive oil rather than butter. Try grilling meat instead of frying it. This will reduce the fat content of the meat.

Khudaar iyo Cagaar waxay jirkaaga siiyaan nafaqooyin ay la jirto mineral oo aanan laga heli Karin cuntooyinka kale. Waa fiican tahay inaad cunto intii aad awooddo oo Khudaar iyo Cagaar ah.

Cubto cusub 'Protein' ka waxaa laga helaa Hilibka, Ukunta, Malaayga/Kalluunka, miraha iyo Digirta. Protienka waxaa uu caawinaa in ciddiyaha, tinta iyo murqaha ay dhisto. Waana inaad cuntaa maalin kasta xoogaa protein ah.

Caano la farsameeyey waxa laga helaa caanaha, subaga iyo dufanka. Caanaha la farsameeyey waxaa ku jira Kalsiyam ay u baahan yihiin lafaha iyo ilkhaba. Carruurta waxay si aad ah ugu baahan yihiin caanaha la farsameeyey sababtoo ah lafahooda waa kuwo weli ku socda koriinsho. Isku day inaad maalin kasta cunto xoogaa caano la farsameeyey.

Karbonhaydareed-ka wuxuu jirkaaga siinayaa tabar. Karbonhaydareedka fiican waxaa laga helaa Baastada, Rootiga/Furinka, Bataatiga, Qamadiga/boorashka, bariiska, Digirta iyo cagaar. Karbonhaydareedka xun waxaa laga helaa Pizza-ha, Sokorta, Shukulaatada iyo Doolshada. Jirkaagu wuxuu u baahan yahay maalintiiba tabar, cunto kastaana waa in ay ku jirtaa xoogaa karbonhaydareed ah.

Sokor. Jirkaagu wuxuu u baahan yahay tabar, taasoo ka timaada Sokorta. Waad ku cuni kartaa sokorta cuntada caafimaadka leh ee aan ahayn Shukulaatad. Tufaaxa, Mooska, miraha iyo canab la qaljiyey waxay ku siinayaan tabar aad uga badan tan shukulaatada, weyna ka caafimaad wanaagsan yihiin.

Dufan/Caddiin. Jirkaagu wuu u baahan yahay dufanka si uu u caawino in jirkaagu u shaqeeyo si toos ah. Waxaa jira laba nooc oo caddiin ah- dufan ka buuxa, oo ah mid kuu xun cunitaankiisa iyo dufan ku yar oo ah mid ka wanaagsan. Waad ka heli kartaa kuwa uu ku yar yahay dufanka malaay gaduudow, tuunaha, afokaadhada, saliidda olive iyo saliida khudaarta. Isku day inaad cuntada ku karsato saliidda olive ama saliidda khudaarta, intaad ku karsan lahayd subagga. Isku day inaad shiisho ama dubto hilibka, tani waxay yareyneysaa dufanka uu wato hilibka.

Don't be afraid to try out new foods. Sometimes new food is very tasty.

If you cook a lot of food, you can keep it in the freezer and use it during the week. It will save you a lot of time.



Ha ka cabsan inaad isku daydo cunto cusub. Mararka qaar cuntada cusub wey dhadhan macaan tahay.

Haddaad kariso cunto badan, waxaad ku keydsan kartaa qaboojiyaha, adoo dib u isticmaali karo maalmo kale, waxaana kuu soo haraya waqti kale oo dheeri ah.

RECIPES



Couscous Chickpea and Lemon Salad

Ingredients

1 cup of couscous
1/2 cup of canned chickpeas.
1 teaspoon of vinegar.
2 tablespoons of olive oil
juice from half a lime or lemon
1/4 teaspoon of vegetable powder
fresh ginger
garlic
cumin
salt

Preparation

Cook the couscous (boil for approximately 15 minutes).
Fry some fresh ginger with one garlic clove and some cumin for 5 minutes.
Crush the ginger, garlic and cumin together to make a paste. Add olive oil, vegetable powder. Stir together and squeeze the lemon or lime juice into it.
Mix the couscous and chickpeas together
Add the paste and serve with cut lemons

Soor iyo Ansalaato liimeysan

Saddex Bakeeri oo Qamadi shiidan ama (Soor) ayaa la karinayaa 15 daqiiqo, ilaa ay ka ay jilicso laakiin aaney noqon mid soorowda. Bakeeri nuskiis oo beebeeshee karsan ah

Hal Qaando khal ah

Laba qaando oo saliid olive ah

Jeex Liin la miirey

Rubuc Tuun la shiidey

Hal Qaando oo Saliid Olive ah

Cusbo

Rubuc Qaando Vegetable powder

Hal Liin qobkeed

Qas Soortii la ridqey

Laba Qaando/Macalga oo Sanjabiil cusub ah, Hal xirmo oo Tuun ah, Tumin qaando Filfil/Kabsar ah, dub dhammaantood Shan Daqiiqo.

Fulin

Isku qas soortii shiidneyd, budadii, iskuna walaaq. Ku qurxi Liin la jarjarey geesaha Saxanka.

Mixed Bean salad

Ingredients

- 250gms of green beans
- 1 red chilli
- 1 cup of coriander leaves
- 2 sweet corns
- 1 teaspoon of cumin seeds
- 1 red onion, sliced
- 3 tablespoons of olive oil
- 3 tablespoons of vinegar
- 1 cup of tinned beans
- 100gms of goats cheese
- 1 cup of coriander leaves
- 1 cup of olives

Preparation

Heat the olive oil in a frying pan and add the onion and cumin seeds. Cook until soft. Put in a bowl and add the vinegar.

Put the chickpeas in a saucepan and cover with water. Bring to the boil and simmer for 10 minutes. Drain and add to the bowl with the onion and cumin seeds.

Cook the green beans and sweet corns in a saucepan of boiling water. Remove the sweet corn from the cob and add the sweet corn and green beans to the chickpeas.

Add in coriander leaves and chopped olives and chilli if required. Mix together and add salt and pepper to taste. Just before serving add the goat's cheese and serve with crusty bread.

Digir kala duwan

3 qaando oo saliid Virgin Olive ah
1 Basal guduud, oo si fiican loo jarjaray
1 Qaando oo cabsar
3 Qaando oo Khal cad ah
1 Gasac oo 400 garaam oo laga miirey biyaha, lana dhaqay
250 garaam oo digir cagaar ah oo laga jaray intaan la rabin
2 Bakeeri oo Galey macaan ah, lagan fujiyey qolofka (ama 1 iyo Galey macaan la qaboojiyey)
Nus Bakeeri Saliid Olive
1 Basbaas Guduud, laga saaray miraha, lana jarjaray (haddii aad rabto)
1 Kabsar-Caleen Caleenteeda
1 bakeeri oo Digir qasan oo la karshey
100 garaam Cheese Orgi oo adag oo la hoolo

Ku kululee 1 Qaando oo Saliid ah Digsii kululeyn macquul ah, ku dar Basasha iyo Kabsarta, sii karkari ilaa uu ka noqonayaa kuwo jilcan oo aanan midabku isbedelin. Ku shub Baaquli adoo ku daraya Khalkii Caddaa iyo Saliiddii hartey.

Isla markaa, ku shub Digirtii Digsii dabool leh, kuna dar biyo. Xoogaa yar karkari ilaa 10 daqiiqo ah ilaa uu kulku ka wada gaarayo. Miir oo ku dar baaquliga basal.

Ku kari Digirta Cagaaran iyo galleyda biyo ilaa uu isku milmayo. Isticmaal Mindi af leh si aan uga fiiqdo qolofka, ku dar Digirta Cagaaran iyo Galeyda, oo ay la socoto Saliidda Olive, Basbaaska iyo Cabsar Caleenta. Isku walaanji kadibna tijaabi oo cusbo iyo basbaas cusub ku darso. Kahor intaadan gurin, ku dar Farmaajada Orgiga kuna qas iyadoo la socoto Rooti adag.

Spinach Salad

Raw spinach leaves

Mint/Coriander

Olives

Onion

Tomatoes

Cucumber

Vinegar/Mustard

Preparation

Mix the vinegar and mustard to make a dressing.

Slice the other ingredients and mix together.

Add the dressing.

Ansalaato ka sameysan Koosto

Ma jiro wax xeer ah oo Ansalaatadaan ku saleysan

Waad ku dari kartaa am aka dhimi kartaa wixii aad jecelshahay. Qas xirmo Koosto ah, Kabsar shiidan, saliidda Olive, Strawberry 'mirguduud', Basal, Yaanyo, Digir cagaar, Qajaar markaa isku wada qas oo ku dar Khal iyo cagaar kala gedisan.

Potato Salad

Ingredients

1lb of new potatoes
1 small lemon
100 gms of youghurt
mayonnaise
spring onions
salt and pepper

Preparation

Cook the potatoes in salted water. Drain and cut potatoes into quarters. Mix the yoghurt with the mayonnaise. Chop the spring onions and mix. Add in the potatoes and mix together in a large bowl. Add salt and pepper to taste.

Ansalaato baradho ka sameysan

1 kiilo oo Baradho/Bataati ah
Hal Liin qolofkeeda iyo 2 Qaando oo dheecaankeeda ah

Habka isku shaandheynta
1 iyo Bar Qaando oo Mayonaise fudud ah
100 garaam oo Yogurt dabiici ah
4 Basal cagaar ah
Cusbo iyo Basbaas

Kari Bataato lagu cusbeeyey biyo ilaa uu ka jilco. Ku dar dheecaanka liinta. U kaadi ilaa ay ka qabowdo. Kadibna ku qas waxyaabihii aad diyaarsatey oo wada jira Baaquli weyn, ka gadaalna ku dar baradhadii/Bataatigii.

Spicy Chicken

Ingredients

Marinade

2 cloves of garlic
2 tablespoons of grated ginger
Half tablespoon of salt
1 tablespoon spice

1 tablespoon of olive oil

Vegetables

3 sticks of celery

Peas

Half red pepper

Cup of pine nuts

Preparation

Marinate the chicken overnight

Finely chop the celery and red pepper. Fry with pine nuts and peas and put to one side.

Place chicken in a frying pan and fry until cooked, approx 15-20 minutes. Add the vegetables and serve.

Hilib dooro oo kulul

2 xabbo oo Tuun ah

2 Qaando oo Sanjibiil la yar yareeyey

Nus Qaando Cusbo ah

1 Qaando oo Swartz Moroccan Mirgeed

Nus Liin ah

1 Qaando oo Saliid Olive ah

Dooro la mariyey waxyaabo kala duwan

Dariiqo

Si fiican u jar jar xoogaa Celery, digir la maceeyey, Nus basbaas guduud ah iyo Rubuc pine Nuts ah. Isku qas dhammaan ilaa ay ka jilcaan kadibna dhinac iska dhig

Ku rid digsi dooro oo dub ilaa uu ka bislaado ilaa 15-20 daqiiqo. Kadib ku dar khudaartii aad sameysey kadibna gur hee.



Children follow the behaviour of their friends, so if your child and all their friends are eating the same healthy food, your children will be influenced and will get into the habit of eating good food.

Carruurtu waxay ku daydaan saaxiibadood. Haddii cunugaagu iyo dhammaan saaxiibadiis ay wada isticmaalayaan cunitaanka cunto caafimaad leh, carruurtaadu waxay ku yeelaneysaa saameyn, waxayna u noqoneysaa dabeecad joogto ah cunitaanka cunto fiican.

Haddii ay carruurtaadu rabaan afqabsi, isku day inaad siiso Tufaax iyo Moos, halka aad ka siin lahayd shukulaato.

When your children need a snack, try giving them apples and bananas instead of chocolate.



Have you thought about growing your own food? You can grow it in pots which you put in the sun on your windowsill.



Ma ku fikirtey inaad abuurato cuntadaada?
Waad ku abuuran kartaa dheri oo aad dhigeysa qorraxda/cadceedda ee dhanka dariishadda ah.



Instructions

Find some plant pots and fill them with compost. You can buy the pots and the compost from local shops in Edmonton Green.

Buy some seeds or use small plants, which are cheap

Keep your pots on your windowsill or where it is sunny and warm

Give them a little water every day

Cut them and use them in your cooking. The plants will go on growing.

Here are some herbs that you can grow in England

Rosemary

Basil

Mint

Thyme



Rosemary



Basil

Isku day inaad hesho dheri aadna ka buuxiso ciiddii aad ku shubi lahayd. Waxaad ka soo iibsan kartaa dhiriga iyo ciidda aan u isticmaali lahaydba dukaanta ku taal halka aad deggan tahay.

Soo iibso xoogaa miro ah ama dhir yar oo abuuran, kuwaasoo ah kuwo jaban. Ku meeley dheriga dariishada ama meel ay qorrax iyo qandiirba ka heleyso. Waraabi maalin kasta. Kadibna jaro oo u isticmaal cuntada aad karsaneyso. Geedku wuxuu ahaanayaa mid sii weynaada mar kasta.

Dhirtaani waa kuwo aad ku abuuri karto Ingiriiska

Rosemary

Basil

Mint

Thyme



Mint



Thyme

If you have a garden, you can use it to plant herbs, vegetables and flowers. It is easy to do and your children will enjoy helping you

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You must choose containers which are quite deep, so that the roots of the plants have room to grow. You can grow carrots, parsnips, beans and tomatoes.

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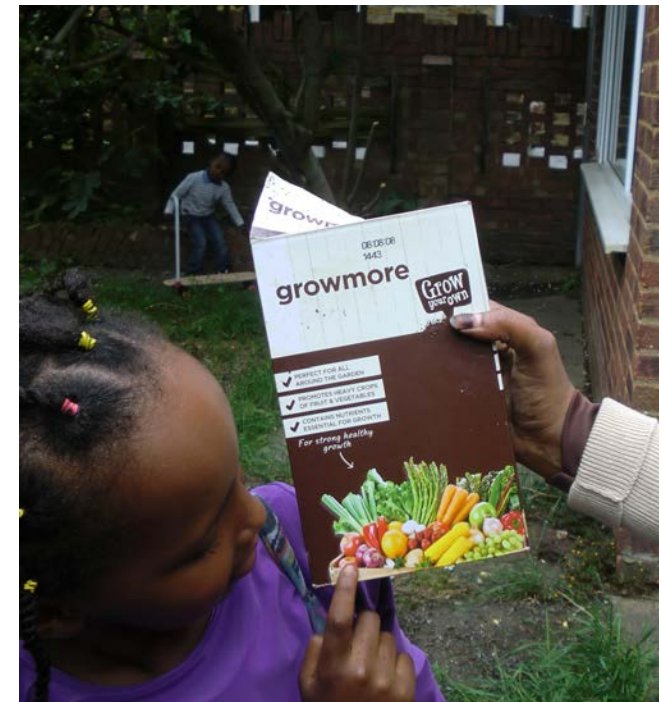
You can use earth from your garden or you can buy earth called 'compost' from a shop. Compost will help the seeds to grow faster.

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When you have filled the containers, you can add some fertiliser as well. You can buy the fertiliser from a shop. Fertiliser will increase the size of the plants that you grow.

Somali text here



Make a hole in the soil and put the seeds into the hole. Then cover them up with more soil

Somali text here



Finally, make sure that the seeds have enough water. And in just a few weeks, your plants will have grown.



Somali text here



Somali text here

You can also grow herbs in your garden. You can buy the herbs in a pot and then plant them directly into the earth in your garden.



Your children will enjoy helping in the garden. And they will enjoy eating the food that you grow with them.



Somali text here



Cereals with milk are a good way of getting energy and vitamins at the start of the day. Try serving cereals to your children in the morning, and it will give them a good start to the day.

Boorashka iyo caanaha waa kuwo wanaagsan oo laga helo tabar iyo nafaqo maalintiiba. Isku day inaad carruurtaada aad subaxdii siiso boorash, kaasoo siinaya awood uu ku wajaho maalinta.

Try to reduce the amount of sugar that you put in your tea or coffee. It will make a big impact on your health, and also on your weight. Sometimes a small change in your diet can have big results.

Haddii aad isku daydo inaad yareyso mugga sokor oo aad ku darsato shaaha iyo qaxwaha. Taasina waxay raad fiican ku reebeysaa caafimaadkaaga iyo culleyskaaga. Mararka qaar isbeddel yar oo aad hab dhaqanka cuntadaada ku sameyso waxaad dareemeysaa isbeddel aad u weyn.



We know how difficult it is to persuade children to try out new food and to change their diet! Why not get your children to cook with you and help them to make their own food. If they have cooked it, then they are more likely to want to eat it.

Waan ognahay inay aad u adag tahay in aad ku qanciso carruurtaada inay isku dayaan inay helaan cunto cusub iyo inay bedellaan hab dhaqanka cuntadooda! Maxaadan carruurtaada u tusin habka loo kariyo, uguna caawinin inay sameystaan cuntadooda. Haddii ay karsadaan cuntadooda waxaa suurtagal ah inay rabaan inay cunaan cuntadey karsadeen.



“My favourite food is pizza, tomato and cheese, I liked making the healthy pizzas today.”

“Waxaan aad uga helaa pizza, yaanyo iyo cheese. Laakiin manta waxaan jeclaaday sameynta pizza caafimaad leh”

“I like pasta, I cook it sometime on my own, now I’m going to make a salad.”

“Waxaan jeclahay baastada, waan karsadaa mararka qaar, hadda waxaan sameysanayaa cagaar”



“When my husband's away, I don't really cook. I just eat convenience food, it's very bad, I will make sure I prepare a healthy meal instead.” Adult

“Markii uu odaygeyga maqan yahay, ma isku mashquuliyo inaan wax karsho. Waxaan cunaa wixii aan helo, oo aan ogahay inaysan fiicnayn. Laakiin waxaan u diyaar garoobayaa inaad raashin caafimaad leh aad diyaariyo”

“Usually I give my kids chocolate and fizzy drinks. But from now on I’m going to give them healthy snacks, and it will really change their behaviour, I know.”

“Sida badan waxaan ilmahayga siiyaa shukulaato iyo cabitaan diyaarsan. Laakiin wixii hadda ka dambeeya waxaan sii nayaa af qabsi caafimaad leh, waxayna baddeli doontaa dabeecaddooda aan aqaan”

We hope this book has helped you to think
about the food you buy, cook and eat.

For more information, please contact
Dalmar Heritage and Family Development
dalmarshfd@hotmail.co.uk

Waxaan rajeyneynaa in buuggan uu kaa
caawiney raashinka aad dooneyso inaad soo
iibsato, karsato aadna cunto.

wixii faahfaahin ah, fadlan kala xiriir
Dalmar Heritage and Family Development
dalmarshfd@hotmail.co.uk

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