



5

Jaw^ˇ sa^ˇ do^ˆ ni yah^ˇ-aw^ˇ deh_ˆ-eu

Za_ˆ nah_ˆ-ah^ˇ a_ˆ jo^ˆ-eh^ˇ
bi dza_ˆ bi daw^ˇ nm^ˇ





5

Jaw^ˇ sa^ˇ do[^] ni yah^ˇ-aw^ˇ deh_ˆ-eu

**Za_ˆ nah_ˆ-ah^ˇ a_ˆ jo[^]-eh^ˇ
bi dza_ˆ bi daw^ˇ nm^ˇ**

How to Feed Small Children

Translated to the Akha language by: Ado, Carmella, Rebecca

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Cambodia. Originally written by the Health Editors Group in Ratanakiri
province

A_ˆkha_ˆ daw_ˆ yu^ˇ do[^]-eu_ˆ gha_ˆ: A^ˇdo_ˆ, Mi[^]e^ˇ, Le_ˆbeh^ˇka_ˆ

A^ˇ nah: Ju_ˆ 29, 2012

Ya_ˆ beh beh-eu_ˆ po[^], 100 dm_ˆ

Ga^ˇ kaw[^] haw^ˇ-eu a^ˇ ba^ˇ zm_ˆ-eu gha^ˇ du_ˆ International Cooperation Cambodia
neh a_ˆ khaw_ˆ-a_ˆ bi_ˆ la_ˆ-eu meh. Pha^ˇ dm_ˆ heu dm_ˆ bo_ˆ dah_ˆ beh-eu_ˆ-a, the
Health Editors Group in Ratanakiri province neh meh.

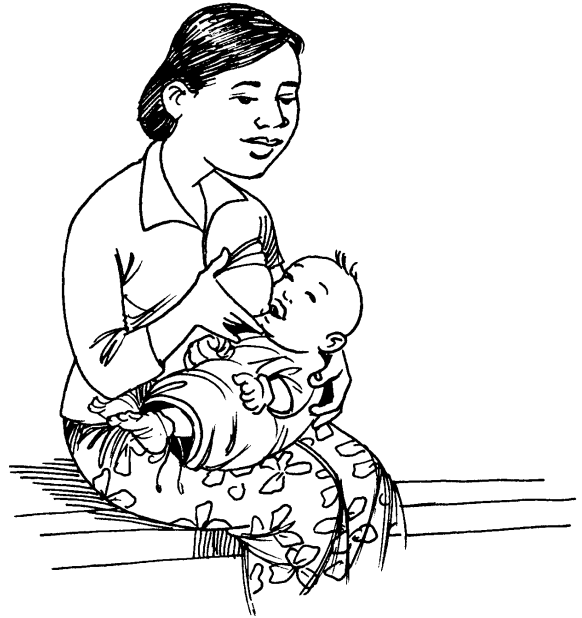
Za_ˊ nah_ˊ-ah^ˊ a_ˊ jo^ˆ-eh^ˊ
bi dza_ˊ bi daw^ˊ nm^ˊ



Deh_၂ le-eu_၂ za_၂ nah_၂

Za_၂ nah_၂-ah_၂ a_၂ ma-eu_၂ a_၂ choe_၂
teh_၂-eh_၂ ya bi daw_၂ meh.

Za_၂ nah_၂ ba la 6 si_၂ ma_၂ byah la_၂-eu_၂
qhoe_၂ keu^၂ ni, dza_၂ nui je_၂ ah_၂ dza_၂
ji^၂ ma_၂ ji^၂ nya-a.



- Za_၂ nah_၂-ah_၂ i_၂ cu_၂ ma_၂ ya bi daw_၂-a.
- Za_၂ nah_၂-ah_၂ je_၂ za_၂-eu_၂ a_၂ choe_၂ ma_၂ ya bi daw_၂-a.
- Za_၂ nah_၂-ah_၂ haw_၂ ca_၂ haw_၂-eu haw_၂ dzi_၂ ma_၂ ya bi daw_၂-a.
- Za_၂ nah_၂-ah_၂ nui je_၂ hti_၂ je_၂-i_၂ ma_၂ ya bi dza_၂-a.

Ba la 6 si_✓-ah_✓ neh hti_✓ qo_✓ yaw kha_✓-ah_✓-eu_✓ za_✓ deu_✓

Za_✓ nah_✓ deu_✓-ah_✓ a_✓ ma-eu_✓ a_✓ choe_✓ teh_✓-
eh_✓ ya bi daw_✓ meh.

Je_✓ za_✓-eu_✓ a_✓ choe_✓ ma_✓ ya bi daw_✓-a.

Za_✓-eu_✓ maw_✓ do hui_✓ la_✓ ni haw_✓ dzi_✓,
haw_✓ ca_✓ haw_✓-eu dza_✓ nui je_✓ hti_✓ nah-eu_✓
4 po[^] bi dza_✓-aw_✓.



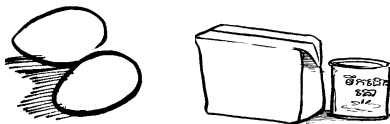
Maw_✓ do bi hui_✓ la_✓-eu dza_✓



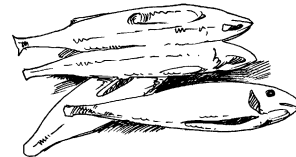
(Nui[^] pya[^] pu_✓-eu_✓)



(Yaw_✓ nah na lu_✓ dza_✓-eu
dza_✓ nyoe_✓)

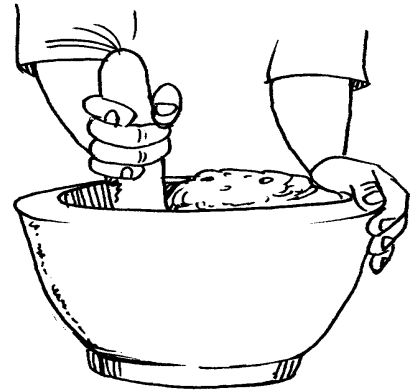


Ya u[^] pu_✓-eu_✓ haw_✓-eu
a_✓ choe_✓

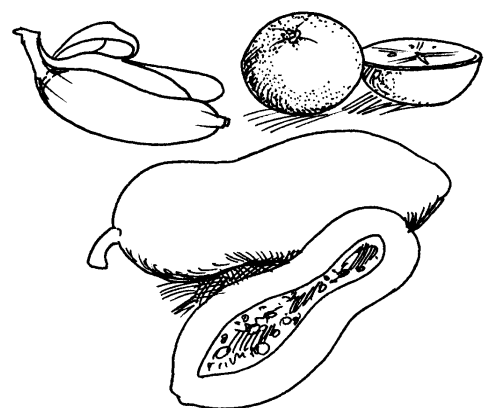


I_✓ ma la[^] sha[^]-eu_✓ nga_✓ sha_✓
nga_✓ noe[^] nga_✓ nm[^]

Dza^ˇ qhoe^ˇ deu_ˇ la_ˆ tsm^ˇ-ah^ˇ
 yaw mui_ˇ-eh^ˇ htah_ˇ nm^ˆ-aw^ˇ
 haw_ˇ dzi_ˇ neh_ˇ-eh^ˇ yoe-aw^ˇ za_ˇ
 nah_ˇ-ah^ˇ bi dza_ˇ-aw_ˇ.



Nga beh^ˆ, si_ˇ loe^ˇ choe^ˇ, nyeh^ˇ
 dzah^ˇ nga beh^ˆ yaw aw_ˆ, heu lo_ˆ-
 eh^ˇ gheh-eu a^ˇ si_ˇ a^ˇ lu deu_ˇ za_ˇ
 nah_ˇ-ah^ˇ bi dza_ˇ-eu a ye^ˇ hui_ˇ
 dui dui meh.



Hti_✓ qo_✓ byah la[✓]-eu_✓ za_✓ nah_✓

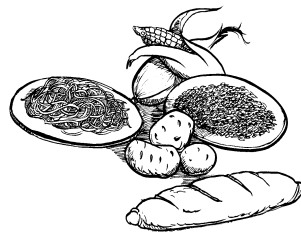
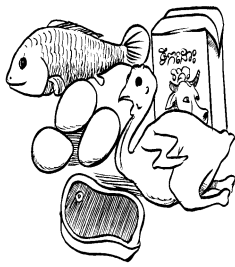
A_✓ ma-eu_✓ a_✓ choe[✓] bi daw[✓]
law si_✓.



Dza[✓] ma_✓ dza_✓ mi na-eh[✓]
a_✓ la_✓ bi dzui_✓-aw_✓.



Dza_ˇ a_ˇ je_ˇ sm_ˇ je_ˇ lu_ˆ-ah_ˇ, nym_ˇ qhah_ˇ za_ˇ
 deu_ˇ neh_ˇ-eh_ˇ hti_ˇ kaw^ˆ lo_ˆ-eh_ˇ, hti_ˇ nah 3 po^ˆ
 bi dza_ˇ-aw_ˇ.



Haw_ˇ hti_ˇ byaw_ˇ hti_ˇ byaw_ˇ yaw kha_ˇ-ah_ˇ, dza_ˇ ni_ˇ
 gha-eu je_ˇ qhm_ˇ ma_ˇ-ah_ˇ daw^ˆ ah_ˇ-aw_ˇ, za_ˇ-ah_ˇ bi
 dza_ˇ-aw_ˇ. Za_ˇ yaw aw_ˇ la_ˆ-eh_ˇ dza_ˇ nya pha_ˇ-eh_ˇ
 yeh_ˇ nm^ˆ neh_ˇ-aw_ˇ.

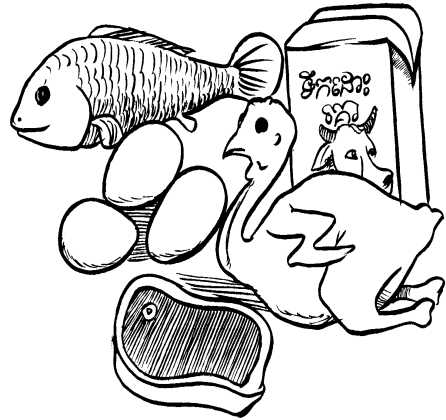


Dza_✓ a_✓ jeu_✓ sm_✓ jeu_✓

Za_✓ jaw_✓ sa_✓ do[^]-aw_✓ ghaw_✓ maw_✓ hui_✓ la_✓ ni la_✓ o[^] phaw
eh_✓ hta_✓-eu_✓ dza_✓ deu_✓-ah_✓ bi dza_✓-aw_✓.

Maw_✓ do bi hui_✓ la_✓-eu dza_✓-- sha_✓ ji_✓

Ya u[^], a_✓ beh[^] ghaw_✓ mya je_✓,
qha_✓ pha_✓, sha_✓ ji_✓, nga_✓ sha_✓,
a_✓ kha, nyeh_✓ bah_✓ choe_✓ qo_✓



Gha_✓ pyeu_✓-i_✓-eu dza_✓

A. Gha_✓ bi ah_✓ la_✓-eu dza_✓

A_✓ za_✓ tsi_✓, nga_✓ sha_✓ tsi_✓, phaw_✓ choe_✓
neh jah_✓ do[^]-eu_✓ sa_✓ deu_✓ sa_✓ choe_✓,
bya_✓ ui_✓, nga beh[^], ma_✓ bao_✓



B. Aˇ yeˇ hui-_u dzaˇ deu_u

Aˇ du, a_u luˇ, miˇ tsa-_u ahˇ
baw-_u uˆ ghaw_u mya je_u,
haw_u, haw_u dzi_u, haw_u ju koˆ.



**Mawˇ do la_u qhoeˇ naˇ gawˇ ma_u bi ahˇ laˇ
ni lo_u qhm_u neh-_u bi_u ta_u mi_u ahˇ-_u dzaˇ**



Ghaw_u pa_u ghaw_u si_u, maˇ deh ghaw_u nyoeˇ, iˇ cu_u mah_u
choeˇ u_u neh, dzaˇ yaw nyoeˇ, nyehˇ dzahˇ nga behˆ
yaw aw_u, maˇ qheu chehˇ, si_u loeˇ choeˇ, aˇ si_u aˇ lu
ghaw_u mya je_u

Nyi_✓ qo_✓ byah la[✓]-eu_✓ za_✓

Za_✓-ah[✓] a_✓ choe[✓] da[✓]-aw_✓.



Za_✓-ah[✓] dza[✓] nyoe[✓] bi dza_✓-aw_✓.

Nym[✓] qhah_✓ za_✓ neh_✓-eh[✓]
hti_✓ nah haw_✓ 3 byaw[✓] bi
dza_✓-aw_✓. Haw_✓ hti_✓
byaw[✓] hti[✓] byaw[✓] a[✓] kha_✓-
ah[✓] dza_✓ ni[✓] gha-eu je_✓ bi
dza_✓-aw_✓.



A_u nyi[~] phi lu_u-eu deu_u



A_u nyi[~] phi lu_u-eu a_u ma deu_u,
gha_u bi ah[~] la[~]-eu dza[~]-ah[~],
dzeu[~] la[~] ngeh mya[^] ma_u tse[~] ya
dza_u meh. I[~] cu_u hti_u lo_u ya daw[~]
meh.

A_u nyi[~] phi lu_u-eu a_u ma deu_u ji[~]
ba_u ma_u ya daw[~]-a. Za_u-ah[~] deu_u
le[~] nya meh.

A_u nyi[~] phi lu_u-eu a_u ma deu_u sa_u
deu_u yaw ta[^] ma_u ya dza_u-a.

Sa_u deu_u dza_u mya_u na[~]-a_u,
ghaw[~] maw[~] la_u qhoe[~] i[~] cu_u ui_u
le[~]-aw[~] shi_u da[^]-eu na[~] gaw[~]
pyeu_u la[~] nya meh.



A_u nyi^ˇ phi-eu deu_u dza_u pha_u-eh^ˇ gheh-eu dza^ˇ-a_u,

A^ˇ pa_u sah^ˇ-eu ghaw_u nyoe^ˇ, ya u^ˆ, sha_u ji^ˇ, nga_u sha_u,
a^ˇ beh^ˆ ghaw_u mya je_u ya dza_u-eu meh.

Dza^ˇ heu deu_u-a_u, a_u nyi^ˇ phi lu_u-eu deu_u-ah^ˇ shi_u bi
dah_u dzeh_u la^ˇ-aw^ˇ, za_u-ah^ˇ ao^ˆ si_u je_u bi za mui_u-eu
meh. Dza^ˇ heu deu_u dza_u na^ˇ, za_u yaw mui_u-eh^ˇ hui_u
la^ˇ lo^ˆ la^ˇ-eu meh.

A_u ma a_u choe^ˇ meh^ˇ ni

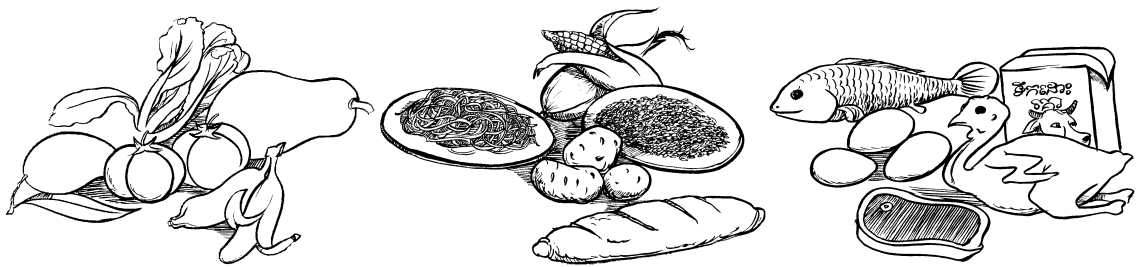
A_u choe^ˇ meh^ˇ-aw^ˇ za_u-ah^ˇ bi daw^ˇ
lo_u nya ni:

Za_u nah_u a_u ma ji^ˇ ba_u ma_u ya
daw^ˇ-a.

Ji^ˇ ba_u daw^ˇ na^ˇ-a_u za_u -eu_u gha^ˇ
du_u yah^ˇ qheh_u qa^ˆ meh.

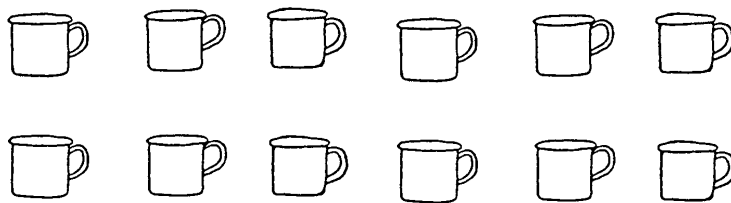


Dza_u pha_u-eh^ˇ gheh-eu dza^ˇ sm^ˇ je_u-ah^ˇ, hti_u nah sm_u po^ˆ
ya dza_u meh.



Ị cụ mạ ngeụ nạ, dzạ uị htị jẹ-aḥ htị nah
 lạ qhoẹ nạ bo yeḥ bo-aḥ neh tsẹ bo-aḥ keụ ni
 ya daẉ meh.

Zạ naḥ ạ ma pyeụ law nạ, eḥ htạ-eụ tạ-eḥ
 ya daẉ dzeḥ-eụ meh. Maw nẹ ạ choẹ qaẉ
 qhạ htẹ-eụ htị nah sṃ bo daẉ-aẉ.



Naẉ-eụ zạ-aḥ nạ gaẉ nui jẹ mạ ya
 nyaẉ-ị phạ-eḥ, ạ choẹ mạ bi daẉ mi na-
 eḥ ạ lạ dzuị-aẉ.