

QHIA cov lus
no rau koj
tsev neeg thiab
cov phooj ywg.

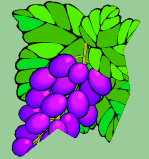
Nyob Kom Haum Nrog Fresno County!

Xaiv Cov Khoom Noj Kom Nyob Dhia Rhees thiab Nyob Ua Ub No

Lub 9 Hli



Daim Ntawv Qhia Txog Khoom Noj Mus Pab Luv Cev



Cov kws saib
xyuas txog
kev noj qab
haus huv pom
tias ib hnuv
yuav tau noj
txiv hmab
txiv ntoo
thiab zaub
yam tsawg
kawg 5 zaug.



Koj puas paub tias hauv Fresno County no cog tau hom qoob loo dab tsi zoo tshaj plaws? **Yog txiv grapes.** Txiv grapes muaj ntau yam xws li table grapes, wine grapes thiab raisin grapes, lub 9 hli no muaj ntau heev nyob hauv Fresno County.



Txiv grapes noj tsis rog, muaj fiber ua rau yuag. **Raisins** (cov txiv grapes qhuav) kuj muaj iron.



Txiv grapes thiab raisins qab zib yam tsis thas yuav xyaw piam thaj, nws yog ib yam khoom txom ncauj zoo kawg nkaus thiab muab xyaw rau lwm yam txiv hmab txiv ntoo qhuav los yog nuts.



Tsis muaj sij hawm ua khoom txom ncauj noj? Muab cov **txiv grapes** txias txias xyaws tshij (cheese) noj ua si.

Sawv thiab Nyob Ua Ub No



Taug kev ceev nrooj kuj zoo ib yam li **Khiav**, nws yog ib qho kev yoj ib ce zoo kawg.



Khiav nraim yuav pab tswj kom hnyav tau tab tom.



Khiav nraim kuj yuav pab tiv thaiv nqaij/leeg thiab pob txha kom txhob lov yooj yim thaum lub caij laus.



Khiav yuav pab me ntsis txog kom txhob muaj mob plawv nres, yuav ncab lub plawv thiab ua rau ntshav qis.



Txhob hnov qab, maj mam pib ua thiab so kom txias thaum khiav tag. Kev tsis maj mam ua thaum xub pib **khiav**, yuav ua rau nqaij/leeg nruj, chua leeg los yog mob tej yas pob txha sib txuas.



Nrhiav ib tug **khiav** nrog koj. **Khiav** nrog ib tug nraim yuav ua rau koj muaj siab khiav.



Cov kws
saib xyuas
txog kev
noj qab
haus huv
pom tias
yuav tau
sawv yoj
cev li 30
nas this
txhua hnuv.



Nyob kom haum nrog Fresno County! Koj yuav nrhiav nyeem daim ntawv fact sheets hais txog kev noj nyob dhia rhees thiab nyob ua ub no yooj yim rau ntawm www.co.fresno.ca.us

Xav paub ntau ntxiv mus saib rau ntawm cov tsev saib ntawv nyob ib ncig ntawm koj los yog qhov web site

www.fcdph.org