

Kuv muab zom siv dua puas tau?



→ Yaas

→ Iav

→ Hlau

→ Ntawv

ZOM TAU (YES):

- Hwj thiab thoob yaas
- Hwj yaas dej dawb, thiab dej qab zib
- Thoob yaas mis nyuj thiab kua txiv hmab
- Hwj yaas txiv lwg “ketchup” thiab kua roj rau zaub “salad”
- Hwj yaas xos npus ntxuav tais diav thiab thoob xos npus ntxhua khaub ncaws
- Hwj yaas xos npus zawv plaub hau, xos npus thiab tshuaj tawg pleb “lotion”

ZOM TSIS TAU (NO):

- Lwm yam thoob yaas xwsl “Margarine”
- Khob yaas ntim yogurt, pudding thiab txiv hmab txiv ntoo
- Cov tais rhaub zaub mov hauv microwave.
- Cov tais ntim zaub/txiv hmab txiv ntoo, thiab ntim zaub mov
- Ntaub yaas thiab hnab yaas
- Khoom ua si
- Cov thoob ntim khoom phem kho tshab thiab khoom siv tus qab vag tsib taug xws li roj nyeem thiab tshuaj tua kab

ZOM TAU (YES):

- Hwj iav ntim zaub mov thiab dej haus thiab hub iav

ZOM TSIS TAU (NO):

- Khob haus dej, tais diav, lauj kaub ua zaub mov, thiab hub rau paj
- Iav ghor rais thiab rom iav
- Hwj/thoob uas ntim khoom phem, xws li tshuaj pleev rau tes thiab xim thiab khoom ua si

ZOM TAU (YES):

- Hlau ntim zaub mov thiab kas poom ntim dej haus

ZOM TSIS TAU (NO):

- Cov kas poom xim
- Cov kas poom “aerosol”
- Hwj/thoob ntim khoom phem, xws li tshuaj do xim thiab dej/roj rau tshab

ZOM TAU (YES):

- Ntawv xa tuaj, ntawv hoob kaas thiab Ntawv xa tuaj, ntawv hoob kaas thiab cov ntawv hauv tsev kawm ntawv

- Cov ntawv muab duab khua xa nas thiab muag khoom
- Ntawv xov xwm thiab ntawv khua xa nas
- Phau ntawv xov tooj
- Ntawv zom nyob hauv cov hnab ntawv kaw
- Thawv ntawv
- Thawv ntim “cereal”, thawv ntim “cracker”, thawv ntim mij, thawv ntim hmoov ua “cake”
- Thawv ntim tshuaj txhuam hniav, tshuaj noj, thiab lwm yam khoom siv hauv vaj tsev

ZOM TSIS TAU (NO):

- Thawv ntim “pizza”, thawv ntim qe los sis cov thawv uas lo/tsuas zaub mov
- Cov thawv uas ntim zaub mov hauv tub yeeb los sis lub tub khov nas nkuas
- Ntawv so tes, khob ntawv thiab phiaj ntawv
- Ntawv qhwv khoom plig

Kev Xa Khoom Mus Zom Siv Dua Txhuas Tau Zog Fais Fab



Pivtxwv: Nws siv 95% fais fab tsawg tshaj los mus ua ib lub kas poom kuaj yog siv cov khoom zom siv dua piv rau siv khoom tshiab –muab ib lub kas poom pov tseg zoo ib yam li hliv 6 “ounces” roj pov tseg. Txhua lub kas poom, txhua lub hwj, txhua daim ntawv muaj nuj nqi. Zom siv dua ntau tshaj.