

5 long: laai: taang: ma rak sa: khux tix neen:

long: laai: taang: ma va khuan:
nyuam: khaai: see khaai: neen:



5 long: laai: taang: ma rak sa: khux tix neen:

**long: laai: taang: ma va khuan:
nyuam: khaai: see khaai: neen:**

prae: kam: duai: muak see aak – aet see ta
meeq van: - deun: sawng:
thonx neung

Baby Nutrition

Translated to the Muak See Aak language

by: Esther

Date: February 2013

First Edition

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International Cooperation Cambodia.

Original author unknown.

**long: laai: taang: ma va khuan:
nyuam: khaai: see khaai: neen:**



khuan: nyuam: ma keut mai

tin yuang: va lex khuan: nyuam: tin

khaai: ux mae tee:.

saenx va khuan: nyuam:am aan: peen:

(6) deun: see khaai: am aan: caang nai.



a bak ka va khuan: nyuam: tin khaai: om: neu:.

a bak ka va khuan: nyuam: tin khaai: om: ux sat
neu:.

a bak ka va khuan: nyuam: tin khaai: chuam:

tawmq kap om: chuam: tawmq neu:.

see khaai: see meux kawa bak ka va khuan:

nyuam: tin khaai: neu:.. 1

khuan: nyuam: ma (6) deun: kawi: pi: neung

va kex khaai: lex om: ux mae tee:.am yuang:
va kex khaai: om: ux sat.saen: dai: khux seuc
kex khee reuk leeng: ii: khee peen: tee va kex
khaai: chuam: tawmq,om: chuam: tawmq kap
see khaai: van: a meux (4)teu.

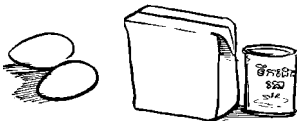


see khaai: ma khux seuc khee reuk leeng: ii:



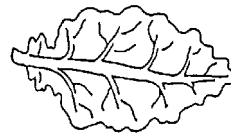
tee rum: tawmq

(ma kawi phra tee krawx)



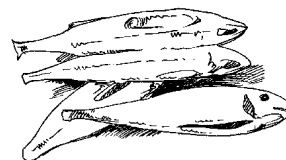
tham: ael: tawmq kap

nam num:.



lax seex im:

(ma ex khaai:ngaw: deu
tawk meeq).

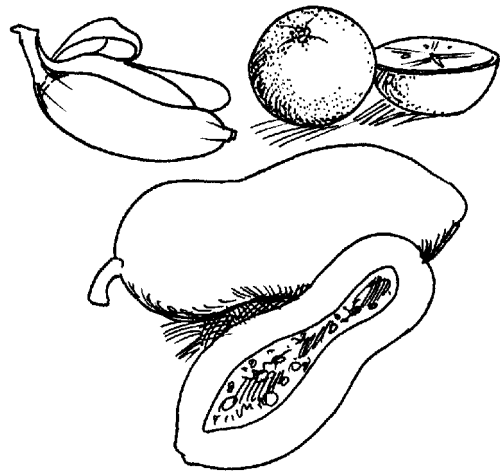


khax

lex see khaai: ma cum: ka
ti thaem: ko: tee awx prux
keun cae ngam: kap om:
chuam: keun tang va khuan
nyuam: khaai: neu:.



va khuan: nyuam: khaai:
ma koix sa pao:, ma
cuk,kee tawx tin meen
ma khawq nak neen:.



khuan: nyuam: ma deu pi: neung

khee peen: tee va kex
khaai: ux mae tee ngaw: .



nyaam: am aan:
khaai: see meux
yaen khee peen:
tee chax kee no:
thix neen:.

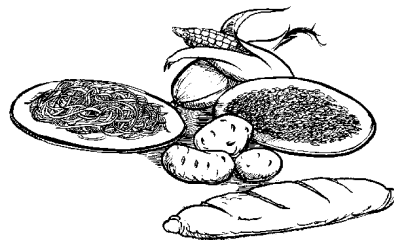
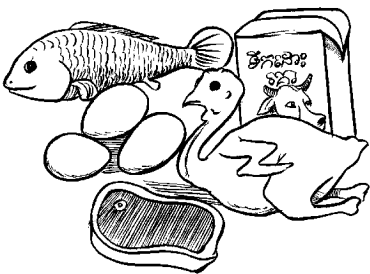


khee peen: tee va khuan: nyuam: kex.

khaai: see khaai: ma pax ko: (3) pun

yaen kap kaang: reun: tix van: a

meux (3) teu.



nyaam: van khaai: chuam: yaen khee peen: tee sai un:.

kha mun: ko: kee tae keun cae kex khaai:.. saen: dai:

kex khee ngang: see baai: khaai: khee peen: tee tiang

un: kex no: kha mun: tin van taek.



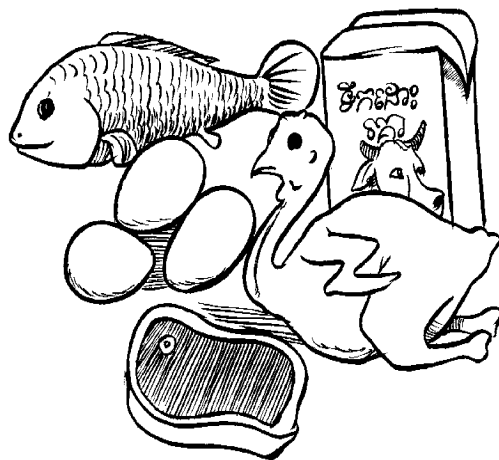
see khaai: (3) pun

saen: dai: khuan: nyuam: kex khee am chux am
khat cae khee reuk leeng: ii: khee peen: tee va
kex khaai: see khaai: ma pax (3) pun meun: ma
tang thex yaen .

see khaai: ma khee reuk

leeng: ii:_nex

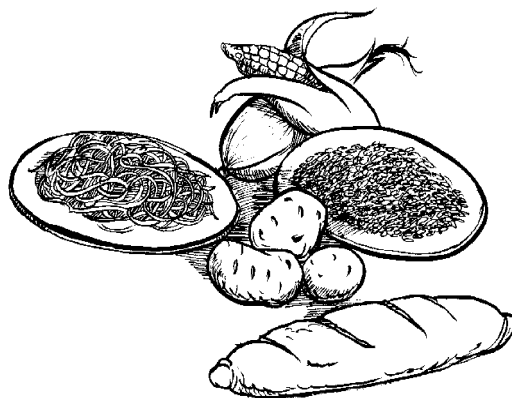
tham:, phae: ku ceuq, nex, khee
yak, khax, aengx, khax pee tet.



see khaai: ma khee pax

sang: ka ba riang:

1. see khaai: khee pax sang: ka ba
riang: neen: phiang: lek, phiang:
khax, om: khee maex, om: nam ngon:
phreungx, kee tawx, ma paoq.



2. see khaai: ma khawq nak

khaoq sa li:, ma ka lu: kap tham: ku ceuq, chuam:, om:
chuam: tawmq, kha num:.



see khaai: ma pax bi ta min cae

hamq peen: pee yaay

phak kaat pi:, tee phil:, lax phak

bungx ceun:, lax seex ma ex khaai:

ngaw: deu tawk meeq, ma koiq sa

pao: ma kee tum:, ma kheun:

sumq, ma cuk, phrix seex ku ceuq.



khuan: nyuam: ma deu sawng: pi:

uak riang: keun: ux khuan:
nyuam: neu:.



va khuan: nyuam: khaai: lax
seex neu:.

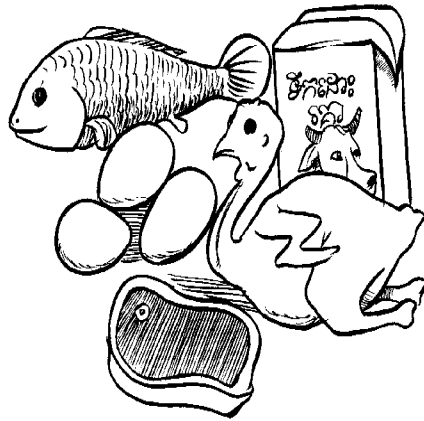
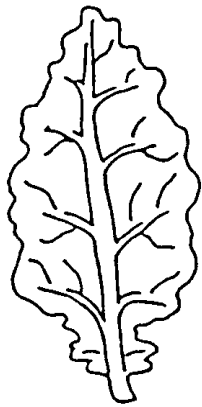
va kex lup khaai: chuam: kap
kaang: reun: tix van: a meux
saam: teu neu:. nyaam: am
aan: khaai: chuam: yaen va
kex khaai: see meux ceuq
neung neu:.



mae reuk kee teul:



saen: dai: tix khee pax sang: mae
reuk kee teul: khee peen: tee khaai:
see khaai: yeung: leu: ma tix khaai:
ngaw: ku teu yaen. khee peen: tee
khaai: om: yeung: leu: ma tix khaai:
ngaw: ku teu yaen.am peen: tee
khaai: laoq. saenx khaai: tang meen
an ta laai: hai khuan: nyuam: ma
ngot ko: kee teul: yaen. prux kaw am
peen: tee khaai: yeung:. saenx khaai:
prux yeung: tang lot meen om:
khruanx ka tix ko: khux eun: tang lot
meen pee yaat see naam: kheenq.



see khaai: ma mae reuk kee teul: yuang: khaai:
yaen-

ma meen lax seex ma teuk yuang: khaai:,
tham: ael:, nex khax,phae: ku ceuq.

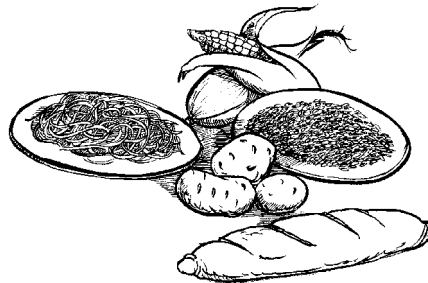
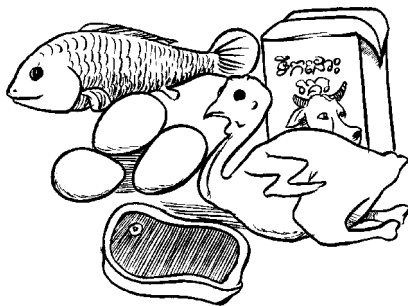
see khaai: cum: ka iiq meen ma khee va mae
reuk kee teul: yuang: see naam: ngaw:. va mae
yuang: see naam: khuan: ma ngot ko: kee teul:
kaw khee eng: peen: tix no: aox si cin ngaw:.
saenx khaai: see khaai: cum: ka iiq khuan: ma
ngot ko: kee teul: kaw khee ceungx tee reuk ii:
ngaw:.

saen: dai: mae khee li
om: ux yuang: tin

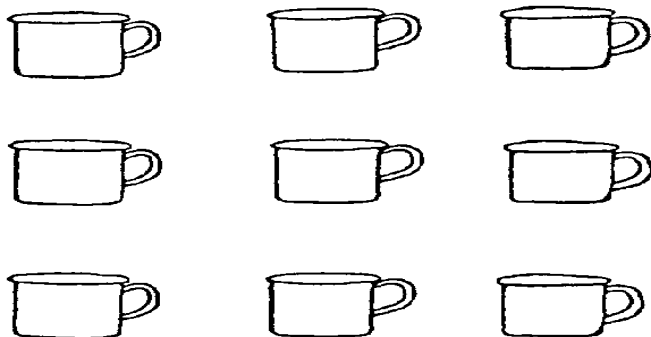
saen: dai: mae khee li
om: ux yuang: cae khee
caang va khuan: tee
khaai: ux van seek tin-
mae khee am peen: tee
khaai: laoq.eun: tang
pax an ta laai: hai
khuan:.



see khaai:ma pax ngaw: ko: (3) pun yaen ceuq
a meux khaai: van: a meux saam: teu neu:.



van: a meux khee peen: tee khaai: om: am ka ti kaw
khaai: om: ngaang: piat kaw phiao: sip kaw. saenx
meen mae ma pax khuan: taek khee eng: peen: tee khaai:
yeung:. khee peen: tee khaai: nam num: deu saam: kaw.



saenx am ngang: va miang: pee yaat ma hai tix
lat lup ko: khuan: tix tin ma meen mae yaen chax
thix tix keun tang kawi va khuan: tix khaai: ux neu:.

