កំរងសំនួរគំរូស្តីពី ការយល់ដឹង ឥរិយាបថ និងការអនុវត្តន៍ (KAP) ដែលអាចកែសម្រួលបាន



ឯកសារនេះគឺជាអត្ថបទដកស្រង់ពីឯកសារបោះពុម្ពរបស់អង្គការស្បៀងនិងកសិកម្មនៃសហប្រជាជាតិ (FAO) ស្តីពី មគ្គុទ្ទេសក៍សំរាប់ការវាយតំលៃការយល់ដឹង ឥរិយាបថ និងការអនុវត្តន៍ពាក់ព័ន្ធទៅនឹងអាហារូបត្ថម្ភ​ (បោះពុម្ពឆ្នាំ ២០១៤) ឬក៏អាចហៅបានថា ឯកសារណែនាំស្តីពី KAP ដែលអាចរកបានតាមរយៈគេហទំព័រ៖

<http://www.fao.org/docrep/019/i3545e/i3545e00.htm>

ឯកសារនេះមានសេចក្តីបន្ថែមភ្ជាប់ជាមួយ ដែលរួមមាន៖

* ទំរង់ការយល់ព្រម និង បញ្ជីសំនួរប្រជាសាស្រ្តសង្គម និង
* ម៉ូឌុលសំនួរគំរូរបស់ KAPពាក់ព័ន្ធទៅនឹងអាហារូបត្ថម្ភ។

កំរងសំនួរទាំងអស់នេះ គឺតំរូវអោយមានការកែសម្រួលអោយស្របទៅតាមលក្ខខ័ណ្ឌតំបន់ និង អាស្រ័យ ទៅតាមតំរូវការនៃគំរោង ឬ ការអន្តរាគមន៍នីមួយៗ។ ហេតុដូច្នេះហើយ កំរងសំនួរទាំងអស់នេះ គឺរក្សាជាទំរង់ឯកសារដែលអាចងាយស្រួលក្នុងការកែសម្រួល និង រៀបចំឡើងវិញ។

តារាងមាតិកា

[សេចក្តីបន្ថែមទី ៣៖ ទំរង់ការយល់ព្រម និងបញ្ជីសំនួរប្រជាសាស្រ្ត សង្គម សំរាប់អ្នកថែទាំទារក និងកុមារតូច អាយុ ០ទៅ ៦ ខែ និង ៦ ទៅ​ ២៣​ ខែ 3](#_Toc396086730)

[សេចក្តីបន្ថែមទី ៤៖ ទំរង់ការយល់ព្រម និងបញ្ជីសំនួរប្រជាសាស្រ្ត សង្គម សំរាប់កុមារវ័យសិក្សា 6](#_Toc396086731)

[សេចក្តីបន្ថែមទី​ ៥៖ ទំរង់ការយល់ព្រម និងបញ្ជីសំនួរប្រជាសាស្រ្ត សង្គម សំរាប់មនុស្សពេញវ័យ 9](#_Toc396086732)

[សេចក្តីបន្ថែមទី ៦៖ បញ្ជីសំនួរគំរូKAPទាក់ទងនឹង 11](#_Toc396086733)

[អាហារូបត្ថម្ភ 11](#_Toc396086734)

[ម៉ូឌុលទី ១៖ ការចិញ្ចឹមទារក (អាយុ​ ០ ទៅ ៦​ ខែ) 11](#_Toc396086735)

[ម៉ូឌុលទី ២៖ ការចិញ្ចឹមកុមារតូច (អាយុ​ ៦ ទៅ ២៣ ខែ) 22](#_Toc396086736)

[ម៉ូឌុលទី ៣៖ របបអាហារសំរាប់កុមារអាយុសិក្សា 34](#_Toc396086737)

[ម៉ូឌុលទី ៤៖ អាហារូបត្ថម្ភសំរាប់ស្រ្តីកំពុងមានផ្ទៃពោះ និង កំពុងបំបៅដោះកូន 43](#_Toc396086738)

[ម៉ូឌុលទី ៥៖ កង្វះអាហារូបត្ថម្ភ 49](#_Toc396086739)

[ម៉ូឌុលទី ៦៖ ជំងឺស្លេកស្លាំងដោយសារខ្វះជាតិដែក 54](#_Toc396086740)

[ម៉ូឌុលទី ៧៖ កង្វះជីវជាតិ​អា 65](#_Toc396086741)

[ម៉ូឌុលទី ៨៖ កង្វះជាតិ​អ៊ីយ៉ូដ 73](#_Toc396086742)

[ម៉ូឌុលទី ៩៖ សុវតិ្ថភាពអាហារ 78](#_Toc396086743)

[ម៉ូឌុលទី ១០៖ អនាម័យផ្ទាល់ខ្លួន 85](#_Toc396086744)

[ម៉ូឌុលទី ១១៖ ទឹក និងអនាម័យ 90](#_Toc396086745)

[ម៉ូឌុលទី ១២៖ គោលការណ៍ណែនាំពីរបបអាហារ 96](#_Toc396086746)

[ម៉ូឌុលទី ១៣៖ ការលើសទំងន់ និងធាត់ 101](#_Toc396086747)

សេចក្តីបន្ថែមទី ៣៖ ទំរង់ការយល់ព្រម និងបញ្ជីសំនួរប្រជាសាស្រ្ត សង្គម សំរាប់អ្នកថែទាំទារក និងកុមារតូច អាយុ ០ទៅ ៦ ខែ និង ៦ ទៅ​ ២៣​ ខែ

**ទំរង់ការយល់ព្រម និងការរក្សាការសំងាត់នៃការសំភាសន៍**

CMrabsYr GruNsYsþI¼TivasYsþI elak¼elakRsI>>>>>>>>>>>>>>>>>>>>>>>>>>>>>>>>>>>. BYkeyIgmkBI***¬eQµaHrbs;sßab½nGñk¦***.eyIgxJúMkMBugeFIVkarelIKMeragmYyEdlTak;TgeTAnwgGaharUbtßmÖnigkarGb;rM EdlGñkGaccUlrYmCamYyeyIg)an . ***¬bBa©ÚleKalbMNg nig karBnül;edaysegçbGMBI KMerag¦***. \LÚvenH KMeragKWeTIbEt)ancab;epþIm¼CitbBa©b; ***¬sUmeRCIserIsfaetIKMerageTIbEtcab;epþIm b¤CitbBa©b;¦*** ehIyeyIgkMBugeFVIGegátenAkñúgcMeNamGñkcUlrYm edIm,IdwgbEnßmeTotGMBIkaryl;dwg \riyabT nig karGnuvtþn\_Tak;TinnwgGaharUbtßmÖ. karsMPasn\_enH cMNayeBlRbEhl ***¬ry³eBlsnµt;kñúgkarsMPasn\_¦***. RKb;B½t’manEdleyIg)anTTYlTaMgb:unµan eyIgnwgrkSaCakarsm¶at;bMput ehIycMelIy nig eQµaHrbs;GñknwgminRtUv)anebIkcMhenaHeLIy . enAeBlEdlGñkyl;RBmcUlrYmehIyenaHGñknwgminRtUv)anbgçMeGayeqøIynUv ral;sMnYrNaEdlGñkmincg; eqøIyenaHeLIy ehIyGñkGacdkxøÜnecjBIkarsMPasn\_enHeBlNak¾)an . etIGñkyl;RBmcUlrYmeFIVbTsMPasn\_enHeT ?

eKalbMNgénkarsikSaenHKWedIm,I ***¬vaytMélRbsiTi§PaBénkarGnuvtþKMerag ¬RbsinebICakarvaytMéllT§pl¦ b¤ vaytMélsßanPaBGaharUbtßmÖ ¬RbsinebIviPaKsßanPaBGaharUbtßmÖ¦¦***. ehIykarsikSaenHk¾mineFVIkarvaytMél b¤riHKn;GñkenaHeT dUecñHsUmkuMmanGarmµN\_tantwg kñúgkareqøIy nigsUmkuMxµaseGon RbsinebIGñkmindwgcMelIy. xJMúsMnUmBreGayGñkeqøIykarBit R)ab;xúJMGMBIGVIEdlGñkdwg karyl;eXIj rebobGñkrs;enA nigreboberobcMGahar. sYmeqøIysMnYrtamEdlGñkGaceFVIeTA)an.

etIGñkyl;RBmcUlrYmkarsMPasn\_enHeT?

*)aT¼cas+>>>>>>>>>>>> eT>>>>>>>>>> RbsinCayl;RBm bnþeTAnUvsMnYrbnÞab;. RbsinminRBm bBaÄb;karsMPasn\_.*

etIGñkmansMnYrGIVmuneBleyIgcab;epþIm ? *¬eqøIysMnYr¦*

etIxJúMGaccab;epþIm\LÚvenH)aneT?

បញ្ជីសំនួរប្រជាសាស្រ្តសង្គមសំរាប់អ្នកថែទាំកុមារ

|  |  |  |
| --- | --- | --- |
| GñkEfTaMkumar |   |   |
| 1. eQµaH nig elxkUd
 | etIGñkmaneQµaHGIV? |  |
| bMeBjelxkUdrbs;GñkeqøIy | ---- |
| 1. ePT
 | bMeBjePTrbs;GñkEfTaMkumar | RbusRsI |
| 3-TMnak;TMng | etIGñkmanTMnak;TMngGIVCamYynwgkumarEdlGñkemIlEfrkSa? | mþay«BukyayepSgeTot |
| 4-Gayurbs; GñkEfTaMkumar | etIéf¶kMeNItrbs;GñkenAeBlNa?*sYrbBa¢ak;RbsinebIcaM)ac;³*etIGñkekItenAéf¶Na ExNa ehIy qñaMNa? | -----¼----¼----qñaM ¼ Ex ¼ éf¶ |
| etIGñkmanGayub:unµanehIy?*sYrbBa¢ak;RbsinebIcaM)ac;³*etIGñkGayub:unµankalBIxYbkMeNItrbs;GñkelIkcugeRkayeK?*RbsinebIB½t’manxusBIsMnYrmun eRCIserIsykmYyNa EdlRtUvCag .*  | GayuEdlRKb;nwgqñaM----- |
| 5-cMnYnkUn ¬sMrab;EtRsþI¦ | etIGñkmankUnb:unµanGñkehIy?*RbsinebICaRsþImanépÞeBaH³ sYrfaetIenHKWCakarmanépÞeBaHkUndMbUgb¤?* | cMnYnkUn------manépÞeBaHdMbUg |
| 6- lkçN³PUmisaRsþ | etIGñkrs;enAÉNa?*EksMrYleTAtamlkçN³PUmisaRsþ dUcCa Rsuk XuM PUmi tMbn; kulsm<½n§ .l.* | Rsuk >>>>>>>>>>>>>>>>>>>>>XuM¼sgáat;>>>>>>>>>>>>>>PUmi >>>>>>>>>>>>>>>>>>>>>>>tMbn;>>>>>>>>>>>>>>>>>>>>>>epSg²>>>>>>>>>>>>>>>>>>>> |
| 7-kMriténkarsikSa | etIGñkFøab;cUleronenAsalaeT?*RbsinCa cas;¼)aT bnþsMnYr³*etIGñkerondl;kMritNa? | Gt;eTbzmsikSaGnuviTüal½yx<s;CagGnuviTüal½y |
| etIGñk)anbBa©b; fñak;TIb:unµan? | fñak;----- |
| Tark¼kumartUc |  |  |
| 1-eQµaHrbs;kumar | etIkUnGñkmaneQµaHGIV ? |  |
| 2-ePTrbs;kumar | etI {*eQµaHkumar}* ePTRbus b¤ RsI ? | RbusRsI |
| 3-Gayurbs;kumar | etIéf¶kMenItkUnGñkenAeBlNa?*sYrbBa¢ak;ebIsincaM)ac;³*etI {*eQµaHkumar}* ekIt enAéf¶Na ExNa ehIy qñaMNa?etIKat;b¤nagb½NÑsuxPaBcak;va:k;sMag Edlmankt;Rtaéf¶kMenIteT?*RbsinebIman cuHéf¶kMenItdUcmankt;RtaenAelIb½NÑ*  | ---- ¼ --¼ --qñaM ¼ Ex ¼éf¶ |
| etI; *{eQµaHkumar}* manGayub:unµan enAéf¶xYbkMenItcugeRkayrbseK?*bMeBjGayu qñaM ¼Ex*  | GayuCaqñaM------GayuCaEx----- |

សេចក្តីបន្ថែមទី ៤៖ ទំរង់ការយល់ព្រម និងបញ្ជីសំនួរប្រជាសាស្រ្ត សង្គម សំរាប់កុមារវ័យសិក្សា

**ទំរង់ការយល់ព្រម និងការរក្សាការសំងាត់នៃការសំភាសន៍**

**សំរាប់អាណាព្យាបាល/អ្នកថែទាំកុមារអាយុតិចជាង១៨ឆ្នាំ**

CMrabsYr GruNsYsþI¼TivasYsþI elak¼elakRsI>>>>>>>>>>>>>>>>>>>>>>>>>>>>>>>>>>>. BYkeyIgmkBI***¬eQµaHrbs;sßab½nGñk¦***.eyIgxJúMkMBugeFIVkarelIKMeragmYyEdlTak;TgeTAnwgGaharUbtßmÖnigkarGb;rM EdlGñkGaccUlrYmCamYyeyIg)an . ***¬bBa©ÚleKalbMNg nig karBnül;edaysegçbGMBI KMerag¦***. \LÚvenH KMeragKWeTIbEt)ancab;epþIm¼CitbBa©b; ***¬sUmeRCIserIsfaetIKMerageTIbEtcab;epþIm b¤CitbBa©b;¦*** ehIyeyIgkMBugeFVIGegátenAkñúgcMeNamGñkcUlrYm edIm,IdwgbEnßmeTotGMBIkaryl;dwg \riyabT nig karGnuvtþn\_Tak;TinnwgGaharUbtßmÖ. karsmÖasn\_enH cMNayeBlRbEhl ***¬ry³eBlsnµt;kñúgkarsMPasn\_¦***. RKb;B½t’manEdleyIg)anTTYlTaMgb:unµan eyIgnwgrkSaCakarsm¶at;bMput ehIycMelIy nig eQµaHkUnrbs;GñknwgminRtUv)anebIkcMhenaHeLIy . enAeBlEdlGñkyl;RBmeGaykUnrbs;GñkcUlrYmehIyenaH Kat; b¤ nagnwgRtUv)anesñIeGaypþl;karyl;RBm. etIGñkyl;RBmeGaykUnrbs;GñkcUlrYmeFIVbTsMPasn\_enHeT?

*)aT¼cas+>>>>>>>>>>>> eT>>>>>>>>>> RbsinCayl;RBm bnþeTAnUvsMnYrbnÞab;. RbsinminRBm bBaÄb;karsMPasn\_.*

**សំរាប់កុមារវ័យសិក្សាចូលរួមការសំភាសន៍**

CMrabsYr GruNsYsþI¼TivasYsþI. eyIgxJúMkMBugeFIVkarelIKMeragmYyEdlTak;TgeTAnwgGaharUbtßmÖnigkarGb;rM EdlGñkGaccUlrYmCamYyeyIg)an . ***¬bBa©ÚleKalbMNg nig karBnül;edaysegçbGMBI KMerag¦***. \LÚvenH KMeragKWeTIbEt)ancab;epþIm¼CitbBa©b; ***¬sUmeRCIserIsfaetIKMerageTIbEtcab;epþIm b¤CitbBa©b;¦*** ehIyeyIgkMBugeFVIGegátenAkñúgcMeNamkumardUcCarUbGñkEdlGaccUlrYm BIeRBaHeyIgcg;dwgbEnßmeTot GMBIkaryl;dwg \riyabT nig karGnuvtþn\_rbs;b¥Ún² Tak;TinnwgGaharUbtßmÖ. karsMPasn\_enH cMNayeBlRbEhl ***¬ry³eBlsnµt;kñúgkarsMPasn\_¦***. RKb;B½t’manEdleyIg)anTTYlTaMgb:unµan eyIgnwgrkSaCakarsm¶at;bMput ehIycMelIy nig eQµaHrbs;b¥ÚNnwgminRtUv)anebIkcMhenaHeLIy .

ehIyGñknwgminRtUv)anbgçMeGayeqøIynUv ral;sMnYrNaEdlGñkmincg; eqøIyenaHeLIy ehIyGñkGacdkxøÜnecjBIkarsMPasn\_enHeBlNak¾)an .

eKalbMNgénkarsikSaenHKWedIm,I ***¬vaytMélRbsiTi§PaBénkarGnuvtþKMerag ¬RbsinebICakarvaytMéllT§pl¦ b¤ vaytMélsßanPaBGaharUbtßmÖ ¬RbsinebIviPaKsßanPaBGaharUbtßmÖ¦¦***. ehIykarsikSaenHk¾mineFVIkarvaytMél b¤riHKn;GñkenaHeT dUecñHsUmkuMmanGarmµN\_tantwg kñúgkareqøIy nigsUmkuMxµaseGon RbsinebIGñkmindwgcMelIy. xJMúsMnUmBreGayGñkeqøIykarBit R)ab;xúJMGMBIGVIEdlGñkdwg karyl;eXIj rebobGñkrs;enA nigreboberobcMGahar. sYmeqøIysMnYrtamEdlGñkGaceFVIeTA)an.

etIGñkyl;RBmcUlrYmkarsMPasn\_enHeT?

*)aT¼cas+>>>>>>>>>>>> eT>>>>>>>>>> RbsinCayl;RBm bnþeTAnUvsMnYrbnÞab;. RbsinminRBm bBaÄb;karsMPasn\_.*

etIGñkmansMnYrGIVmuneBleyIgcab;epþIm ? *¬eqøIysMnYr¦*

etIxJúMGaccab;epþIm\LÚvenH)aneT?

បញ្ជីសំនួរប្រជាសាស្រ្តសង្គមសំរាប់កុមារវ័យសិក្សា

|  |  |  |
| --- | --- | --- |
| kumarv½ysikSa |  |  |
| 1-eQµaHrbs;kumar nig elxkUd | etIGñkmaneQµaHGIV ? |  |
| *sresrelxkUdGñkcUlrYm* | \_ \_ \_ \_ |
| 2-ePTrbs;kumar | *sresrePTkumarcUl* | RbusRsI |
| 3-Gayurbs;kumar | etIéf¶kMenItrbs;GñkenAeBlNa?*sYrbBa¢ak;ebIsincaM)ac;³*etIGñkekIt enAéf¶Na ExNa ehIy qñaMNa? | ---- ¼ --¼ --qñaM ¼ Ex ¼éf¶ |
| etIGñkGayub:unµan?*sYrbBa¢ak;ebIsincaM)ac;³*etI;GñkmanGayub:unµan enAéf¶xYbkMenItcugeRkayGñk?*bMeBjGayu qñaM ¼Ex* *RbsinebIB½t’manxusBIsMnYrmun eRCIserIsykmYyNa EdlRtUvCag .* | GayuCaqñaM--GayuCaEx-- |
| 4- lkçN³PUmisaRsþ | etIGñkrs;enAÉNa?*EksMrYleTAtamlkçN³PUmisaRsþ dUcCa Rsuk XuM PUmi tMbn; kulsm<½n§ .l.* | Rsuk >>>>>>>>>>>>>>>>>>>>>XuM¼sgáat;>>>>>>>>>>>>>>PUmi >>>>>>>>>>>>>>>>>>>>>>>tMbn;>>>>>>>>>>>>>>>>>>>>>>epSg²>>>>>>>>>>>>>>>>>>>> |
| 5-kMriténkarsikSa | etIGñkkMBugeronkMritNabc©úb,nñenH? | bzmsikSaGnuviTüal½yx<s;CagGnuviTüal½y |
| etIGñkerobfñak;TIb:unµan? | fñak;-- |

សេចក្តីបន្ថែមទី​ ៥៖ ទំរង់ការយល់ព្រម និងបញ្ជីសំនួរប្រជាសាស្រ្ត សង្គម សំរាប់មនុស្សពេញវ័យ

**ទំរង់ការយល់ព្រម និងការរក្សាការសំងាត់នៃការសំភាសន៍**

CMrabsYr GruNsYsþI¼TivasYsþI elak¼elakRsI>>>>>>>>>>>>>>>>>>>>>>>>>>>>>>>>>>>. BYkeyIgmkBI***¬eQµaHrbs;sßab½nGñk¦***.eyIgxJúMkMBugeFIVkarelIKMeragmYyEdlTak;TgeTAnwgGaharUbtßmÖnigkarGb;rM EdlGñkGaccUlrYmCamYyeyIg)an . ***¬bBa©ÚleKalbMNg nig karBnül;edaysegçbGMBI KMerag¦***. \LÚvenH KMeragKWeTIbEt)ancab;epþIm¼CitbBa©b; ***¬sUmeRCIserIsfaetIKMerageTIbEtcab;epþIm b¤CitbBa©b;¦*** ehIyeyIgkMBugeFVIGegátenAkñúgcMeNamGñkcUlrYm edIm,IdwgbEnßmeTotGMBIkaryl;dwg \riyabT nig karGnuvtþn\_Tak;TinnwgGaharUbtßmÖ. karsMPasn\_enH cMNayeBlRbEhl ***¬ry³eBlsnµt;kñúgkarsMPasn\_¦***. RKb;B½t’manEdleyIg)anTTYlTaMgb:unµan eyIgnwgrkSaCakarsm¶at;bMput ehIycMelIy nig eQµaHrbs;GñknwgminRtUv)anebIkcMhenaHeLIy . enAeBlEdlGñkyl;RBmcUlrYmehIyenaHGñknwgminRtUv)anbgçMeGayeqøIynUv ral;sMnYrNaEdlGñkmincg; eqøIyenaHeLIy ehIyGñkGacdkxøÜnecjBIkarsMPasn\_enHeBlNak¾)an .

eKalbMNgénkarsikSaenHKWedIm,I ***¬vaytMélRbsiTi§PaBénkarGnuvtþKMerag ¬RbsinebICakarvaytMéllT§pl¦ b¤ vaytMélsßanPaBGaharUbtßmÖ ¬RbsinebIviPaKsßanPaBGaharUbtßmÖ¦¦***. ehIykarsikSaenHk¾mineFVIkarvaytMél b¤riHKn;GñkenaHeT dUecñHsUmkuMmanGarmµN\_tantwg kñúgkareqøIy nigsUmkuMxµaseGon RbsinebIGñkmindwgcMelIy. xJMúsMnUmBreGayGñkeqøIykarBit R)ab;xúJMGMBIGVIEdlGñkdwg karyl;eXIj rebobGñkrs;enA nigreboberobcMGahar. sYmeqøIysMnYrtamEdlGñkGaceFVIeTA)an.

etIGñkyl;RBmcUlrYmkarsMPasn\_enHeT?

*)aT¼cas+>>>>>>>>>>>> eT>>>>>>>>>> RbsinCayl;RBm bnþeTAnUvsMnYrbnÞab;. RbsinminRBm bBaÄb;karsMPasn\_.*

etIGñkmansMnYrGIVmuneBleyIgcab;epþIm ? *¬eqøIysMnYr¦*

etIxJúMGaccab;epþIm\LÚvenH)aneT?

បញ្ជីសំនួរប្រជាសាស្រ្តសង្គមសំរាប់មនុស្សពេញវ័យ​ (អាយុច្រើនជាង​១៨ឆ្នាំ)

|  |
| --- |
| mnusSeBjvy½ eRcInCag18qñaM |
| 1> eQµaH nig elxkUd | etIGñkeQµaHGIV? |   |
| *bMeBjelxkUdGñkcUlrYm* | \_ \_ \_ \_  |
| 2> ePT | *bMeBjePTrbs;GñkcUlrYm* | RbusRsI |
| 3> Gayu | etIéf¶kMeNItrbs;GñkenAeBlNa?*sYrbBa¢ak;RbsinebIcaM)ac;³*etIGñkekIt enAéf¶Na ExNa ehIy qñaMNa? | \_ \_ \_ \_ / \_ \_ / \_ \_qñaM Ex éf¶ |
| etIGñkmanGayub:unµan?*sYrbBa¢ak;RbsinebIcaM)ac;³*etIGñkmanGayub:unµankalBIxYbkMeNItqñaMmun?*RbsinebIB½t’manxusBIsMnYrmunkMNt;ykmYyNa EdlRtUvCag .* | GayuCaqñaM\_ \_ |
| 4> lkçN³ PUmisaRsþ | etIGñkrs;enAÉNa? | Rsuk >>>>>>>>>>>>>>>>>>>>>>>>>>>>>>>>>>>>>>>>>>>> XMu¼sgáat; >>>>>>>>>>>>>>>>>>>>>>>>>>>>>>>>>>>>>PUmi >>>>>>>>>>>>>>>>>>>>>>>>>>>>>>>>>>>>>>>>>>>>tMbn; >>>>>>>>>>>>>>>>>>>>>>>>>>>>>>>>>>>>>>>>>epSg² >>>>>>>>>>>>>>>>>>>>>>>>>>>>>>>>>>>>>> |
| 5> kMriténkarsikSa | etIGñkFøab;cUleronenAsalaeT?*RbsinCa cas;¼)aT bnþsMnYr³*etIGñkerondl;kMritNa? | Gt;eTbzmsikSaGnuviTüal½ykMritx<s;CagGnuviTüal½y |
|  | etIGñkeron)anfñak;TIb:unµan? | fñak;\_ \_ |
|  |  |  |

សេចក្តីបន្ថែមទី ៦៖ បញ្ជីសំនួរគំរូKAPទាក់ទងនឹង

អាហារូបត្ថម្ភ

ម៉ូឌុលទី ១៖ ការចិញ្ចឹមទារក (អាយុ​ ០ ទៅ ៦​ ខែ)

ចំណាំ៖ អ្នកសំភាសន៍ គួរតែជ្រើសរើសជាមនុស្សស្រី ដើម្បីអោយស្រ្តីមានភាពងាយស្រួលក្នុងការឆ្លើយ។

Bnül;eTAkan;GñkcUlrYmpþl;bTsMPasn\_³

xJúMnwgsYrsMnYrxøH²eTAGñkGMBIGaharUbtßmÖsMrab;TarkEdlmanGayucab;BIekIt dl; 6 Ex. sUmR)ab;xJúMpgebIsinCaGñkminyl;sMnYrNamYy. ehIyGñkGacsYrsMnYrTaMgLayNaEdlGñkcg;sYr.

**karGnuvtþn\_**

**1 sMnYr G>1³ karbMe)AedayTwkedaHmþay**

etI ¬*eQµaHTark¦* RtUv)anbMe)AedaHkalBImSilmijkñúgGMLúgeBléf¶ b¤ eBlyb;Edrb¤eT?

⬜ cas+

⬜ eT

⬜ Gt;dwg¼Gt;eqøIy

**1 sMnYr G>2³ karbBa©úkTwkedaH**

eBlxøH TarkRtUv)anbBa©úkTwkedaHedayviFIepSg²Kña ]TahrN\_³ bBa©úkedaysøabRBa EBg b£db b¤bMe)AedayRsþIIepSgeTot.

etI ¬*eQµaHTark¦* )ane)ATwkedaHedayviFITaMgelIenHkalBImSilmijkñúgGMLúgeBléf¶ b£ yb;Edrb£eT?

⬜ cas+

⬜ eT

⬜ Gt;dwg¼mineqøIy

1 sMnYr G>3³ karbBa©úkTwkedaH enAeBlmþayminenApÞH

enAeBlGñkminenApÞH b¤ minGacbMe)ATwkedaHedayxøÜnÉg)an. etInrNaCaGñkbBa©úkkumar?

⬜ «Buk

⬜ CIdUn

⬜ kUn

⬜ epSg²

⬜ Gt;dwg¼mineqøIy

RbsinebIGñkminenApÞHedIm,IbBa©úkkumar etIkumarbBa©úkGaharRbePTEbbNaEdr?

⬜ bBa©úkTwkedaHmþayedayeRbIsøabRBa Ekv b¤ db

⬜ bBa©úkTwkedaHeKaemSAedayeRbIsøabRBa Ekv b¤ db

⬜ bBa©úkGaharravepSg²eTot

1 sMnYr G>4³ karcab;epþImbBa©úkGaharrav

bnÞab;mkenHxJúMsMuMsYrGñkGMBIGaharravepSg²Edl¬*eQµaHrbs;Tark¦*Ba£aMukalBImSilmijkñúgGMLúgeBléf¶ b¤eBl yb;. etI¬*eQµaHTark¦*)anBa£aMuGaharravdUcxageRkamenHeT? ¬*GannUvtaragGaharravedaycab;epþImBI {Twkpwk}¦*

**k> Twkpwk**

⬜ cas

⬜ eT

⬜ Gt;dwg

**x> TwkedaHeKaemSAsMrab;TarkdUcCa ¬bMeBjyIehaemSATwkedaHeKa¦**

⬜ cas

⬜ eT

⬜ Gt;dwg

##### K> TwkedaHeKa dUcCa TwkedaHeKakMb:ug emSA b£TwkedaHstVRss;

⬜ cas

⬜ eT

⬜ Gt;dwg

##### X> ePsC¢³ b¤ TwkEpøeQI

⬜ cas

⬜ eT

⬜ Gt;dwg

**g> Twks‘ub?**

⬜ cas

⬜ eT

⬜ Gt;dwg

**c> yavGYr b¤ TwkedaHeKaCYr?**

⬜ cas+

⬜ eT

⬜ Gt;dwg

**q> Twkbbr?**

⬜ cas+

⬜ eT

⬜ Gt;dwg

##### C> GaharravepSg²eTotdUcCa ¬rayeQµaHGaharravepSg²EdlmankñúgtMbn;¦

⬜ cas+

⬜ eT

⬜ Gt;dwg

##### Q> GaharravepSg²eTot

⬜ cas+

⬜ eT

karviPaKbzm

cab;BIsMnYr G>1 G>2 G>3 nig G>4 eFVIkarkMNt;faetIIkumar KWe)ATwkedaHmþayEtmYymuxKt; ¬*]> )anbMe)AedayTwkedaHmþayEtmYymuxKt;¦*

⬜ e)ATwkedaHmþayEtmYymuxKt;

⬜ min)ane)ATwkedaHmþayEtmYymuxKt;eT

 ⁭

⬜ Gt;dwg

**karyl;dwg**

#### 2 sMnYr y>1³ TwkedaHmþayenAeBlsMralkUn

etITarkeTIbekItKYrbBa©úkGaharEbbNa?

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⁭⬜ bBa©úkEtTwkedaHmYymuxKt;

karviPaKbzm

 ⬜ dwg

 ⬜ mindwg

⁭⬜ GaharepSgeTot

⁭⬜ mindwg

#### 2 sMnYr y>2³ Gtßn½yénkarbMe)ATwkedaHmþayEtmYymuxKt;

etIGñkFøab;lWGMBIkarbMe)ATwkedaHmþayEtmYymuxKt;Edrb¤eT?

⁭ ⬜ cas+

⬜ eT 🡪bnþeTAsMnYr y>3

etIkarbMe)ATwkedaHmþayEtmYymuxKt;mann½ydUcemþc?

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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⬜ karbMe)ATwkedaHmþayEtmYymuxKt; mann½yfaTarkBaJaMuEtTwkedaHmþayEtb:ueNÑaH

ehIyminpwkGaharrav b¤ GaharepSgeToteT

⬜ epSg²

⬜ mindwg

karviPaKbzm

 ⬜ dwg

 ⬜ mindwg

##### 1 sMnYr y>3³ Gnusasn’ry³eBlénkarbMe)ATwkedaHmþayEtmYymuxKt;

etITarkKYre)AEtTwkedaHmþayEtmYymuxKt; yUrb:uNÑa?

sYrbBa¢ak;RbsinebIcaM)ac;³

etImþayKYrbMe)AedaHkUnedayTwkedaHmþayEtmYymuxKt;rhUtdl;TarkGayubu:nµan?

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⬜ cab;taMgBIekItrhUtdl; 6 Ex

⬜ epSgeTot

karviPaKbzm

 ⬜ dwg

 ⬜ mindwg

⬜ mindwg

##### 2 sMnYr y>4³ TwkedaHmþay KWmansarCaticiBa©wmRKb;RKan;sMrab;Tarkcab;taMgBIekIt dl;Gayu 6Ex

ehtuGIV)anCaGñkKitfaTwkedaHmþay KWCaGaharEtmYymuxKt;sMrab;TarkGayurhUtdl; 6Ex?

*sYrbBa¢ak;RbsinebIcaM)ac;³*

ehtuGIV)anCaTwkedaHmþayEtmYymux mansarCatiRKb;RKan;sMrab;TarkGayudl;6 Ex?

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⬜ BIeRBaHEtTwkedaHmþaypþl; RKb;TaMgsarCaticiBa©wm nigsarFaturav EdlTarkRtUvkarkñúgGMLúgeBl 6ExdMbUg

⬜ BIeRBaHTarkminGacrMlayGaharepSg²)aneTGMLúgeBl 6ExdMbUg

⬜ epSgeTot

karviPaKbzm

 ⬜ dwg

 ⬜ mindwg

⬜ mindwg

**1**  sMnYr y>5³ cMnYndgénkarbMe)A

etIkumarGayuticCag6Ex KYrEtbMe)AedaHjwkjab;b:uNÑa?

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⁭ ⬜ tamtMrUvkar RKb;eBlTarkcg;

 ⬜ epSgeTot

karviPaKbzm

 ⬜ dwg

 ⬜ mindwg

 ⬜ mindwg

**2**  sMnYr y>6³ GtßRbeyaCn\_énkarbMe)AedaHkUnedayTwkedaHmþayEtmYymuxKt;etIGIVeTACaGtßRbeyaCn\_kñúgkarbMe)AedaHkUnedayTwkedaHmþayEtmYymuxKt;kñúgkMLúgeBl 6 ExdMbUg?

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⬜ BYkeKlUtlas;mansuxPaBl¥

⬜ karBarCMgWrakrYs nigkarbgáeraKepSg²eTot

⬜ karBarRbqaMgeTAnwgCMgWFat; nigCMgWrauMér:enAeBlEdleKeBjv½y

⬜ karBarRbqaMgeTAnwgCMgWepSgeTot. sUmbBa¢ak; \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

⬜ epSg²

karviPaKbzm

 ⬜ dwg

 ⬜ mindwg

dak;elxEdlCacMelIyRtwmRtUv \_\_ \_\_

⬜ mindwg

**3** sMnYr y>7³ GtßRbeyaCn\_cMeBaHmþayEdlbMe)AkUnedayTwkedaHmþayEtmYymuxKt**;**

*etIGIVeTACaGtßRbeyaCn\_sMrab;RsþICamþay enAeBlKat;bMe)AkUnedayTwkedaHEtmYymuxKt;? sYrbBa¢ak;RbsinebIcaM)ac;³*

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⁭ ⬜ BnüareBlénkarmanépÞeBaH

 ⬜ CYysMrkTMgn;rbs;Kat;mkvij dUcmuneBlEdlmanépÞeBaH

 ⬜ CYykat;bnßyeRKaHfñak;énCMgWmharIk ¬edImRTUg nig s,Ún¦

 ⬜ CYykat;bnßykarFøak;QamxøaMgkñúgGMLúgeBlsMralkUn

 ⬜ begáInTMnak;TMngrvagmþaynigTark

 ⬜ epSgeTot

karviPaKbzm

 ⬜ dwg

 ⬜ mindwg

dak;elxEdlCacMelIyRtwmRtUv \_\_ \_\_

 ⬜ mindwg

2 sMnYr y>8³ karrkSaeGaymanTwkedaHRKb;RKan;

##### CaeRcInelIkeRcInsar mþayEtgEtniyayfaBYkKat;minmanTwkedaHRKb;RKan;sMrab;bMe)AkUnrbs;Kat; .

sUmR)ab;xJMúBIviFIsaRsþepSg² EdlmþayGacrkSaeGaymanTwkedaHRKb;RKan;Canic©?

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⬜ bMe)AedaHEtmYymuxKt; tamcitþkumarcg;

⬜ Rc)ac;TwkedaHedayeRbIéd

⬜ briePaKGaharmansarCaticiBa©wm nigcMruHmux

⬜ pwkCatiTwkeGay)anRKb;RKan;eBjmYyéf¶

karviPaKbzm

 ⬜ dwg

 ⬜ mindwg

dak;elxEdlCacMelIyRtwmRtUv \_\_ \_\_

karviPaKbzm

 ⬜ dwg

 ⬜ mindwg

dak;elxEdlCacMelIyRtwmRtUv \_\_ \_\_

⬜ epSgeTot

⬜ mindwg

2 sMnYr y>9³ dMeNaHRsaycMeBaH]bsKÁraraMgkarbMe)AedaH

mþaymYycMnYnRtUveTAeFIVkar ehIyRtUvXøatq¶ayBIkUntUcrbs;Kat;. enAkñúgsßanPaBEbbenH etImþayGaceFIVya:gNaedIm,IGacbMe)ATwkedaHkUnEtmYymuxKt;)an ?

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⬜ Rc)ac;TwkedaHedayéd rkSaTukeGay)anl¥ ehIyrkGñkNamañk;bBa©úkTwkedaHenaHdl;Tark

⬜ epSgeTot

⬜ mindwg

karviPaKbzm

 ⬜ dwg

 ⬜ mindwg

3 sMnYr y>10³ EsVgrkesvaEfTaMsuxPaBRbsincab;epþImmankarBi)akkñúgkarbMe)AedaHkUn

##### RbsinebImþaymankarBi)akkñúgkarbMe)AedaHkUn etIKat;KYrEteFIVdUcemþcedIm,IedaHRsaybBaðaenH?

*sYrbBa¢ak;RbsinebIcaM)ac;³*

etInrNaGacCYymþayedaHRsaybBaða)an?

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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⬜ EsVgrkesvasuxPaBEdlmanCMnajedIm,ICYy³ evC¢bNÐit Kilanubdæak qµb b¤RKUeBTüdéTeTot

⬜ epSgeTot

karviPaKbzm

 ⬜ dwg

 ⬜ mindwg

⬜ mindwg

\riyabf

\riyabfeq<aHeTArkkarGnuvtþn\_GaharUbtßmÖ EdlRbesIrnigcg;)an

**1** karbMe)ATwkedaHEtmYymuxKt;kñúgGMLúgeBl 6 ExdMbUg

**karyl;BIGtßRbeyaCn\_**

etIGñkKitfaval¥Edrb£eTsMrab;karbMe)AedaHkUnEtmYyKt;ry³eBl 6 ExdMbUg?

⬜ 1>minl¥

⬜ 2>minR)akd¼minc,as;

⬜ 3>l¥

*RbsinebIminl¥³*

etIGñkGacR)ab;xJMúBImUlehtuEdlfavaminl¥)aneT?

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**karyl;GMBI]bsKÁ³**

etIvamankarlM)aky:agem:cxøHkñúgkarEdlGñkbMe)AedaHkUnEtmYymuxKt;kñúgGMLúgeBl 6ExdMbUg?

⬜ 1> minBi)ak

⬜ 2 >Fmµta ¼ minR)akd

⬜ 3> Bi)ak

*RbsinebIBi)ak³*

etIGñkGacR)ab;xJMúBImUlehtuEdlfavaBi)ak)aneT?

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1 bMe)AedaHeTAtamcitþkumarcg;

**karyl;BIGtßRbeyaCn\_³**

etIGñkKitfaval¥ya:gNaenAeBlbMe)AedaHeTAtamcitþTarkcg;?

⬜ 1> minl¥

⬜ 2> minR)akd

⬜ 3> l¥

*RbsinebIminl¥³*

etIGñkGacR)ab;xJMúBImUlehtuEdlfavaminl¥)aneT?

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**karyl;GMBI]bsKÁ³**

etIvaBi)aksMrab;Gñkya:gem:cenAeBlEdlbMe)AedaHkUneTAtamcitþkumarcg;?

⬜ 1> minBi)ak

⬜ 2> Fmµta

⬜ 3> Bi)ak

*RbsinebIBi)ak³*

etIGñkGacR)ab;xJMúBImUlehtuEdlfavaBi)ak)aneT?

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**TMnukcitþelIxøÜnÉg³**

**karbMe)AedaH**

etIGñkmanTMnukcitþy:agNa kñúgkarbMe)AedaHkUnrbs;Gñk?

⬜ 1> minmanTMnukcitþ

⬜ 2> Fmµta

⬜ 3> manTMnukcitþ

*RbsinebIminmanTMnukcitþ³*

etIGñkGacR)ab;xJMúBImUlehtuEdlfaGñkminmanTMnukcitþ)aneT?

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**karRc)ac; nig rkSaTukTwkedaH**

etIGñkmanTMnukcitþy:agNa kñúgkarRc)ac; nigrkSaTukTwkedaH edIm,IeGayGñkepSgGacbBa©úkkUnrbs;Gñk?

⬜ 1> minmanTMnukcitþ

⬜ 2> Fmµta

⬜ 3> manTMnukcitþ

*RbsinebIminmanTMnukcitþ³*

etIGñkGacR)ab;xJMúBImUlehtuEdlfaGñkminmanTMnukcitþ)aneT?

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ម៉ូឌុលទី ២៖ ការចិញ្ចឹមកុមារតូច (អាយុ​ ៦ ទៅ ២៣ ខែ)

Bnül;eTAkan;GñkcUlrYmpþl;bTsMPasn\_³

xJúMnwgsYrsMnYrxøH²eTAGñkGMBIGaharUbtßmÖsMrab;kumartUcEdlmanGayucab;BI6 dl; 23 Ex. sUmR)ab;xJúMpgebIsinCaGñkminyl;sMnYrNamYy. ehIyGñkGacsYrsMnYrTaMgLayNaEdlGñkcg;sYr.

រដូវកាល៖

* រដូវមានអាហារតិច
* រដូវសំបូរអាហារ

**karGnuvtþn\_**

**1** sMnYr G>1³ karbnþbMe)AedaH

etI ¬*eQµaHTark¦* RtUv)anbMe)ATwkedaHkñúgGMLúgeBléf¶ nig eBlyb;kalBImSilmijEdrb¤eT?

⬜ cas+

⬜ eT

⬜ Gt;dwg¼Gt;eqøIy

**3** sMnYr G>2³ GaharcMruHmux

\LÚvenHxJúMcg;sYrGñkGMBIsarFaturav b£GaharepSg²Edl ¬*eQµaHrbs;kumar¦* )anjaMukñúgGMLúgeBléf¶ nigeBlyb; kalBImiSlmij. xJúMcab;GarmµN\_cMeBaHGaharEdlkUnGñkjaMueTaHbICaGaharenaHlaybBa©ÚlKñak¾eday.

]TahrN\_³ ebIsinCa¬*eQµaHkumar¦* )anjauMbbrEdl)anlayCamYyTwks‘ubbEnø GñkKYrEteqøIycas+cMeBaHeRKOgpSMNa EdlxJúMsYrehIyGñk)andak;enAkñúgbbr b¤s‘ub.

sUmkuMrab;GaharNaEdleRbIR)as;kñúgbrimaNtictYc ¬dUcCa emÞs eRKÓgeTs CI b¤emSARtI¦. xJúMnwgsYrGMBIGaharTaMgenaH edayElkenAeBleRkay .

kalBImSilmijkñúgGMLúgeBléf¶ b¤ yb; etI ¬*eQµaHkumar¦* manjaMu¼pwk ³

*¬GantaragGahar. KUsbnÞat;BIeRkamGaharEdlbanbriePaK RBmTaMgKUssBaØaRKiskñúgkUeLan cas b¤ eT GaRs½yeTAtamGaharEdl)anbriePaK. kt;RtacMnYndg enAeBlTak;Tg RkumTI3¦.*

|  |  |  |  |
| --- | --- | --- | --- |
| **Rkum** | Gahar | eT | cas |
| **RkumTI 1³**FBaØCati BBYkb¤s nig emIm  | bbr nMb½ug )ay mI KuyTav nMbBa©úk b¤GaharepSg²eTotEdleFIVmkBIRKab;FBaØCati  |   |   |
| dMLÚgCVa dMLÚg)araMg dMLÚgdUg dMLÚgeQI dMLÚgmI b¤GaharepSgeTot)anBIb¤s |   |   |
| **RkumTI 2³**BBYksENþk nigRKab;  | GaharTaMgLayNaEdleFVIBI sENþk b¤ RKab;  |   |   |
| **RkumTI 3³**plitplBI TwkedaHeKa | TwkedaHeKakUnekµg dUcCa [**bMeBjyIehaEdlmanlk;elITIpSar**] |   | b:unµandg? |\_\_\_||\_\_\_| |
| TwkedaHeKa dUcCa kMb:ug emSA b¤TwkedaHstVRss; |   | b:unµandg?|\_\_\_||\_\_\_| |
| y:avGY b¤TwkedaHeKaCUr  |   | b:unµandg? |\_\_\_||\_\_\_| |
| RhUm:a b¤ plitplTwkedaHeKadéTeTot |   |   |
| **RkumTI 4³**GaharCasac; | eføIm Rkelon ebHdUg b¤ sac;eRKOgkñúgepSgeTot |   |   |
| sac; dUcCa sac;eKa RCUk ecom BEB man; b¤Ta |   |   |
| RtIRss; b¤hals¶Üt RKM b¤eRKOgsmuRT |   |   |
| dgáÚv xüg b¤ stVl¥it |   |   |
| **RkumTI 5³**s‘ut | s‘ut |   |   |
| **RkumTI 6³**EpøeQI nigbEnø sMbUrCIvCatiGa | el<A kar:ut dMLÚgCVa BN’elOg b¤TwkRkUcxagkñúg |   |   |
| bEnøBN’ébtgcas; [**bMeBjeQµaHcUl**] |   |   |
| sVayTuM ¬Rss; b¤eRkom[minEmnx©I]¦ lðúgTuM ¬Rss; b¤eRkom¦ Rtsk;Ep¥mTuM [**bMeBjeQµaHEpøeQIsMbUrCIvCatiGa**] |   |   |
| GahareFIVBIeRbgetñatBN’Rkhm RKab;etñatRkhm b¤ TwkRClk;sac;etñatRkhm |   |   |
| **RkumTI 7³**EpøeQI nigbEnø epSgeTot | EpøeQI nig bEnøepSgeTot |   |   |
| **epSg²³**¬minrab;bBa©ÚlkñúgBinÞúGaharcMruHmux¦ | eRbgqa xøaj; b¤ bWr b¤ GaharplitCamYyGaharTaMgenH |   |   |
| GaharmanCatiEp¥m dUcCa sukULa bEg¥m sárRKab; nMepSgeFVIBIemSA nMxYbkMeNIt b¤ nMdut |   |   |
| eRKOgeTs dUcCa emÞs CI b¤ emSARtI |   |   |

⬜ kumarmin)anjaMuGaharepSgeRkABITwkedaHmþay.

ការវិភាគបឋមៈ

ចំនួនក្រុមអាហារបរិភោគកាលពីម្សិលម៉ិញ \_\_\_\_\_/៧

**1** sMnYr G>3³ cMnYndgénGaharGb,brma

etI *¬eQµaHkumar¦*)anjaMuGahareBl nigGaharsMr:n; elIkElgsarFaturavkñúgGMLúgeBléf¶ nigeBlyb;kalBImSilmijb:unµandg?

cMnYndg |\_\_\_||\_\_\_|

mindwg¼minmancMelIy

karviPaKbzm

**Gnusasn\_rbs;GgÁkarsuxPaBBiPBelak ¬2008¦sMrab;cMnYndgénGaharGb,brma ³**

sMrab;kUnEdlbMe)AedayTwkedaHmþay³

⬜ 2-3 dg sMrab;TarkEdle)AedaHGayu BI 6-8 Ex

 ⬜ 3-4 dgsMrab;TarkEdle)AedaHGayu BI 9-23Ex

sMrab;kUnEdlmin)anbMe)AedayTwkedaHmþay³

⬜ 4dgsMrab;TarkEdlmin)ane)ATwkedaHGayu BI 6-24Ex ¬rYmTaMgkare)ATwkedaHeKa Edl)anelIkeLIgkñúgsMnYr G>2 RkumTI3¦

***cab;BIsMnYr G>1 G>2 nig G>3 cUreFVIkarkMNt;faetIkumar)anjauMGahar eTAtamGnusasn\_cMnYndgénGaharGb,brmarbs;GgÁkarsuxPaBBiPBelakEdrb¤eT³***

⬜ ticCagGnusasn\_

⬜ eTAtamcMnYndgénGnusasn\_kñúgmYyéf¶ ¬eFIVtamGnusasn\_¦

⬜ eRcInCagGnusasn\_

**karyl;dwg**

**2**  sMnYr y>1³ karbnþbMe)ATwkedaHmþay

etImþayKYrEtbMe)ATwkedaHkUnrhUtdl;eBlNa?

*sYrbBa¢ak;RbsinebIcaM)ac;³*

etImþayKYrEtbnþbMe)ATwkedaHdl;kUnrhUtdl;Gayub:unµan?

*\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*

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⬜ 6 Ex b¤ ticCagenH

⬜ 6-11 Ex

⬜ 12-23 Ex

⬜ 24 Exb¤eRcInCagenH ¬cMelIyRtwmRtUv¦

⬜ epSgeTot

karviPaKbzm

⬜ dwg

⬜ mindwg

⬜ mindwg

**1**  sMnYr y>2³ GayuEdlRtUvcab;epþImpþl;GaharbEnßm

etIkumarenAGayub:unµanEdlKYrEtcab;epþImjauMGaharbEnßmelITwkedaHmþay?

⁭\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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⬜ enAeBl 6Ex

karviPaKbzm

 ⬜ dwg

 ⬜ mindwg

 ⬜ epSgeTot

 ⬜ mindwg

**2**  sMnYr y>3³ mUlehtuEdlpþl;GaharbEnßmdl;TarkenAGayu 6Ex

ehtuGIV)anCacM)ac;RtUvpþl;;GaharbEnßmelITwkedaHmþaydl;kumarEdlmanGayucab;BI6ExeLIgeTA?

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⬜ TwkedaHEtmYymuxKt;enaHKWminRKb;RKan;eT¼minGacbMeBjRKb;nUvtMrUvkarsarCaticiBa©wmrbs;kumar RtUvkar edIm,IlUtlas;¼cab;BIGayu6ExeLIgkumarRtUvkarGaharbEnßmBIelITwkedaHmþay

⬜ epSgeTot

karviPaKbzm

⬜ dwg

⬜ mindwg

⬜ mindwg

 **1**  sMnYr y>4³ PaBxab;énGahar

sUmRkelkemIlrUbPaBbbrTaMgBIrenH . etIGñkKitfaKYrEtpþl;mYyNaeGaykUnrbs;Gñk?

¬*bgðajrUb ¼rUbPaBén bbrxab; nig bbrrav rYcehIyKYscMelIyeRCIserIseTAtamcMelIy EdlmþayeqøIy¦*

⬜ bgðajbbrxab;

⬜ bgðajbbrrav

⬜ mindwg

karviPaKbzm

⬜ dwg

⬜ mindwg

sMPar³CMnYy³ bbr

**1.**



**2.**



****

**2**  sMnYr y>5³ ehtuplrbs;PaBxab;énGahar

ehtuGIV)anCaGñkeRCIserIsrUbPaBmYyenH?

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⬜ BIeRBaHbbrTI1 KWxab;CagbbrmYyeTot

⬜ BIeRBaHbbrxab;pþl;sarCatieRcInCag¼cm¥inedayeRbIGaharepSg²nigeRKÓgpSMeRcInmux ¬GaharcMruHmux¦

⬜ epSgeTot

karviPaKbzm

⬜ dwg

⬜ mindwg

⬜ mindwg

**1**  sMnYr y>6³ GaharcMruHmux nigvIFIeFIVbbreGaymanCIvCati

edIm,Ipþl;Gahardl;kUnmþayPaKeRcInEtgEtbBa©úkbbrsdl;BYkeK.

sUmGñkR)ab;xJúMBIrebobeFIVbbrs eGaymanCIvCati b¤bbrl¥CagenHsMrab;suxPaBkUnrbs;Gñk.

*sYrbBa¢ak;RbsinebIcaM)ac;³*

etIGaharRbePTNaEdlGacbEnßmelIbbrs edIm,IeFIVeGaymanbbrmanCIvCatieRcInCagenH?

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***edaybEnßm³***

⬜ GaharmanRbPBBIsac;stV ¬sac; sac;man;¼Ta RtI eføIm¼eRKÓgkñúgstV s‘ut .l. ¦

⬜ RbePTsENþk nigRKab;³ emSAsENþkdI nig sENþkepSg²eTot ¬sENþkehaLaMgtav sENþk)ay .l.¦ RKab;páaQUkrtñ½ sENþkdI sENþkesog

⬜ EpøeQI nigbEnøsMbUrCIvCatiGa ³ ¬kar:ut dMLÚgCVasac;BN’TwkRkUc el<A sVayTuM lðúgTuM .l.¦

 ⬜ bEnøEdlmanBN’ébtgcas; ¬]> és<¦

⬜ GaharsMbUrfamBl¬]> eRbgqa bWr¦

karviPaKbzm

⬜ dwg

⬜ mindwg

⬜ epSgeTot

⬜ mindwg

**3** sMnYr y>7³ karbBa©úkGaharedaymanlkçN³eqøIytb

etIGñkdwgBIviFINaEdlCMrujeGaykUntUcrbs;GñkjaMuGaharEdrb¤eT?

*\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*

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⁭

⬜ pþl;cMNab;GarmµN\_dl;BYkeKkñúgeBljaMuGahar niyayeTAkan;kumar eFIVeGayeBljaMuGaharCaeBlEdlsb,ay

⬜ THéd

⬜ eFIVmuxkMEbøg

⬜ GñkeFIVCaebIkmat;rbs;GñkeGayFM²CaKMrU

⬜ niyayBaküelIkTwkcitþ

⬜ TayykcMNab;GarmµN\_rbs;kumar

⬜ epSgeTot

⬜ mindwg

karviPaKbzm

⬜ dwg

⬜ mindwg

**\riyabf**

\riyabfcMeBaHkarGnuvtþn\_EdlTak;TgeTAnwgGaharUbtßmÖ Edll¥RbesIr

1 PaBeCOCak;elIxøÜnÉg

etIGñkmankareCOCak;b:uNÑaEdrkñúgkarpþl;Gahardl;kUnrbs;Gñk?

 ⬜ 1> minmankareCOCak;

 ⬜ 2> Fmµta

⬜ 3>mankareCOCak;

*RbsinebImineCOCak;³*

etIGñkGacR)ab;´BImUlehtuEdleFIVeGayGñkmineCOCak;)aneT?

*\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*

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1 pþl;GaharcMruHmux ¬GaharmkBIRkumGahareRcIn¦

**karyl;BIGtßRbeyaCn¾**

 etIGñkKitfaval¥ya:gNaEdlpþl;GaharepSg²KñaeGaykUnrbs;Gñkerogral;éf¶?

⬜ 1>minl¥

⬜ 2>minR)akd

⬜ 3>l¥

*RbsinebIminl¥³*

etIGñkGacR)ab;´BImUlehtuEdlvaminl¥)aneT?

*\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*

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**karyl;BI]bsKÁ³**

etIvalM)akya:gNakñúgkarpþl;GaharepSg²KñaeGaykUnrbs;Gñkerogral;éf ¶?

⬜ 1>minlM)ak

⬜ 2>Fmµta

⬜ 3>lM)ak

*RbsinebIlM)ak³*

etIGñkGacR)ab;´BImUlehtuEdlvalM)ak)aneT?

*\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*

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1 karbBa©úkjwkjab**;**

**karyl;BIGtßRbeyaCn\_³**

 etIGñkKitfaval¥ya:gNakñúgkarbBa©úkGahardl;kUnrbs;GñkeRcIndgkñúgmYyéf¶ ?

⬜ 1>minl¥

⬜ 2>minR)akd

⬜ 3>l¥

*RbsinebIminl¥³*

etIGñkGacR)ab;´BImUlehtuEdlvaminl¥)aneT?

*\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*

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**karyl;BI]bsKÁ³**

etIvalM)aksMrab;Gñky:agNakñúgkarbBa©úkGahardl;kUnrbs;Gñk bI bYndgkñúgmYyéf¶ ?

⬜ 1>minlM)ak

⬜ 2>Fmµta

⬜ 3>lM)ak

*RbsinebIlM)ak³*

etIGñkGacR)ab;´BImUlehtuEdlvalM)ak)aneT?

*\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*

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1 bnþrkarbMe)AkUnedayTwkedaHcab;BI 6ExeLIg

**karyl;BIGtßRbeyaCn\_³**

 etIGñkKitfaval¥ya:gNakñúg karbMe)AkUnedayTwkedaHelIsBIGayu6Ex?

⬜ 1>minl¥

⬜ 2>minR)akd

⬜ 3>l¥

*RbsinebIminl¥³*

etIGñkGacR)ab;´BImUlehtuEdlvaminl¥)aneT?

*\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*

*\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*

**karyl;BIkarlM)ak³**

etIvalM)aksMrab;Gñkya:gNakñúg karbMe)AkUnedayTwkedaHelIsBIGayu6Ex?

⬜ 1> minlM)ak

⬜ 2> Fmµta

⬜ 3> lM)ak

*RbsinebIlM)ak³*

etIGñkGacR)ab;´BImUlehtuEdlvalM)ak)aneT?

*\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*

*\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*

ម៉ូឌុលទី ៣៖ របបអាហារសំរាប់កុមារអាយុសិក្សា

**ចំណាំ៖** អាស្រ័យតាមបរិបទនៃការសិក្សា សំនួរទាំងអស់ក្នុងម៉ូឌុលនេះ អាចប្រើបានជាមួយ អ្នកចូលរួមខុសៗគ្នា ដែលពាក់ព័ន្ធក្នុងការផ្លាស់ប្តូរ ចំណេះដឹង ឥរិយាបថ និងអនុវត្ត ដែលក្នុងនោះ អាចខ្លះជាប្រជាជនដែលចូលរួមជាមួយគំរោង ដូចជា ឪពុកម្តាយ និង លោកគ្រូអ្នកគ្រូ របស់កុមារសិស្សសាលា ឬស្រ្តីជាម្តាយ អ្នកថែទាំកុមារ (ឧ. ឪពុក ជីដូន)។

*ពន្យល់ទៅកាន់អ្នកចូលរួម(កុមារ):*

ខ្ញុំនឹងសួរសំនួរខ្លះៗទៅកាន់អ្នកអំពីអាហារូបត្ថម្ភសំរាប់អ្នក និងអាហារូបត្ថម្ភជាទូទៅ។ សូមប្រាប់ខ្ញុំផងបើសិនជាអ្នកមិនយល់សំនួរណាមួយ ហើយអ្នកអាចសួរសំនួរបានគ្រប់ពេលដែលអ្នកចង់សួរ។

រដូវកាល៖

* រដូវមានអាហារតិច
* រដូវសំបូរអាហារ

ការអនុវត្តន៏

១ សំនួរ អ.១: ការបរិភោគអាហារពេលព្រឹកៈ ពេលវេលា និងទីកន្លែង

**ក.តើអ្នកបានបរិភោគអាហារពេលព្រឹកដែរឬទេ មុនពេលទៅសាលារៀន**?

□ បាទ/ចាស ………………………….រំលងទៅសំនួរអ.១.ខ

□ ទេ……………………………………..រំលងទៅសំនួរអ.២

□ អត់ដឹង/មិនឆ្លើយ

ប្រសិនបើបាទ/ចាសៈ

**ខ.នៅម៉ោងប៉ុន្មាន?**

**□ចន្លោះម៉ោង៦ព្រឹកនិងម៉ោង៩ព្រឹក**

**□ចន្លោះម៉ោង៩ព្រឹកនិងថ្ងៃត្រង់**

**□ចន្លោះថ្ងៃត្រង់និងម៉ោង៣រសៀល**

**គ.នឯណា?**

**□ផ្ទះ**

**□សាលា**

**□ដទៃទៀត(បញ្ជាក់)**

**­**…………………………………………………………………………………………………..

១ សំនួរ អ.២: ការបរិភោគអាហារថ្ងៃត្រង់ៈ ពេលវេលា និងទីកន្លែង

**ក. ប្រសិនបើការសម្ភាសន៏កំពុងធ្វើ​មុនពេលអាហារថ្ងៃត្រង់។ សូមសួរៈ តើអ្នកបានបរិភោគអាហារថ្ងៃត្រង់ទេម្សិលមិញ**?

***ប្រសិនបើការសម្ភាសន៏កំពុងធ្វើក្រោយពេលអាហារថ្ងៃត្រង់។ សូមសួរៈ តើអ្នកបានបរិភោគអាហារថ្ងៃត្រង់ទេថ្ងៃនេះ?***

**□បាទ/ចាស……………………..រំលងទៅសំនួរ អ.២.ខ**

**□ទេ………………………………..រំលងទៅសំនួរ អ.៣**

**□អត់ដឹង/មិនឆ្លើយ**

***ប្រសិនបើបាទ/ចាសៈ***

**ខ. នៅម៉ោងប៉ុន្មាន?**

**□ចន្លោះម៉ោង៩ព្រឹក និងថ្ងៃត្រង់**

**□ចន្លោះពេលថ្ងៃត្រង់ និងម៉ោង៣រសៀល**

**□ចន្លោះម៉ោង៣រសៀល និងម៉ោង៦ល្ងាច**

**គ.អ្នកណារៀបចំអាហារថ្ងៃត្រង់របស់អ្នក**?

**□ឪពុកម្តាយនៅផ្ទះ**

**□កន្លែងលក់អាហារនៅសាលារៀន**

**□អាហារថ្ងៃត្រង់ត្រូវបានទិញដោយលុយពីហោប៉ៅ**

**□ដទៃទៀត(បញ្ជាក់).............................................................................**

១ សំនួរ អ.៣: អាហារពេលល្ងាច/យប់ៈ ពេលវេលា និងទីកន្លែង

**ក. តើអ្នកបានបរិភោគអាហារពេលល្ងាចទេ ម្សិលមិញ**?

**□បាទ/ចាស……………………………រំលងទៅសំនួរ អ.៣.ខ**

**□ទេ………………………………………រំលងទៅសំនួរ អ.៤**

**□អត់ដឹង/មិនឆ្លើយ**

***ប្រសិនបើបាទ/ចាសៈ***

**ខ. នៅម៉ោងប៉ុន្មាន?**

**□ចន្លោះម៉ោង៣រសៀល និងម៉ោង៦ល្ងាច**

**□ចន្លោះម៉ោង៦ល្ងាច និងម៉ោង៩យប់**

**□ចន្លោះម៉ោង៩យប់ និងពេលអធ្រាត្រ**

**គ.នឯណា**?

**□ផ្ទះ**

**□សាលា**

**□ដទៃទៀត** (**បញ្ជាក់**)

**…………………………………………………………………………………………………**

១ សំនួរ អ.៤: អាហារក្រៅពេល

**ក. កាលពីម្សិលមិញក្នុងអំឡុងពេលថ្ងៃ ឬពេលយប់ តើអ្នកបានបរិភោគអ្វីទេនៅចន្លោះពេលអាហារ**?

**□បាទ/ចាស**……………………..**រំលងទៅសំនួរ អ.៤.ខ**

**□ទេ……………………………….រំលងទៅសំនួរ អ**.**៥**

**□អត់ដឹង/មិនឆ្លើយ**

***ប្រសិនបើបាទ/ចាសៈ***

**ខ. តើអ្នកបានបរិភោគអ្វីខ្លះ**?

**[បញ្ចូលតារាងរាយឈ្មោះអាហារក្រៅពេលដែលអាចរកបាន ឬចំលើយដែលបានមក អំឡុងពេលធ្វើតេស្តសាកល្បង]**

**​□ដទៃទៀត** (**បញ្ជាក់**)**..............................................................................................**

១ សំនួរ អ.៥: អាហារទិញពីខាងក្រៅ

**ក. កាលពីម្សិលមិញក្នុងអំឡុងពេលថ្ងៃ និងពេលយប់ តើអ្នកបានទិញអាហារដោយលុយខ្លួនឯងទេ**?

**□បាទ/ចាស…………………….រំលងទៅសំនួរ អ.៥.ខ**

**□ទេ………………………………រំលងទៅសំនួរ** **យ.១**

**□អត់ដឹង/មិនឆ្លើយ**

***ប្រសិនបើបាទ/ចាសៈ***

**ខ. តើអ្នកបានទិញអ្វីខ្លះ**?

**[បញ្ចូលតារាងរាយឈ្មោះអាហារក្រៅពេលដែលអាចរកបាន ឬចំលើយដែលបានមក អំឡុងពេលធ្វើតេស្តសាកល្បង]**

**□ ដទៃទៀត**(**បញ្ជាក់**)

**គ. តើអ្នកទិញអាហារទាំងនោះមកពីណា**?

**□សាលា/កន្លែងលក់នៅសាលា**

**□តាមផ្លូវ** (**ពីអ្នកលក់តាមផ្លូវ**)

**□ដទៃទៀត**(**បញ្ជាក់**)

…...........................……………………………………………………………………

ការយល់ដឹង

១ សំនួរ យ.១:លទ្ធផលនៃការឃ្លានរយៈពេលខ្លីនៅសាលារៀន

**កុមារមួយចំនួនមិនបានបរិភោគអាហារពេលព្រឹកមុនទៅសាលារៀនទេ ហើយឃ្លាននៅសាលា។ តើអ្វីដែលជាលទ្ធផលនៃកុមារដែលមិនបានបរិភោគអាហារពេលព្រឹក និងឃ្លាននៅសាលា**?

***សួរបញ្ជាក់ប្រសិនបើចាំបាច់ៈ***

**តើកុមារអាចមានបញ្ហាអ្វី ប្រសិនបើពួកគេមិនបានបរិភោគអាហារមុនទៅសាលារៀន**?

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**□កុមារមានការយកចិត្តទុកដាក់ខ្លី/ការផ្តោតអារម្មណ៏ទាប/មិនអាចរៀនសូត្របានល្អ/ធ្វើកិច្ចការសាលាមិនបានល្អដូចដែលពួកគេគួរតែបាន**

**ការវិភាគបឋម**

□ ដឹង

□ មិនដឹង

**□ដទៃទៀត**

**□មិនដឹង**

២ សំនួរ យ.២: ការមិនអោយញ៉ាំនំផ្អែម និងស្ករគ្រាប់

**ហេតុអ្វីបានជាឪពុកម្តាយមិនត្រូវអោយកុមារបរិភោគអាហារដែលស្អិត និងសំបូរស្ករដូចជា នំផ្អែម និងស្ករគ្រាប់**?

***សួរបញ្ជាក់ប្រសិនបើចាំបាច់ៈ***

**ហេតុអ្វីបានជាវាមិនល្អក្នុងការបរិភោគនំផ្អែម និងស្ករគ្រាប់ច្រើនពេក**?

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**□ពីព្រោះពួកវាអាចបណ្តាលអោយដង្កូវស៊ីធ្មេញ**

**□ពីព្រោះពួកវាមិនមានសារជាតិចិញ្ចឹម**

**□ពីព្រោះពួកវា**ធ្វើអោយមិន**ឃ្លានអាហារ**

**□ដទៃទៀត**

**ការវិភាគបឋម**

□ ដឹង

□ មិនដឹង

ដាក់លេខដែលជាចំលើយត្រឹមត្រូវ……

**□អត់ដឹង**

[**សំនួរការយល់ដឹង និងការអនុវត្តន៏ដែលមានក្នុងម៉ូឌុលដទៃទៀតអាចយកមកបន្ថែមក្នុងម៉ូឌុលនេះបាន។ ពិនិត្យមើលក្នុងម៉ូឌុលទី ៦ ដល់ ទី១៣ ហើយជ្រើសរើសសំនួរ ដែលពាក់ព័ន្ឋដោយផ្អែកលើគោលបំណងនៃការអង្កេត។**]

ឥរិយាបថ

**ឥរិយាបទចំពោះការអនុវត្តន៏ដែលទាក់ទងអាហាររូបត្ថម្ភដែលល្អប្រសើរ​ ឬដែលចង់បាន**

**១** ការបរិភោគអាហារពេលព្រឹកមុនទៅសាលារៀន

**ការយល់ពីអត្ថ**ប្រយោជន៏

**តើអ្នកគិតថា**វា**ល្អយ៉ាងណា**ដែរចំពោះការ**បរិភោគអាហារពេលព្រឹកមុនទៅសាលារៀន**?

**□១. មិនល្អ**

**□២. មិនប្រាកដ**

**□៣. ល្អ**

***ប្រសិនបើមិនល្អៈ***

**តើអ្នកអាចប្រាប់ខ្ញុំបានទេពីហេតុផលដែលថាវាមិនល្អ**?

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**ការយល់ពីការលំបាក**

**តើវាលំបាកយ៉ាងណាសំរាប់អ្នក ចំពោះការបរិភោគអាហារពេលព្រឹកមុនទៅសាលារៀន?**

**□ ១. មិនលំបាក**

**□ ២. ធម្មតា**

**□ ៣. លំបាក**

***ប្រសិនបើលំបាកៈ***

**តើអ្នកអាចប្រាប់ខ្ញុំបានទេ ពីហេតុផលដែលថាវាលំបាក**?

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១ ការបរិភោគអាហារបីពេលក្នុងមួយថ្ងៃ និងអាហារក្រៅពេល

**ការយល់ពីអត្ថ​**ប្រយោជន៏ៈ

**តើអ្នកគិតថាវាល្អយ៉ាងណាដែរ ចំពោះការបរិភោគអាហារបីពេលក្នុងមួយថ្ងៃ និងអាហារក្រៅពេល?**

**□ ១. មិនល្អ**

**□ ២. មិនប្រាកដ**

**□ ៣. ល្អ**

***ប្រសិនបើមិនល្អៈ***

**តើអ្នកអាចប្រាប់ខ្ញុំបានទេពីហេតុផលដែលថាវាមិនល្អ**?

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**ការយល់ពីការលំបាក**

**តើវាលំបាកយ៉ាងណាដែរសំរាប់អ្នក ចំពោះការបរិភោគអាហារបីពេលក្នុងមួយថ្ងៃ និងអាហារក្រៅពេល**?

**□ ១. មិនលំបាក**

**□ ២. ធម្មតា**

**□ ៣. លំបាក**

***ប្រសិនបើលំបាកៈ***

**តើអ្នកអាចប្រាប់ខ្ញុំបានទេពីហេតុផលដែលថាវាលំបាក**?

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១ ការបរិភោគប្រភេទអាហារផ្សេងៗគ្នានៅពេលបរិភោគអាហារ

**ការយល់ពីអត្ថ​**ជាប្រយោជន៏

**តើអ្នកគិតថាវាល្អយ៉ាងណាដែរ ចំពោះការបរិភោគប្រភេទអាហារផ្សេងៗគ្នានៅពេលបរិភោគអាហារ**?

**□ ១. មិនល្អ**

**□ ២. មិនប្រាកដ**

**□ ៣. ល្អ**

***ប្រសិនបើមិនល្អៈ***

**តើអ្នកអាចប្រាប់ខ្ញុំបានទេពីហេតុផលដែលថាវាមិនល្អ**?

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**ការយល់ពីការលំបាក**

**តើវាលំបាកយ៉ាងណាដែរសំរាប់អ្នក ចំពោះការបរិភោគប្រភេទអាហារផ្សេងៗគ្នានៅពេលអាហារ**?

**□ ១. មិនលំបាក**

**□ ២. ធម្មតា**

**□ ៣. លំបាក**

***ប្រសិនបើលំបាកៈ***

**តើអ្នកអាចប្រាប់ខ្ញុំបានទេពីហេតុផលដែលថាវាលំបាក**?

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**ឥរិយាបថចំពោះការបរិភោគអាហារណាដែលចូលចិត្ត**

[សំដៅទៅលើសំនួរដែលមានក្នុងម៉ូឌុល ទី៦ និងទី៧ ហើយបន្ថែមសំនួរដែលពាក់ព័ន្ធដោយផ្អែកលើគោលបំណងនៃការអង្កេត]

ម៉ូឌុលទី ៤៖ អាហារូបត្ថម្ភសំរាប់ស្រ្តីកំពុងមានផ្ទៃពោះ និង កំពុងបំបៅដោះកូន

*ពន្យល់ទៅកាន់អ្នកចូលរួម:*

ខ្ញុំនឹងសួរសំនួរខ្លះៗទៅកាន់អ្នកអំពីអាហារូបត្ថម្ភសំរាប់ស្រ្តីមានផ្ទៃពោះ និងស្រ្តីកំពុងបំបៅដោះកូន។ សូមប្រាប់ខ្ញុំផងបើសិនជាអ្នកមិនយល់សំនួរណាមួយ អ្នកអាចសួរដែលអ្នកចង់សួរបាន។

ការអនុវត្តន៍

សំនួរ អ.១: ការអនុវត្តន៍បរិភោគអាហារ

អាស្រ័យលើគោលបំណងនៃការអង្កេត ការអនុវត្តន៍បរិភោគអាហារ អាចវាយតំលៃតាមរយៈ

**១** ការបរិភោគអាហារពីបញ្ជីអាហារដែលមានសារជាតិចិញ្ចឹម និងអាចរកបានតាមភូមិ តាមរយៈតារាង បរិភោគអាហារ។ ដើម្បីវាយតំលៃការបរិភោគអាហារសំបូរសារជាតិចិញ្ចឹម សូមមើលផ្នែកអនុវត្តន៍នៃម៉ូឌុល ទី ៦ ទី៧ និង​ទី៨ សំរាប់ ជាតិដែក ជីវជាតិ​អា និង ជាតិអ៊ីយ៉ូដ រៀងគ្នា។ មុនពេលធ្វើការកំណត់ការអនុវត្តន៍បរិភោគអាហារ តារាងបញ្ជីឈ្មោះអាហារសំបូរសារជាតិចិញ្ចឹមគួរត្រូវបានបង្កើតទុកជាមុន។ ​ឬក៏

**៣** ភាពញឹកញាប់នៃការបរិភោគអាហារ ចេញពីតារាងអាហារសំបូរសារជាតិចិញ្ចឹម ដែលអាចរកបានក្នុងភូមិ​ ដោយប្រើប្រាស់សំនួរភាពញឹកញាប់នៃការបរិភោគអាហារ។​ ឬក៏

**៣** ភាពចំរុះមុខអាហារ តាមរយៈសំនួរភាពចំរុះមុខអាហារ ដើម្បីវាយតំលៃគុណភាពរបបអាហារ។ ការណែនាំស្តីពីការកំណត់ភាពចំរុះមុខអាហារអាចរកបានតាមរយៈអ៊ីនធឺណេត (FAO,2011): <http://www.fao.org/fileadmin/user_upload/wa_workshop/docs/FAO-guidelines-dietary-diversity2011.pdf>

**karyl;dwg**

**1**  sMnYr y>1³ GaharUbtßmÖsMrab;RsþIkñúgGMLúgeBlmanépÞeBaH nig bMe)AkUnedayTwkedaH

*sMrab;RsþImanépÞeBaH³*

etIRsþImanépÞeBaHKYrEtbriePaKy:agem:cebIeRbobeFobeTAnwgRsþIEdlminmanépÞeBaH edIm,Ipþl;GaharrUbtßmÖ

l¥dl;kUnrbs;Kat; nig CYyeGaykumarlUtlas;)anl¥?

sUmsresrkarGnuvtþn\_ 4 ya:g EdlRsþIKYreFIV.

*sMrab;RsþIbMe)AedaHkUn³*

etIRsþIbMe)AedaHkUnKYrEtbriePaKy:agem:cebIeRbobeFobeTAnwgRsþIEdlminbMe)AedaHkUn edIm,ImansuxPaBl¥ nigplitTwkedaHeRcInCagmun?

sUmsresrkarGnuvtþn\_ 4 ya:g EdlRsþIKYreFIV.

*\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*

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⬜ 1> briePaKGahareRcInCagmun ¬famBleRcIn¦

⬜ briePaKeRcInenAeBlbriePaKGahareBlmþg² ¬briePaKGahareGay)aneRcInral;éf¶¦

 b¤

⬜ briePaKeGay)anjwkjab; ¬briePaKeRcIndgral;éf¶¦

⬜ 2> briePaKGaharEdlsMbUreTAedayRbUetGIun

⬜ 3> briePaKGaharEdlsMbUreTAedayCatiEdk

⬜ 4> eRbIGMbilGIuy:UdkñúgeBlcMGinGahar

⬜ epSgeTot

⬜ mindwg

karviPaKbzm

⬜ dwg

⬜ mindwg

dak;elxEdlCacMelIyRtwmRtUv \_\_

**2**  sMnYr y>2³ mIRkUsarCaticiBa©wmCMnYybEnßmsMrab;RsþImanépÞeBaH

RsþIPaKeRcInTTYl)ansarCaticiBa©wmCMnYybEnßmcMnYn BIrRbePT b¤CaRKab; kñúgGMLúgeBlmanépÞeBaH .

 etIBYkvamanGIVxøH?

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 ⬜ CatiEdk

⬜ GasIuthVÚlik

 ⬜ epSg²eTot

karviPaKbzm

 ⬜ dwg

 ⬜ mindwg

 ⬜ mindwg

**2**  sMnYr y>3³ Gnusasn\_énkareRbIR)as;GasuIthVÚlik

etIGñkGacR)ab;xJúMGMBIsar³sMxan;kñúgkarelbCatiGasuIthVÚlikkñúgGMLúgeBlmanépÞeBaH)anEdrb¤eT?

*sYrbBa¢ak;RbsinebIcaM)ac;³*

etICatiGasuIthVÚlikCYyEpñksuxPaBGIVxøH?

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 ⬜ sMrab;karlUtlas;RbBn§½RbsaTrbs;TarkenAkñúgépÞ ¬xYrk,al q¥wgxñg nig llad¾k,al¦

⬜ karBarkarekItminRKb;lkçN³rbs;Tark¼PaBminRbRktIénRbBn§½RbsaTrbs;TarkkñúgépÞ ¬xYrk,al xYrq¥wgxñg nigllad¾k,al¦

 ⬜ epSgeTot

karviPaKbzm

 ⬜ dwg

 ⬜ mindwg

 ⬜ mindwg

**3**  sMnYr y>4³ bBaðaRbQmcMeBaHsuxPaBsMrab;TarkEdlekItminRKb;TMgn;tambTdæan

enAeBlEdlRsþImanépÞeBaH mansßanPaBxVHGaharUbtßmÖ Kat;nwgRbQmmuxsMralkUnmkminRKb;TMgn; KWmann½yfaTarktUc b¤ ekItmkmanTMgn;tic. etITarkEdlekItminRKb;TMgn; nwgRbQmmuxcMeBaHbBaðasuxPaBGIVxøH?

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 ⬜ kumarlUtlas;min)anl¥ nig karviDÆn\_yWtya:v

 ⬜ RbQmmuxnwgkarqøgemeraK¼QWRKb;eBl

 ⬜ RbQmmuxnwgkar)at;bg;CIvit

 ⬜ RbQmmuxnwgkarxVHGaharUbtßmÖ¼manbBaðakgVHmIRkUsarCaticiBa©wm

⬜ RbQmmuxnwgCMgWenAeBleBjv½y¼GacmanCMgWraMuér:enAeBleBjv½y ¬CMgWebHdUg sMBaFQamx<s; CMgWFat; TwkenamEp¥m¦

 ⬜ epSgeTot

karviPaKbzm

dak;elxEdlCacMelIyRtwmRtUv \_\_ \_\_

 ⬜ mindwg

**3**  sMnYr y>5³ EpnkarRKYsar¼karBnüarkMenIt

***cMNaM³*** *sMnYrenHGaceFVIeGaymankarb:HBal;GarmµN\_GñkcUlrYm. RbFanbTenH ¬EpnkarRKYsar¦ KYrmankarRbugRby½tñbEnßm.*

CaGnusasn\_RsþIKYrEtrgcMaya:gehacNas;BI 2 eTA 3qñaMmunmanépÞeBaHmþgeTot KWmuneBlmanépÞeBaHmþgeTot . sUmR)ab;xJúMpgehtuGIV)anCaeKENnaMy:agenH?

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 ⬜ edIm,Isagsg;¼bMeBjsarCaticiBa©wmragkayeKeLIgvij ¬xøaj; CatiEdk nigepSg²eTot¦

 ⬜ edIm,ImþaymansuxPaBl¥muneBlKat;mankUnmþgeTot ¼ edIm,IeRtomsMrab;karmankUnmñak;eTot

 ⬜ epSg²

karviPaKbzm

 ⬜ dwg

 ⬜ mindwg

 ⬜ mindwg

**\riyabf**

\riyabfcMeBaHbBaðaTak;Tgnwg suxPaB b¤ GaharUbtßmÖ

2 karsMralkUnEdlminRKb;TMgn**;**

**KMnitEdlgayTTYlyk³**

etIGñkKitfaGñkTMngCasMralkUnmkminRKb;TMgn;Edrb¤eT ?

⬜ 1> minGac

⬜ 2> minR)akd

⬜ 3> Gac

*RbsinebIminGac³*

 etIGñkGacR)ab;´BImUlehtuEdlvaminGac)aneT?

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**karyl;BIeRKaHfñak;:**

etIGñkKitfavaF¶n;F¶rEdrb¤eTenAeBlkUnrbs;GñkekItmkminRKb;TMgn;?

⬜ 1> minF¶n;F¶reT

⬜ 2> minR)akd

⬜ 3> F¶n;F¶r

*RbsinebIminF¶n;F¶reT³*

 etIGñkGacR)ab;´BImUlehtuEdlvaminF¶n;F¶r)aneT?

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\riyabfcMeBaHkarGnuvtþn\_Tak;TgeTAnwgGaharUbtßmÖEdll¥RbesIr

1 briePaKGahareRcInCagmunGMLúgeBlmanépÞeBaH³ briePaKeRcInCagmunkñúgmYyeBl² b¤ briePaKjwkjab;Cagmun b¤ briePaKGahareRkAeBlGMLúgeBléf**¶**

**karyl;BIGtßRbeyaCn\_³**

etIGñkKitfaval¥ya:gNacMeBaHkarbriePaKGahareRcInkñúgGMLúgeBlmanépÞeBaH?

⬜ 1> minl¥

⬜ 2> minR)akd

⬜ 3> l¥

*RbsinebIminl¥³*

 etIGñkGacR)ab;´BImUlehtuEdlvaminl¥)aneT?

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**karyl;BIkarlM)ak³**

etIvalM)aky:agNasMrab;GñkcMeBaHkarbriePaKGahareRcInCagkñúgGMLúgeBlmanépÞeBaH?

⬜ 1> minlM)ak

⬜ 2> Fmµta

⬜ 3> lM)ak

*RbsinebIlM)ak³*

 etIGñkGacR)ab;´BImUlehtuEdlvalM)ak)aneT?

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ម៉ូឌុលទី ៥៖ កង្វះអាហារូបត្ថម្ភ

*ពន្យល់ទៅកាន់អ្នកចូលរួម:*

ខ្ញុំនឹងសួរសំនួរខ្លះៗទៅកាន់អ្នកអំពីកង្វះអាហារូបត្ថម្ភ។ សូមប្រាប់ខ្ញុំផងបើសិនជាអ្នកមិនយល់សំនួរណាមួយ អ្នកអាចសួរដែលអ្នកចង់សួរបាន។

**karyl;dwg**

**1**  sMnYr y>1³ sBaØaénkgVHGaharUbtßmÖ

etIeyIgdwgedayrebobNafamnusSmñak;min)anbriePaKRKb;RKan;?

*sYrbBa¢ak;RbsinebIcaM)ac;³*

 etIsBaØakgVHGaharUbtßmÖmanGVIxøH?

*\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*

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⁭ ⬜ Gs;kMlaMg¼exSay³ minGaceFIVkar sikSa b¤elgdUcFmµta)an ¬BikarPaB¦

 ⬜ RbBn§½karBarragkaycuHexSay ¬gaymanCMgW nwgFøak;xøÜnQWF¶n;F¶r¦

 ⬜ RskTMgn;¼sÁmxøaMg

⬜ kumarminlUtlas;dUcEdlGVIKat;KYr ¬lUtkMBs;minl¥¦

 ⬜ epSgeTot

karviPaKbzm

⬜ dwg

 ⬜ mindwg

dak;elxEdlCacMelIyRtwmRtUv \_\_

 ⬜ mindwg

**1**  sMnYr y>2³ mUlehtuEdlbNþaleGaykgVHGaharUbtßmÖ

etIGIVeTACamUlehtuEdlbNþaleGaymnusSxVHGaharUbtßmÖ?

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⬜ min)anbriePaKGaharRKb;RKan;

⬜ GaharraveBk minmansarCaticiBa©wmRKb;RKan;

⬜ manCMgW¼QWehIyminbriePaKGahar

karviPaKbzm

 ⬜ dwg

 ⬜ mindwg

dak;elxEdlCacMelIyRtwmRtUv \_\_

⬜ epSgeTot

⬜ mindwg

etIGIVeTACamUlehtuEdlbNþaleGaymnusSbriePaKGaharmin)anRKb;RKan;?

*\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*

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⬜ minmanfvikaRKb;RKan;sMrab;TijGahar

⬜ minmanGaharenAtMbn;EdleKrs;enA

⬜ epSgeTot

karviPaKbzm

 ⬜ dwg

 ⬜ mindwg

dak;elxEdlCacMelIyRtwmRtUv \_\_

⬜ mindwg

2 sMnYr y>3³ EsVgrkesvatamdankarlUtlas;rbs;TarknigkumartUc

etIGñkGac ¬GñkEfTaMkumar¦ dwgfakUnrbs;Kat;lUtlas;)anl¥b¤Gt;tamrebobNa?

*sYrbBa¢ak;RbsinebIcaM)ac;³*

etIGñkNaGacCYymþayedIm,I dwgfakUnrbs;Kat;kMBuglUtlas;)anl¥b¤Gt;?

 *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*

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⬜ eTAmNÐlsuxPaB¼sYrRKYeBTü i¬EsVgrkesvaEfTaMsuxPaB sMrab;tamdankarlUtlas;rbs;kUn¦

⬜ epSgeTot

karviPaKbzm

 ⬜ dwg

 ⬜ mindwg

⬜ mindwg

**2**  sMnYr y>4³ Gtßn½ykarmineLIgTMgn;kñúgcMeNamTarknigkumartUc

RkumRKYsar nigGñkeFVIkarxagsuxPaBGacdwg)anfa kumar)anTTYlGaharUbtßmÖRKb;RKan; b¤ xVHGaharUbtßmÖ tamry³karføwgTMgn;BYkeKCaRbcaM ehIyedAcMnucTMgn;elItaragénkarlUtlas;.

ebIsinCaTarkmineLIgTMgn; etIvamann½yfay:agem:cEdr?

*ebIsinCaKµancMelIy sYrbBa¢ak;³*

etIvaGacbNþalmkBIGIV?

*\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*

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⬜ Tarkmin)anjaMuGaharRKb;RKan;¼Tarkmincg;jaMu

⬜ TarkGacQWCaRbcaM

⬜ epSgeTot

karviPaKbzm

⬜ dwg

 ⬜ mindwg

dak;elxEdlCacMelIyRtwmRtUv \_\_

⬜ mindwg

**1**  sMnYr y>5³ karkarBarmineGayxVHGaharUbtßmÖ

etIKYreFIVya:gem:cedIm,IkarBar [**RkumeKaledA** ] mineGayxVHGaharUbtßmÖ?

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*Tark Gayu ¬0 eTA 6 Ex¦*

⬜ bMe)ATwkedaHEtmYymuxKt;¼bBa©úkEtCamYyTwkedaH

⬜ eTAmNÐlsuxPaB¼mnÞIreBTü ehIyBinitüemIlfakumarkMBuglUtlas;smRsb ¬esvatamdankarlUtlas;¦

*Kumar Gayu ¬6eTA 23 Ex¦*

⬜ bBa©úkGahareGayeRcInCagmun

⬜ bBa©úkGahareGay)anjwikjab;

 ⬜ ykcitþTukdak;dl;kumareBljaMuGahar

⬜ eTAmNÐlsuxPaB¼mnÞIreBTü ehIyBinitüemIlfakumarkMBuglUtlas;smRsb ¬esvatamdankarlUtlas;¦

⬜ epSgeTot

karviPaKbzm

⬜ dwg

 ⬜ mindwg

dak;elxEdlCacMelIyRtwmRtUv \_\_

⬜ mindwg

**\riyabf**

\riyabfcMeBaHbBaðaTak;Tgnwg suxPaBnigGaharUbtßmÖ

**1**  bBaðakgVHGaharUbtßmÖ

**KMnitEdlgayTTYlyk³**

etIGñkKitfakUnrbs;GñkTMngCaGacxVHGaharUbtßmÖEdrb¤eT eBalKW BYkeKQb;lUtkMBs; b¤RskTMgn;?

⬜ 1> minTMngxVH

⬜ 2> minR)akd

⬜ 3> TMngxVH

*RbsinebIminTMngxVH³*

 etIGñkGacR)ab;´BImUlehtuEdlvaminTMngxVH)aneT?

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**karyl;BIeRKaHfñak;:**

etIGñkKitfabBaðakgVHGaharUbtßmÖF¶n;F¶rsMrab;suxPaBkUnrbs;GñkeT?

⬜ 1> minF¶n;F¶reT

⬜ 2> minR)akd

⬜ 3> F¶n;F¶r

*RbsinebIminF¶n;F¶reT³*

 etIGñkGacR)ab;´BImUlehtuEdlvaminF¶n;F¶r)aneT?

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ម៉ូឌុលទី ៦៖ ជំងឺស្លេកស្លាំងដោយសារខ្វះជាតិដែក

*ពន្យល់ទៅកាន់អ្នកចូលរួម:*

ខ្ញុំនឹងសួរសំនួរខ្លះៗទៅកាន់អ្នកអំពីជំងឺស្លេកស្លាំង និងអាហារសំបូរជាតិដែក។ សូមប្រាប់ខ្ញុំផងបើសិនជាអ្នកមិនយល់សំនួរណាមួយ អ្នកអាចសួរដែលអ្នកចង់សួរបាន។

**karyl;dwg**

**1**  sMnYr y>1³ sBaØaepSg²énCMgWesøksøaMgedayxVHCatiEdk

etIGñkdwgfaGIVeTAEdlehAfaCMgWesøksøaMgedaysarxVHCatiEdkEdrb¤eT?

⬜ cas

⬜ eT

⬜ mindwg¼minmancemøIy

*ebIsin cas³*

etIGñkGacR)ab;´BIrebobEdlGñkGacsMKal;)anfamnusSmñak;manCMgWesøksøaMg)anEdrb¤eT?

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⬜ minmankMlaMg¼exSay

⬜ esøksøaMg

⬜ Rkckekag

⬜ gayFøak;xøÜnQW ¬RbBn§½karBarcuHexSayEdlgayqøgemeraK¦

⬜ epSgeTot

karviPaKbzm

⬜ dwg

 ⬜ mindwg

dak;elxEdlCacMelIyRtwmRtUv \_\_

⬜ mindwg

**2**  sMnYr y>2³ plb:HBal;elITarknigkumartUc EdlbNþalmkBICMgWesøksøaMgedayxVHCatiEdk

etIeRKaHfñak;GIVxøHEdlGacb:HBal; dl;Tark nigkumartUcenAeBlrbbGaharxVHCatiEdk?

⬜ karlUtlas;yWt EpñksµartI nigragkay

⬜ epSgeTot

karviPaKbzm

⬜ dwg

⬜ mindwg

karviPaKbzm

 dwg

 mindwg

⬜ mindwg

**2**  sMnYr y>3³ plb:HBal;elIRsþImanépñeBaH EdlbNþalmkBICMgWesøksøaMgedayxVHCatiEdk

etIRsþImanépÞeBaHmaneRKaHfñak;suxPaBGIVxøHEdlbNþalmkBIkgVHCatiEdkkñúgrbbGahar?

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⬜ RbQmnwgkar)at;bg;CIvitkñúgeBlmanépÞeBaH b¤

bnÞab;BImanépÞeBaH

⬜ Bi)akkñúgkarsMralkUn

⬜ epSgeTot

karviPaKbzm

⬜ dwg

⬜ mindwg

⬜ mindwg

**2**  sMnYr y>4³ mUlehtuEdleFIVeGayekItCMgWesøksøaMgedayxVHCatiEdk

etIGIVeTAEdlbNþaleGayekItCMgWesøksøaMg?

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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⬜ xVHCatiEdkkñúgrbbGahar¼briePaKticeBk

⬜ manCMgW¼qøgemeraK ¬RKuncaj; ekItRBUnTMBk; qøgemeraKepSg²eTot dUcCa emeraKeGds¾¦

⬜ Føak;QamxøaMgkñúgGMLúgeBlmanrdUv

⬜ epSgeTot

karviPaKbzm

⬜ dwg

⬜ mindwg

dak;elxEdlCacMelIyRtwmRtUv \_\_

⬜ mindwg

**1**  sMnYr y>5³ karkarBarCMgWesøksøaMg

etICMgWesøksøaMgGackarBar)anedayrebobNa?

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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⬜ briePaKGaharEdlmanCatiEdk ¼briePaKrbbGaharEdlsMbUrCatiEdk

⬜ briePaK¼pþl;GaharEdlsMbUrCIvCati es GMLúgeBlbriePaK b¤bnÞab;BIbriePaKGaharehIy

⬜ elbfñaMCatiEdkCMnYybEnßmenAeBlmanevC¢bBa¢aBIRKUeBTü

⬜ Büa)alCMgWepSgeTotEdlbNþaleGaymanCMgWesøksøaMg ¬CMgW nig karqøgemeraK¦-EsVgrkRKYeBTüsMrab;eFIVkarBüa)al

⬜ bnþbMe)ATwkedaHdl;kUn ¬sMrab;kumarGayu 6-23 Ex¦

karviPaKbzm

⬜ dwg

⬜ mindwg

dak;elxEdlCacMelIyRtwmRtUv \_\_

⬜ epSgeTot

⬜ mindwg

**1** sMnYr y>6³ GaharsMbUrCatiEdk-gaybWtRsUbedayragkay

etIGñkGaceGay]TahN\_GaharEdlsMbUrCatiEdk?

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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*sac;eRKOgkñúg*

⬜ eføIm

⬜ Rkelon

⬜ ebHdUg

[**bMeBjbEnßmsac;eRKOgkñúgepSgeTotEdlGacrk)an.** ]

*sac;stV*

⬜ eKa

⬜ RCUk

⬜ ecom

⬜ BEB

⬜ TnSay

⬜ Eqá

⬜ man;

⬜ Ta

[**bMeBjbEnßmsac;stVepSgeTotEdlGacrk)an.** ]

*stVl¥it*

⬜ dgáÚvDUg¼dukDW

⬜ GRgág

⬜ kNþÚb

⬜ cRgit

[**bMeBjbEnßmstVl¥itepSgeTotEdlGacrk)an.** ]

*RtI nig eRKOgsmu®T*

⬜ RtI

⬜ RtIhals¶Üt

⬜ RtIkMb:ug

⬜ bgág

⬜ bgÁa

⬜ eRKOgsmuRT

[**bMeBjbEnßmRtI nig eRKOgsmuRT epSgeTotEdlGacrk)an.** ]

karviPaKbzm

⬜ dwg

⬜ mindwg

dak;elxEdlCacMelIyRtwmRtUv \_\_

**2**  sMnYr y>7³ GaharEdlCMrujkarbWtRsUbCatiEdk

enAeBlhUbCamYyGahar GaharmYycMnYnCYybegáInkarbWtRsUb nigkareRbIR)as;CatiEdk. etIGaharTaMgenaHmanGIVxøH?

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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⬜ GaharsMbUrCIvCaties dUcCaEpøeQIBBYkRkUc ¬RkUceBaFisat; RkUcqµar .l.¦

[**bMeBjbEnßmGaharsMbUrCIvCaties epSgeTotEdlGacrk)an.** ]

⬜ epSgeTot

⬜ mindwg

karviPaKbzm

⬜ dwg

⬜ mindwg

dak;elxEdlCacMelIyRtwmRtUv \_\_

**2**  sMnYr y>8³ GaharEdlraraMgkarbWtRsUbCatiEdk

ePsC¢³xøHraraMgkarbWtRsUbCatiEdk enAeBlbriePaKCamYyGahar. etIePsC¢³mYyNa?

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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⬜ kaehV

⬜ Et

⬜ epSgeTot

⬜ mindwg

karviPaKbzm

⬜ dwg

⬜ mindwg

dak;elxEdlCacMelIyRtwmRtUv \_\_

**karGnuvtþn\_**

**1**  sMnYr G>1³ karGnuvtþn\_karbriePaKGahar

xJúMcg;sYrGñkGMBIGaharEdlGñkGacjauMdac;edayELk b¤kñúgeBl)ay . etIkalBImiSlmijkñúgGMLúgeBléf¶ nigeBlyb;Gñk)anbriePaKGaharxageRkamenHeT?

eRKÓgkñúg

eføIm ⬜ cas ⬜ eT

Rkelon ⬜ cas ⬜ eT

ebHdUg⬜ cas ⬜ eT

[**bMeBjbEnßmeRKOgkñúgstVepSgeTotEdlGacrk)an.** ]

sac;stV

sac;eKa⬜ cas ⬜ eT

sac;RCUk⬜ cas ⬜ eT

sac;ecom⬜ cas ⬜ eT

sac;BEB ⬜ cas ⬜ eT

sac;TnSay ⬜ cas ⬜ eT

sac;Eqá ⬜ cas ⬜ eT

sac;man; ⬜ cas ⬜ eT

sac;Ta ⬜ cas ⬜ eT

[**bMeBjbEnßmsac;stVepSgeTotEdlGacrk)an.** ]

stVl¥it

dgáÜvdYg¼DukDW ⬜ cas ⬜ eT

GRgág ⬜ cas ⬜ eT

kNþÚb ⬜ cas ⬜ eT

cRgit ⬜ cas ⬜ eT

[**bMeBjbEnßmstVl¥itepSgeTotEdlGacrk)an.** ]

RtI nigGaharsmuRT

RtIRss;⬜ cas ⬜ eT

RtIegot ⬜ cas ⬜ eT

RtIxkMb:ug ⬜ cas ⬜ eT

bgág ⬜ cas ⬜ eT

bgÁa ⬜ cas ⬜ eT

GaharsmuRT ⬜ cas ⬜ eT

[**bMeBjbEnßmRtInigGaharsmuRTepSgeTotEdlGacrk)an.** ]

**cMNaM³** *sMnYrenHGacsYr)anRKb;GaharNaEdlsMbUrCatiEdkdUcmankñúgtarag k¾b:uEnþGaharxøHRtUvsYr CaGaTiPaB ]TahrN\_ dUcCaGaharTaMgLayNaEdl)anGb;rMepSg².*

  *⁭*

**2**  sMnYr G>2³ karbriePaKEpøeQWEdlsMbUrCIvaCaties

etICaFmµtaGñkbriePaKEpøeQIRbePTRkUcRss; dUcCa [**bMeBj]TahrN\_RbePTRkUcRss;EdlGacrk)an**] b¤ TwkEpøeQIEdleFVIBIRkUc?

 ⬜ cas

 ⬜ eT

 ⬜ mindwg¼KµancMelIy

*ebIsin cas³*

etIGñkbriePaKral;éf¶Edrb¤eT?

 ⬜ cas

 ⬜ eT

 ⬜ mindwg¼KµancMelIy

etICaFmµtaGñkbriePaKEpøeQIRkUcRss;enAeBlNa? ¬*GancMelIyxageRkameTAkan;Gñkpþl;cMelIy¦*

 ⬜ muneBlbriePaKGahar

 ⬜ kñúgGMLúgeBlbriePaKGahar

 ⬜ bnÞab;BIbriePaKGahar

 ⬜ epSgeTot *¬bBa¢ak;¦* >>>>>>>>>>>>>>>>>>>>>>>>>>>>>>>>>>>>>>>>>>>>>>>>>>>>>>>>>>>>>>>>>>>>>

⬜ mindwg¼KµancMelIy

**2**  sMnYr G>3³ karpwk kaehV b¤ Et

etICaFmµtaGñkpwkkaehV b¤ EtEdrb¤eT?

 ⬜ cas

 ⬜ eT

 ⬜ mindwg

*ebIsin cas³*

etIGñkpwkral;éf¶Edrb¤eT?

 ⬜ cas

 ⬜ eT

 ⬜ mindwg

etICaFmµtaGñkpwkkaehV b¤ Et enAeBlNa? ¬*GancMelIyxageRkameTAkan;Gñkpþl;cMelIy¦*

 ⬜ muneBlbriePaKGahar 2em:ag b¤k¾eRcInCagenH

 ⬜ muneBlbriePaKGahar

 ⬜ kñúgGMLúgeBlbriePaKGahar

 ⬜ bnÞab;BIbriePaKGaharrYcPøam

 ⬜ eRkayeBlbriePaKGaharehIy 2em:ag b¤k¾eRcInCagenH

 ⬜ epSgeTot *¬bBa¢ak;¦* >>>>>>>>>>>>>>>>>>>>>>>>>>>>>>>>>>>>>>>>>>>>>>>>>>>>>>>>>>>>>>>

⬜ mindwg¼KµancMelIy

**\riyabf**

\riyabfcMeBaHbBaðasuxPaB nigGaharUbtßmÖ

**1**  CMgWesøksøaMgedaysarkgVHCatiEdk

**KMnitEdlgayTTYlyk**

etIGñkKitfakUnrbs;GñkTMngCaxVHCatiEdk¼esøksøaMgEdrb¤eT?

​​​​ b¤

etIGñkKitfaGñkTMngCaxVHCatiEdk¼esøksøaMgEdrb¤eT?

⬜ 1> minTMngeT

⬜ 2> minR)akd

⬜ 3> TMngxVH

*RbsinebIminTMngeT³*

etIGñkGacR)ab;´BImUlehtuEdlvaminTMng)aneT?

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**karyl;BIeRKaHfñak;**

etIGñkKitfakarxVHCatiEdk-CMgWesøksøaMgvab:HBal;F¶n;F¶rdl;suxPaBrbs;GñkEdrb¤eT?

⬜ 1> minF¶n;F¶reT

⬜ 2> minR)akd

⬜ 3> F¶n;F¶r

*RbsinebIminF¶n;F¶reT³*

etIGñkGacR)ab;´BImUlehtuEdlvaminF¶n;F¶r)aneT?

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\riyabfcMeBaHkarGnuvtþn\_EdlTak;TgeTAnwgGaharUbtßmÖEdll¥RbesIr b¤Edlcg;)an

**1** karerobcMGaharCamYyeRKOgpSMsMbUrCatiEdk

**karyl;BIGtßRbeyaCn\_**

etIGñkKitfaval¥y:agNaEdrcMeBaHkarerobcMGaharsMbUrCatiEdk dUcCa sac;eKa sac;man; b¤eføIm?

⬜ 1> minl¥eT

⬜ 2> minR)akd

⬜ 3> l¥

*RbsinebIminl¥³*

etIGñkGacR)ab;´BImUlehtuEdlvaminl¥)aneT?

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**karyl;BIkarlM)ak**

etIGñkKitfavalM)akya:gNa cMeBaHkarerobcMGaharEdlsMbUrCatiEdk?

⬜ 1> vaminlM)ak

⬜ 2> Fmµta

⬜ 3> lM)ak

*RbsinebIlM)ak³*

etIGñkGacR)ab;´BImUlehtuEdlvalM)ak)aneT?

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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**PaBeCOCak;elIxøÜnÉg**

etIGñkmankareCOCak;b:uNÑaEdr cMeBaHkarerobcMGaharEdlsMbUrCatiEdk?

 ⬜ 1> minmankareCOCak;

 ⬜ 2> Fmµta

 ⬜ 3> eCOCak;

*RbsinebImineCOCak;³*

etIGñkGacR)ab;´BImUlehtuEdleFIVeGayGñkmineCOCak;)aneT?

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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\riyabfcMeBaHkarcUlcitþGahar

**3** karcUlcitþGahar

etIGñkcUlcitþrsCatiGahar [**bMeBjGaharsMbUrCatiEdk** ] kMritNaEdr?

⬜ 1> mincUlcitþ

⬜ 2> minR)akd

⬜ 3> cUlcitþ

ម៉ូឌុលទី ៧៖ កង្វះជីវជាតិ​អា

*ពន្យល់ទៅកាន់អ្នកចូលរួម:*

ខ្ញុំនឹងសួរសំនួរខ្លះៗទៅកាន់អ្នកអំពីជីវជាតិអា និងអាហារសំបូរជីវជាតិអា។ សូមប្រាប់ខ្ញុំផងបើសិនជាអ្នកមិនយល់សំនួរណាមួយ អ្នកអាចសួរដែលអ្នកចង់សួរបាន។

**karyl;dwg**

**1**  sMnYr y>1³ sBaØakgVHvitamIn Ga

etIGñkFøab;lWGMBIkgVHCIvCatiGa b¤xVHCIvCatiGaEdrb¤eT?

⬜ cas

⬜ eT

⬜ mindwg¼minmancemøIy

*ebIsin* ***cas³***

etIGñkGacerobrab;BIsBaØasMKal;famnusSmñak;manbBaðaxVHCIvCatiGa enAkñúgxøÜnKat;)anEdrb¤eT ?

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⬜ minmankMlaMg¼exSay

⬜ gayFøak;xøÜnQW ¬RbBn§½karBarcuHexSayEdlgayqøgemeraK¦

⬜ manbBaðaEPñk³ CMgWxVak;man; ¬GsmtßPaBkñúgkaremIleBlRBlb; nigBnøWePøIgminc,as;¦ EPñks¶Üt EPñkeLIg)ay xVak;

karviPaKbzm

⬜ dwg

⬜ mindwg

dak;elxEdlCacMelIyRtwmRtUv \_\_

⬜ epSgeTot

⬜ mindwg

**2**  sMnYr y>2³ mUlehtuEdlbNþaleGayxVHCIvCatiGa

etImUlehtuGIVEdlbNþaleGayxVHCIvCatiGakñúgragkay?

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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 ⬜ minmanrbbGaharcMruHmux

 ⬜ briePaKGaharticeBk¼briePaKmin)aneRcIn ¬Bi)akbriePaKGahar¦

 ⬜ epSgeTot

karviPaKbzm

⬜ dwg

⬜ mindwg

dak;elxEdlCacMelIyRtwmRtUv \_\_

 ⬜ mindwg

**1**  sMnYr y>3³ karkarBarkgVHCIvCatiGa

etImnusSmñak;GackarBarkarxVHCIvCatiGa )anedayrebobNa?

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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 ⬜ briePaKGaharEdlsMbUrCIvCati Ga eBalKW briePaKrbbGaharEdlsMbUrCIvCatiGa

 ⬜ briePaKGaharEdl)anbBa©ÚlbEnßmCIvCatiGaM

 ⬜ pþl;RKab;fñaM¼emSA CIvCati Ga

 ⬜ epSgeTot

karviPaKbzm

⬜ dwg

⬜ mindwg

dak;elxEdlCacMelIyRtwmRtUv \_\_

 ⬜ mindwg

**1**  sMnYr y>4³ RbPBGaharEdlsMbUrCIvCatiGa

etIGñkGacerobrab;BIGaharEdlsMbUrCIvCatiGa)anEdrb¤eT?

*sYrbBa¢ak;ebIcaM)ac;³*

etIGaharEdlmanRbPBmk sac;RbePTNa b¤ bEnøRbePTNa b¤ EpøeQIRbePTNa EdlsMbUrCIvCatiGa?

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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*RbPBGaharmkBIsac;stV³*

 ⬜ eføIm

 ⬜ Rkelon

 ⬜ ebHdUg

 ⬜ EpñkelOgéns‘ut¼ s‘utman; s‘utTa b¤k¾s‘utepSg²eTot

 ⬜ TwkedaHeKa RhVÚma y:avGYr b¤plitplTwkedaHeKaepSgeTot

*bEnøEdlmanBN’TwkRkUc*

 ⬜ dMLÚgCVasac;BN’TwkRkUc

 ⬜ kar:ut

 ⬜ el<A

[**bMeBjGaharsMbUrCIvCatiGa EdlGacrk)anepSgeTot** ]

*bEnøEdlmanBN’ébtg*

 ⬜ pÞI és< RtYydMLÚgmI xat;Na nigRbePTbEnøsøwk EdlmansøwkBN’ébtg

epSgeTot

[**bMeBjGaharsøwksMbUrCIvCatiGa EdlGacrk)anepSgeTot** ]

*EpøeQI ¬EdlmanBN’TwkRkUc b¤BN’elOg-minEmnRkUc¦*

 ⬜ sVayTMu

 ⬜ lðúgTuM

 ⬜ Rtsk;RsUvEp¥m

 ⬜ Epøesda

 ⬜ EpøEb:seRkom

[**bMeBjEpøeQIsMbUrCIvCatiGa EdlGacrk)anepSgeTot** ]

 ⬜ eRbgetñatRkhm

 [**bMeBjGaharsMbUrCIvCatiGa EdlGacrk)anepSgeTot** ]

 GaharbMeBjbEnßmCamYyCIvCatiGa

 [**bMeBjGaharEdlbMeBjbEnßmedayCIvCatiGa EdlGacrk)anepSgeTot ¬]> eRbgqa xøaj; nigsár¦**]

*GaharepSgeTot*

 ⬜ TwkedaH ¬sMrab; TarkGayu 0 eTA 6 Ex¦

 ⬜ epSgeTot

karviPaKbzm

⬜ dwg

⬜ mindwg

dak;elxEdlCacMelIyRtwmRtUv \_\_

⬜ mindwg

**karGnuvtþn\_**

**1**  sMnYr G>1³ karGnuvtþn\_briePaKGahar

xJúMcg;sYrsMnYrBIGaharmYycMnYnEdlGñkbriePaKvapÞal; b¤k¾GaharenaHpSMlayCamYyGaharepSgeTot. kalBImiSlmij kñúgGMLúgeBléf¶ nigeBlyb; etIGñkman)anbriePaKGaharTaMgLaydUcxageRkameT? ¬*GantaragGaharEdlsMbUrCIvCati Ga ehIyKUs cas b¤ eT ral;GaharnImYy²¦*

 RbPBGaharmkBIsac;stV

eføIm ⬜ cas ⬜ eT

Rkelon ⬜ cas ⬜ eT

ebHdUg ⬜ cas ⬜ eT

EpñkelOgéns‘ut¼ s‘utman; s‘utTa b¤k¾s‘utstVepSgeTot

⬜ cas ⬜ eT

TwkedaHeKa RhVÚma y:avGY b¤ plitplBITwkedaHeKa

⬜ cas ⬜ eT

bEnøEdlmanBN’TwkRkUc

dMLÚgCVasac;BN’TwkRkUc ⬜ cas ⬜ eT

kar:ut ⬜ cas ⬜ eT

el<A ⬜ cas ⬜ eT

[**bMeBjbEnøsMbUrCIvCatiGa EdlGacrk)anepSgeTot ¬]TahrN\_ emÞse)øakRkhm¦**]

bEnøEdlmanBN’ébtg

pÞI és< nigRbePTbEnøepSgeTotEdlmansøwkBN’ébtg³

⬜ cas ⬜ eT

[**bMeBjGaharsøwksMbUrCIvCatiGa EdlGacrk)anepSgeTot** ]

EpøeQI ¬EdlmanBN’TwkRkUc b¤BN’elOg-minEmnRkUc¦

sVayTMu ⬜ cas ⬜ eT

lðúgTuM ⬜ cas ⬜ eT

Rtsk;RsUvEp¥m ⬜ cas ⬜ eT

Epøesda ⬜ cas ⬜ eT

EpøEb:seRkom ⬜ cas ⬜ eT

[**bMeBjEpøeQIsMbUrCIvCatiGa EdlGacrk)anepSgeTot** ]

eRbgetñatRkhm ⬜ cas ⬜ eT

GaharbMeBjbEnßmCamYyCIvCatiGa

[**bMeBjGaharEdlbMeBjbEnßmedayCIvCatiGa EdlGacrk)anepSgeTot ¬]> eRbgqa xøaj; nigsár¦**]

 **cMNaM³** *sMnYrenHGacsYr)anRKb;GaharNaEdlsMbUrCIvCatiGa dUcmankñúgtarag k¾b:uEnþGaharxøHRtUvsYr CaGaTiPaB ]TahrN\_ dUcCaGaharTaMgLayNaEdl)anGb;rMepSg².*

**\riyabf**

\riyabTcMeBaHbBaðasuxPaB nigGaharUbtßmÖ

**1** bBaðakgVHCIvCati Ga

**KMnitEdlgayTTYlyk**

etIGñkKitfakUnrbs;Gñk TMngCaxVHCIvCatiGaEdrb¤eT?

 b¤

etIGñkKitfaGñkTMngCaxVHCIvCati Ga Edrb¤eT?

⬜ 1> minTMngxVHeT

⬜ 2> minR)akd

⬜ 3> TMngCaxVH

*RbsinebIminTMngeT³*

etIGñkGacR)ab;´BImUlehtuEdlvaminTMng)aneT?

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**karyl;BIeRKaHfñak;**

etIGñkKitfakarxVHCIvCati Ga b:HBal;F¶n;F¶rdl;suxPaBrbs;GñkEdrb¤eT?

⬜ 1> minF¶n;F¶reT

⬜ 2> minR)akd

⬜ 3> F¶n;F¶r

*RbsinebIminF¶n;F¶reT³*

etIGñkGacR)ab;´BImUlehtuEdlvaminF¶n;F¶r)aneT?

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\riyabfcMeBaHkarGnuvtþn\_EdlTak;TgeTAnwgGaharUbtßmÖEdll¥RbesIr b¤Edlcg;)an

**1** karerobcMGaharCamYyeRKOgpSMsMbUrCIvCatiGa

**karyl;BIGtßRbeyaCn\_**

etIGñkKitfaval¥y:agNaEdrcMeBaHkarerobcMGaharsMbUrCIvCatiEdk dUcCa kar:ut bEnøsøwkBN’ébtg dMLÚgCVa b¤ eføIm?

⬜ 1> minl¥eT

⬜ 2> minR)akd

⬜ 3> l¥

*RbsinebIminl¥³*

etIGñkGacR)ab;´BImUlehtuEdlvaminl¥)aneT?

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**karyl;BIkarlM)ak**

etIGñkKitfavalM)akya:gNa cMeBaHkarerobcMGaharEdlsMbUrCIvCatiGa?

⬜ 1> vaminlM)ak

⬜ 2> Fmµta

⬜ 3> lM)ak

*RbsinebIlM)ak³*

etIGñkGacR)ab;´BImUlehtuEdlvalM)ak)aneT?

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**PaBeCOCak;elIxøÜnÉg**

etIGñkmankareCOCak;b:uNÑaEdr cMeBaHkarerobcMGaharEdlsMbUrCIvCatiGa?

 ⬜ 1> minmankareCOCak;

 ⬜ 2> Fmµta

 ⬜ 3> eCOCak;

*RbsinebImineCOCak;³*

etIGñkGacR)ab;´BImUlehtuEdleFIVeGayGñkmineCOCak;)aneT?

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\riyabfcMeBaHkarcUlcitþGahar

**3** karcUlcitþGahar

etIGñkcUlcitþrsCatiGahar [**bMeBjGaharsMbUrCIvCatiGa** ] kMritNaEdr?

etIGñkmincUlcitþva b¤ Fmµta b¤ cUlcitþva?

⬜ 1> mincUlcitþ

⬜ 2> Fmµta

⬜ 3> cUlcitþ

ម៉ូឌុលទី ៨៖ កង្វះជាតិ​អ៊ីយ៉ូដ

***ចំណាំៈ*** *វាមានសារៈសំខាន់ជាពិសេសសំរាប់ស្ត្រីមានផ្ទៃពោះ ត្រូវរៀបចំអាហារជាមួយអំបិលអ៊ីយ៉ូដ ដើម្បីការពារជំងឺពកក និងការពារពិការរាងកាយនិងខួរក្បាលរបស់កុមារនៅក្នុងផ្ទៃ។ ទោះបីជាយ៉ាងណាក៏ដោយ វាក៏មានការចាំបាច់ត្រូវពង្រឹងសារអប់រំក្នុងការប្រើប្រាស់អំបិលក្នុងកំរិតល្មម ពីព្រោះ ការបរិភោគអំបិលច្រើន មានការពាក់ព័ន្ធនឹងការឡើងសំពាធឈាម។*

*ពន្យល់ទៅកាន់អ្នកចូលរួម:*

ខ្ញុំនឹងសួរសំនួរខ្លះៗទៅកាន់អ្នកអំពីបញ្ហាកង្វះជាតិអ៊ីយ៉ូដ។ សូមប្រាប់ខ្ញុំផងបើសិនជាអ្នកមិនយល់ សំនួរណាមួយ ហើយអ្នកក៏អាចសួរនូវអ្វីដែលអ្នកចង់សួរបានផងដែរ។

**karGnuvtþn\_**

**1**  sMnYr G>1³ kareRbIR)as;GMbilGIuy:Ud

etIGñkman)andak;GMbileTAkñúgmðÚbEdlsmaCikRKYsarrbs;GñkbriePaKkalBIyb;mijEdrb¤eT?

⬜ cas

⬜ eT

⬜ mindwg¼KµancMelIy

*ebIsin cas³*

etIGMbilRbePTNaEdlGñkeRbI?¬*ebIGaceFVIeTA)an sMueGayGñkeqøIytbbgðajGMbilmkGñk¦*

 ⬜ GMbilGIuy:Ud

⬜ minEmnGMbilGIuy:Ud

⬜ Gt;manGMbilenApÞH

⬜ mindwg¼KµancMelIy

**karyl;dwg**

**1**  sMnYr y>1³ sBaØaénbBaðakgVHCatiiGIuy:Ud

etIGñkdwgfakarxVHCatiGIuy:UdCaGVIEdrb¤eT?

*sYrbBa¢ak;ebIcaM)ac;³*

etIGñkFøab;lWGMBIkarxVHCatiGIuy:UdEdrb¤eT?

⬜ cas

⬜ eT

⬜ mindwg¼minmancemøIy

*ebIsin* ***cas³***

etIGñkGacerobrab;R)ab;´favaCaGVI)aneT?

*sYrbBa¢ak;ebIcaM)ac;³*

etIGñkGacerobrab;BIsBaØaénkarxVHCatiGuIy:Ud)aneT?

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⬜ s<wkRsBn; ¬)ak;Twkcitþ nwg)at;bg;karrMePIb¦

⬜ mankarlM)akkñúgkareFIVkar nigsikSa

⬜ Bkk

⬜ epSgeTot

karviPaKbzm

⬜ dwg

⬜ mindwg

dak;elxEdlCacMelIyRtwmRtUv \_\_

⬜ mindwg

**1**  sMnYr y>2³ plvi)akdl;TarkkñúgépÞ

etIkgVHCatiGIuy:UdenAkñúgrbbGaharsMrab;RsIþmanépÞeBaHGacmaneRKaHfñak;suxPaBGIVxøHdl;TarkkñúgépÞ?

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⬜ RbQmmuxkñúgkarsMralkUnmkEdlmanbBaØasµartIminRbRktI

⬜ RbQmmuxkñúgkarsMralkUnmkEdlmanrUbragkayminRKb;RKan;

⬜ epSgeTot

karviPaKbzm

⬜ dwg

⬜ mindwg

dak;elxEdlCacMelIyRtwmRtUv \_\_

⬜ mindwg

**2**  sMnYr y>3³ mUlehtuEdlbNþaleGayxVHCatiGIuy:Ud

etIGIVEdlbNþaleGayxVHCatiGIuy:Ud?

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⬜ xVH b¤ minbriePaKGMbilGIuy:Ud

⬜ epSgeTot

karviPaKbzm

 ⬜ dwg

 ⬜ mindwg

⬜ mindwg

**1**  sMnYr y>4³ karkarBarkgVHCatiGIuy:Ud

etIkgVHCatiGIuy:UdGackarBar)anedayrebobNa?

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⬜ briePaK¼cMGinGaharedayeRbIGMbilGIuy:Ud

karviPaKbzm

 dwg

 mindwg

⬜ epSgeTot

⬜ mindwg

**\riyabf**

\riyabfcMeBaHbBaðasuxPaB nig GaharUbtßmÖ

**1** kgVHCatiGIuy:Ud

**KMnitEdlgayTTYlyk³**

**cMNaM³ sMnYr KWmankarBak;B½n§eRcIncMeBaHRsþImanépÞeBaH.**

etIGñkKitfakUnrbs;GñkTMngCaxVHCatiGIuy:UdEdrb¤eT?

 b¤

etIGñkKitfaGñkTMngCaxVHCatiGIuy:UdEdrb¤eT?

⬜ 1> minTMng

⬜ 2> minR)akd

⬜ 3> TMngCaxVH

 *RbsinebIminTMng³*

etIGñkGacR)ab;xJMúBImUlehtuEdlvaminTMng)aneT?

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**karyl;BIeRKaHfñak;³**

etIGñkKitfakarxVHCatiGIuy:Ud b:HBal;F¶n;F¶rdl;suxPaBrbs;GñkEdrb¤eT?

⬜ 1> minF¶n;F¶reT

⬜ 2> minR)akd

⬜ 3> F¶n;F¶r

*RbsinebIminF¶n;F¶reT³*

etIGñkGacR)ab;´BImUlehtuEdlvaminF¶n;F¶r)aneT?

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\riyabfcMeBaHkarGnuvtþn\_EdlTak;TgeTAnwgGaharUbtßmÖEdll¥RbesIr b¤Edlcg;)an

**1** karcMGinGaharCamYyGMbilGIuy:Ud

**karyl;BIGtßRbeyaCn\_**

etIGñkKitfaval¥ya:gNaEdr cMeBaHkarcMGinGahar CamYyGMbilGIuy:Ud?

⬜ 1> minl¥eT

⬜ 2> minR)akd

⬜ 3> l¥

*RbsinebIminl¥³*

etIGñkGacR)ab;´BImUlehtuEdlvaminl¥)aneT?

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**karyl;BIkarlM)ak**

etIGñkKitfavalM)akya:gNa cMeBaHkarTij nigeRbIGMbilGIuy:Ud?

⬜ 1> vaminlM)ak

⬜ 2> Fmµta

⬜ 3> lM)ak

*RbsinebIlM)ak³*

etIGñkGacR)ab;´BImUlehtuEdlvalM)ak)aneT?

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ម៉ូឌុលទី ៩៖ សុវតិ្ថភាពអាហារ

*ពន្យល់ទៅកាន់អ្នកចូលរួម:*

ខ្ញុំនឹងសួរសំនួរខ្លះៗទៅកាន់អ្នកអំពីបញ្ហាកង្វះជាតិអ៊ីយ៉ូដ។ សូមប្រាប់ខ្ញុំផងបើសិនជាអ្នកមិនយល់ សំនួរណាមួយ ហើយអ្នកក៏អាចសួរនូវអ្វីដែលអ្នកចង់សួរបានផងដែរ។

karGnuvtþn\_

**1**  sMnYr G>1³ karlagsMGat kEnøgkxVk; can nigsMPar³eRbIR)as;

bnÞab;BIerobcMGahareBll¶acrYc enAépÞxagelIcRgáan)ay qñaMg xÞHqar can nigsMPar³eRbIR)as; KWRbLak;. etIGñkGacR)ab;xJúMfa etICaTUeTAGñksMGatvaedayrebobNa)anEdrb¤eT?

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 ⬜ RbmUlGaharEdlenAsl;dak;cUlkñúgFugsMram

 ⬜ lagsMGatedayTwkekþA

 ⬜ lagsMGatedayeRbIsab‘U

karviPaKbzm

dak;elxEdlCacMelIyRtwmRtUv \_\_ \_\_

karviPaKbzm

dak;elxEdlCacMelIyRtwmRtUv \_\_ \_\_

karviPaKdMbUg

dak;elxEdlCacMelIyRtwmRtUv \_\_ \_\_

 ⬜ mindwg¼mineqøIy

**1** sMnYr G>2³ karrkSaTukGaharEdlqab;xUc

etIGñkrkSaTukGaharEdlqab;xUc dUcCa sac;eqA sac;man;¼Ta nigGaharsmuRTedayrebobNa?

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 ⬜ enAkñúgTUrTwkkk ¬eRkam 5 GgSaes¦

⬜ RKbTuk ¬karBarBIstVl¥it stVkekr stVl¥itcéRg nig FUlI¦

⬜ dak;dac;edayELkBIGaharEdlcMGinehIy b¤ GaharEdlerobcMsMrab;briePaK

⬜ epSg²

⬜ mindwg¼mineqøIy**karyl;dwg**

**1** sMnYr y>1³ kardak;edayELkénGaharminTan;cMGin nig GaharcMGinehIy

ehtuGIV)anCaeyIgRtUvRby½tñmineGay sac;eqA eRKOgkñúg sac;man;¼Ta nigGaharsmuRTEdlminTan;cMGinb:HCamYy GaharEdlq¥in b¤k¾GaharEdlerobcMsMrab;briePaK?

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⬜ sac;stVeqACaTUeTAEtgEtmanemeraK ¬EdlGaccMlgcUleTAGaharEdlq¥in

 nigGaharEdlerobnwgbriePaK¦

⬜ epSg²eTot

karviPaKbzm

 ⬜ dwg

 ⬜ mindwg

⬜ mindwg

**1** sMnYr y>2³ karcMGinGahareGay)anq¥inl¥

enAeBlEdlGñk cMGinGahares¶ar nig x etImansBaØasMKal;EbbNaEdlbgðajfavaq¥in ehIynigmansuvtßiPaBkñúgkarbriePaK?

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⬜ smø nig x KWBuH b¤Tn;¼puy

⬜ epSgeTot

karviPaKbzm

 ⬜ dwg

 ⬜ mindwg

⬜ mindwg

**2** sMnYr y>3³ rkSarTukGaharEdlqab;xYc

*etIGaharRbePTNaEdlKYrEtykeTAkøaesenAkñúgTUrTwkkk¼enAkEnøgRtCak; dUcCaFugTwkkk b¤RbGb;RtCak;?*

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**GaharEdlqab;xYc³**

 ⬜ sac;stV eRKOgkñúg

 ⬜ sac;man;¼Ta

⬜ sac;RtI

 ⬜ GaharsmuRT

⬜ TwkedaHeKa b¤plitplplitBITwkedaHeKa

 ⬜ GaharEdlcMGinehIy

 ⬜ epSgeTot

karviPaKbzm

dak;elxEdlCacMelIyRtwmRtUv \_\_\_

 ⬜ mindwg

**1** sMnYr y>4³ karrkSaGaharEdlenAsl;enAkEnøgRtCak;

ehtuGIV)aneyIgmñak;² KYreCosvagkarbriePaKmðÚbGaharEdlenAsl;ehIymin)anrkSaTukenAkEnøgRtCak;?

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⁭ ⬜ BIeRBaHGaharminmansuvtßiPaBeToteT

⬜ Gaharp¥Úm ¬emeraKGacbegáIny:agelOn ehIyGacbgáreGayQW¦

⬜ sItuNðPaBkan;Etx<s; eFVIeGayemeraKekIneLIgkan;EtelOn

 ⬜ epSgeTot

karviPaKbzm

 ⬜ dwg

 ⬜ mindwg

 ⬜ mindwg

*¬cMelIyRtwmRtUv KWCacMelIykñúgCMerIs3dMbUg¦*

*⁭*

**1** sMnYr y>5³ karlagsMGatEpøeQI nwgbEnøRss;

etIGñkKYreFIVya:gdUcemþcmuneBlbriePaKEpøeQI nig bEnøRss;?

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⬜ lagvaCamYyTwks¥at

⬜ epSg²eTot

karviPaKbzm

 ⬜ dwg

 ⬜ mindwg

⬜ mindwg

**\riyabf**

\riyabfcMeBaHbBaðasuxPaB nig GaharUbtßmÖ

**1** karBulGahar¼QWedaykarbriePaKGaharp¥Úm

**KMnitEdlgayTTYlyk**

etIGñkKitfaGñkTMngCagayQWedaykarbriePaKGaharp¥ÚmEdrb¤eT?

⬜ 1> minTMng

⬜ 2> minR)akd

⬜ 3> TMngCa

 *RbsinebIminTMng³*

etIGñkGacR)ab;xJMúBImUlehtuEdlvaminTMng)aneT?

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**karyl;BIeRKaHfñak;**

etIGñkKitfakarQWedaykarbriePaKGaharp¥Úm b:HBal;F¶n;F¶rdl;suxPaBrbs;GñkEdrb¤eT?

⬜ 1> minF¶n;F¶reT

⬜ 2> minR)akd

⬜ 3> F¶n;F¶r

*RbsinebIminF¶n;F¶reT³*

etIGñkGacR)ab;´BImUlehtuEdlvaminF¶n;F¶r)aneT?

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\riyabfcMeBaHkarGnuvtþn\_EdlTak;TgeTAnwgGaharUbtßmÖEdll¥RbesIr b¤Edlcg;)an

**1** karrkSaTukGaharEdlqab;xUc enAkEnøgRtCak; dUcCaFugTwkkk b¤TUrTwkkk

**karyl;BIGtßRbeyaCn\_**

etIGñkKitfaval¥y:agNaEdr cMeBaHkarrkSaTuksac; sac;man;¼Ta sac;RtI eRKOgsmuRT b¤GaharcMGinrYc

enAkEnøgRtCak; dUcCakñúgFugTwkkk b¤TUrTwkkk?

⬜ 1> minl¥eT

⬜ 2> minR)akd

⬜ 3> l¥

*RbsinebIminl¥³*

etIGñkGacR)ab;´BImUlehtuEdlvaminl¥)aneT?

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**karyl;BIkarlM)ak**

etIGñkKitfavamankarlM)aky:agNa cMeBaHkarrkSaTukGaharenAkñúgFugTwkkk b¤TUrTwkkk?

⬜ 1> vaminlM)ak

⬜ 2> Fmµta

⬜ 3> lM)ak

*RbsinebIlM)ak³*

etIGñkGacR)ab;´BImUlehtuEdlvalM)ak)aneT?

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**1** karkMedAmðÚbEdlenAsl;muneBlbriePaK

**karyl;BIGtßRbeyaCn\_**

etIGñkKitfaval¥y:agNaEdr cMeBaHkarkMedAmðÚbGaharEdlenAsl; muneBlbriePaKva?

⬜ 1> minl¥eT

⬜ 2> minR)akd

⬜ 3> l¥

*RbsinebIminl¥³*

etIGñkGacR)ab;´BImUlehtuEdlvaminl¥)aneT?

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**karyl;BIkarlM)ak**

etIGñkKitvavalM)aky:agNa cMeBaHkarkMedAmðÚbGaharEdlenAsl; muneBlbriePaKva?

⬜ 1> vaminlM)ak

⬜ 2> Fmµta

⬜ 3> lM)ak

*RbsinebIlM)ak³*

etIGñkGacR)ab;´BImUlehtuEdlvalM)ak)aneT?

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**2** karlagsMGatEpøeQI nig bEnøCamYyTwks¥at

**karyl;BIGtßRbeyaCn\_**

etIGñkKitfaval¥y:agNaEdr cMeBaHkarlagsMGatEpøeQI nigbEnøCamYyTwks¥at?

⬜ 1> minl¥eT

⬜ 2> minR)akd

⬜ 3> l¥

*RbsinebIminl¥³*

etIGñkGacR)ab;´BImUlehtuEdlvaminl¥)aneT?

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**karyl;BIkarlM)ak**

etIGñkKitfavalM)akya:gNa cMeBaHkarlagsMGatEpøeQI nig bEnøCamYyTwks¥at?

⬜ 1> vaminlM)ak

⬜ 2> Fmµta

⬜ 3> lM)ak

*RbsinebIlM)ak³*

etIGñkGacR)ab;´BImUlehtuEdlvalM)ak)aneT?

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ម៉ូឌុលទី ១០៖ អនាម័យផ្ទាល់ខ្លួន

*ពន្យល់ទៅកាន់អ្នកចូលរួម:*

ខ្ញុំនឹងសួរសំនួរខ្លះៗទៅកាន់អ្នកអំពីអនាម័យផ្ទាល់ខ្លួន។ សូមប្រាប់ខ្ញុំផងបើសិនជាអ្នកមិនយល់ សំនួរណាមួយ ហើយអ្នកក៏អាចសួរនូវអ្វីដែលអ្នកចង់សួរបានផងដែរ។

**karGnuvtþn\_**

**1**  sMnYr G>1³ viFIsaRsþlagsMGatéd

etIGñkGacerobrab;BICMhankñúgkarlagsMGatéd)anEdrb¤eT?

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 ⬜ k> lagédCamYynwgTwkenAkñúgcanEdk ¬eRbIrYmKñaCamYyGñkdéTeTot¦-- karGnuvtþn¾minl¥

⬜ x> lagedaymannrNamñak;cak;Twks¥atBIpþileTAelIédmñak;eTot-- karGnuvtþn¾RtwmRtUv

⬜ K> lagCamYyTwkhUrBITwkTueya -- karGnuvtþn¾RtwmRtUv

⬜ X> lagédCamYysab‘U b¤epH

⬜ epSgeTot

⬜ mindwg¼mineqøIy

karviPaKbzm

* ebIsin x nig XRtUv)aneRCIserIs³ GñkeqøIytbdwgBIreboblagéd ¬CamYyTwks¥at nigsab‘U¦
* ebIsin K nig XRtUv)aneRCIserIs³ GñkeqøIytbdwgBIreboblagéd ¬CamYyTwks¥at nigsab‘U¦
* ebIsincMelIyepSgRtUv)aneRCIserIs³ GñkeqøIytbmindwgBIreboblagsMGatédrbs;BYkKat;eT ¬CamYyTwks¥at nigsab‘U¦

**karyl;dwg**

**1** sMnYr y>1³ karkarBarBulGaharbNþalmkBIemeraKmanenAkñúglamk

karBulGaharPaKeRcInbNþalmkBIkarb:HBal;emeraKEdlmanenAkñúglamk. etIGñkGacGIVedIm,IeCosvagkarmanCMgWEdl bNþalmkBIemeraK b¤mkBIlamkmnusS nig stV?

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⬜ lagsMGatéd ¬bnÞab;BIbenÞarbg;rYc nigbnÞab;BIlagKUTeGayTark¦

⬜ ekIblamkecjBIpÞH nigCMuvijpÞH ¬eRbIbgÁn; beRgónekµg²eGaybenÞarbg;dak;kenßar nigyklamkkumareTAecalkñúgbgÁn; nigRtUvlagsMGatlamkstVBahn³¦

⬜ epSgeTot

karviPaKbzm

 ⬜ dwg

 ⬜ mindwg

dak;elxEdlCacMelIyRtwmRtUv \_\_ \_\_

⬜ mindwg

**1** sMnYr y>2³ skmµPaBcMa)ac;EdlRtUvlagéd

skmµPaBcM)ac;xøHEdlGñkRtUvEtlagéd edIm,IkarBaremeraKkuMeGayqøgcUlcMNIGahar. etIskmµPaBTaMgenaHmanGIVxøH?

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⬜ bnÞab;BIcUlbgÁn;rYc

⬜ bnÞab;BIlagKUTeGayTarkehIy¼pøas;knÞbTark

⬜ muneBlerobcM¼kan;Gahar

⬜ muneBlbBa©úkekµg¼briePaKGahar

⬜ bnÞab;BIkan;GahareqA

karviPaKbzm

 ⬜ dwg

 ⬜ mindwg

dak;elxEdlCacMelIyRtwmRtUv \_\_ \_\_

⬜ bnÞab;BIkan;sMram

⬜ epSgeTot

⬜ mindwg

**\riyabf**

\riyabfcMeBaHbBaðasuxPaB nig GaharUbtßmÖ

**2** CMgWekItBIkarminlagsMGatéd

**KMnitEdlgayTTYlyk**

etIGñkKitfaGñkTMngCagayQWdUcCa QWeBaH b¤ rak edaysarmin)anlagédEdrb¤eT?

 b¤k¾

etIGñkKitfakUnrbs;GñkTMngCagayQWdUcCa QWeBaH b¤ rak edaysarmin)anlagédEdrb¤eT?

⬜ 1> minTMng

⬜ 2> minR)akd

⬜ 3> TMngCa

 *RbsinebIminTMng³*

etIGñkGacR)ab;xJMúBImUlehtuEdlvaminTMng)aneT?

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**karyl;BIeRKaHfñak;**

etIGñkKitfavab:HBal;F¶n;F¶rdl;suxPaBEdrb¤eT RbsinebIGñknigkUnrbs;GñkmanCMgWedaysarmin)anlagsMGatéd?

 b¤k¾

etIGñkKitfaCMgWrak vab:HBal;F¶n;F¶rdl;suxPaBkUnrbs;GñkEdrb¤eT?

 b¤k¾

etIGñkKitfaCMgWrak vab:HBal;F¶n;F¶rdl;suxPaBkumar Edrb¤eT?

⬜ 1> minF¶n;F¶reT

⬜ 2> minR)akd

⬜ 3> F¶n;F¶r

*RbsinebIminF¶n;F¶reT³*

etIGñkGacR)ab;´BImUlehtuEdlvaminF¶n;F¶r)aneT?

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\riyabfcMeBaHkarGnuvtþn\_EdlTak;TgeTAnwgGaharUbtßmÖEdll¥RbesIr b¤Edlcg;)an

**1** karlagsMGatéd

**karyl;BIGtßRbeyaCn\_**

etIGñkKitfaval¥y:agNaEdr cMeBaHkarlagédrbs;GñkmuneBlcMGinGahar?

 b¤k¾

etIGñkKitfaval¥y:agNaEdr cMeBaHkarlagédrbs;Gñk muneBl bBa©úkGahardl;kumar¼briePaKGahar?

⬜ 1> minl¥eT

⬜ 2> minR)akd

⬜ 3> l¥

*RbsinebIminl¥³*

etIGñkGacR)ab;´BImUlehtuEdlvaminl¥)aneT?

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**karyl;BIkarlM)ak**

etIGñkKitfavamankarlM)aky:agNa cMeBaHkarlagédrbs;GñkmuneBlcMGinGahar?

 b¤k¾

etIGñkKitfavalM)aky:agNa cMeBaHkarlagédrbs;Gñk muneBl bBa©úkGahardl;kumar¼briePaKGahar?

⬜ 1> vaminlM)ak

⬜ 2> Fmµta

⬜ 3> lM)ak

*RbsinebIlM)ak³*

etIGñkGacR)ab;´BImUlehtuEdlvalM)ak)aneT?

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**PaBeCOCak;elIxøÜnÉg**

etIGñkmankareCOCak;b:uNÑaEdr cMeBaHkarlagsMGatédRtwmRtUv?

 ⬜ 1> minmankareCOCak;

 ⬜ 2> Fmµta

 ⬜ 3> eCOCak;

*RbsinebImineCOCak;³*

etIGñkGacR)ab;´BImUlehtuEdleFIVeGayGñkmineCOCak;)aneT?

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ម៉ូឌុលទី ១១៖ ទឹក និងអនាម័យ

*ពន្យល់ទៅកាន់អ្នកចូលរួម:*

ខ្ញុំនឹងសួរសំនួរខ្លះៗទៅកាន់អ្នកអំពីទឹក និង អនាម័យ។ សូមប្រាប់ខ្ញុំផងបើសិនជាអ្នកមិនយល់ សំនួរណាមួយ ហើយអ្នកក៏អាចសួរនូវអ្វីដែលអ្នកចង់សួរបានផងដែរ។

**karGnuvtþn\_**

**1**  sMnYr G>1³ RbPBTwksMrab;briePaK cMGinGahar nig lagsMGatéd

etITwkeRbIR)as;enAkñúgRkumRKYsarrbs;GñksMrab; briePaK cMGinGahar niglagsMGatédenaH)anmkBINa?

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⬜ TwkTueya

⬜ TueyaEdl)antcUlkñúgpÞH

⬜ TueyaenATIFøaxageRkA b¤ dIval

⬜ TueyaenAkEnøgsaFarN³

⬜ GNþÚgsñb;¼xYg

⬜ GNþÚgCIk

⬜ GNþÚgmanKMrbkarBar

⬜ GNþÚgminmanKMrbkarBar

⬜ Twkecj

⬜ TwkecjmanKMrbkarBar

⬜ TwkecjminmanKMrbkarBar

⬜ TwkePøógRtg

⬜ LandwkTwk

⬜ reTHrujdwkFugTwk¼Fug

⬜ Twik ¬TwksÞwg¼Tenø RbLay TMnb;Twk bwg RtBaMg ERBk RbBn§½eRsacRsb;¦

⬜ TwkbrisuT

⬜ epSgeTot ¬bBa¢ak;¦>>>>>>>>>>>>>>>>>>>>>>>>>>>>>>>>>>>>>>>>>>>>>>>>>>>>>>>>>>>>>>>>

 ⬜ mindwg

**2**  sMnYr G>2³ karRbmUlTwk

k> etIGñkRbmUlTwkedIm,IeRbIR)as;enAkñúgpÞHb¤?

 ⬜ )aT¼cas >>>>>>>>>>>>>>>>>>>>>>>>>>>>>>>>>>>>>>> bnþeTAsMnYr G>2>x>

 ⬜ eT >>>>>>>>>>>>>>>>>>>>>>>>>>>>>>>>>>>>>>>>>>>>>>>>> bnþeTAsMnYr G>3>

x> etIGñkeRbIR)as;]bkrN\_GVIkñúgkarRbmUlTwk?

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K> *edIm,IdWgfa]bkrN\_enaHsMGats¥atb¤Gt; sUmsYrbBa¢ak;³* etIGñk)ansMGat]bkrN\_RbmUlTwkenaHEdrb¤eT?

 ⬜ )aT¼cas

 ⬜ eT

⬜ mindwg

*RbsinebI)aT¼cas³*

⬜ edayrebobNa?

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⬜ eRbITwk nig sab‘U ¬Fugdak;Twks¥at¦

 ⬜ epSgeTot

⬜ mindwg¼KµancMelIy

**2**  sMnYr G>3³ karrkSaTukTwk

etIGñkGacerobrab;BIrebobGñkrkSaTukTwk)aneT?

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⬜ Fugdak;Twks¥at b¤ BagTwksMGats¥at

⬜ Fugdak;Twk b¤ BagTwkmanKMrb

⬜ Fugdak;Twks¥at b¤ BagTwksMGats¥at RBmTaMgmanKMrb

 ⬜ epSgeTot

⬜ mindwg¼KµancMelIy

**1**  sMnYr G>4³ kareFIVeGayTwkmansuvtßiPaBsMrab;briePaK

etIGñkmanviFIsaRsþy:agNa kñúgkareFIVeGayTwkmansuvtßiPaB muneBlbriePaK?

 ⬜ )aT¼cas

 ⬜ eT

⬜ mindwg¼KµancMelIy

*RbsinebI)aT¼cas³*

etICaFmµta GñkeFIVy:agNaedIm,IeGayTwkmansuvtßiPaBsMrab;briePaK?

⬜ daMTwk

 ⬜ dak;fñaMeFIVeGayføa¼kørIn

 ⬜ eRbIRkNat;cMeraH

 ⬜ eRbIFugcMeraHTwk ¬esra:mic xSac; .l.¦

⬜ kareRbIBnøWRBHGaTitüsMlab;emeraK

⬜ TukeGayrgføa

⬜ epSgeTot

⬜ mindwg¼KµancMelIy

viFIepSgeTot? *¬kt;Rtaral;viFIEdl)anelIkeLIg¦*

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**karyl;dwg**

**1** sMnYr y>1³ kareFIVTwkEdlminmansuvtßiPaB eGaymansuvtßiPaB

ebIsinCaGñkdwgfaTwkEdlGñkykmkeRbIR)as;sMrab;eFIVmðÚb nig briePaK enaHminmansuvtßiPaB b¤ykmkBIRbPBTwkmins¥at. etIGñkKYrEteFIVrebobNa?

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⬜ daM

 nig

 ⬜ dak;fñaMeGayføa¼kørIn

 nig

 ⬜ eRbIRkNat;cMeraH

 nig

 ⬜ eRbIFugcMeraHTwk ¬esra:mic xSac; .l.¦

 nig

 ⬜ kareRbIBnøWRBHGaTitüsMlab;emeraK

nig

⬜ TukeGayrgføa

nig

⬜ cak;TwkkxVk;ecalehIydgTwkEdlmansuvtßiPaB

 ⁭ ⬜ epSgeTot ⁭

karviPaKbzm

 ⬜ dwg

 ⬜ mindwg

⬜ mindwg ⁭

**\riyabf**

\riyabfcMeBaHbBaðasuxPaB nig GaharUbtßmÖ

**2** CMgWrakEdlbNþalmkBITwkmins¥at

**KMnitEdlgayTTYlyk**

etIGñkKitfaGñkTMngCagayekItCMgWrak edaysareRbIR)as;Twkmins¥atEdrb¤eT?

 b¤k¾

etIGñkKitfakUnrbs;GñkTMngCagayekItCMgWrak edaysareRbIR)as;Twikmins¥atEdrb¤eT?

⬜ 1> minTMng

⬜ 2> minR)akd

⬜ 3> TMngCa

 *RbsinebIminTMng³*

etIGñkGacR)ab;xJMúBImUlehtuEdlvaminTMng)aneT?

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**karyl;BIeRKaHfñak;**

etIGñkKitfakarmanCMgWedaysarTwkmins¥at vab:HBal;F¶n;F¶rdl;suxPaBEdrb¤eT?

⬜ 1> minF¶n;F¶reT

⬜ 2> Fmµta

⬜ 3> F¶n;F¶r

\riyabfcMeBaHkarGnuvtþn\_EdlTak;TgeTAnwgGaharUbtßmÖEdll¥RbesIr b¤Edlcg;)an

**1** kardaMTwkmuneBlbriePaK b¤ eRbIR)as;

**karyl;BIGtßRbeyaCn\_**

etIGñkKitfaval¥y:agNaEdr cMeBaHkardaMTwk muneBlbriePaK b¤eRbIR)as;va?

⬜ 1> minl¥eT

⬜ 2> minR)akd

⬜ 3> l¥

*RbsinebIminl¥³*

etIGñkGacR)ab;´BImUlehtuEdlvaminl¥)aneT?

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**karyl;BIkarlM)ak**

etIGñkKitfavamankarlM)aky:agNa cMeBaHkardaMTwk muneBlbriePaK b¤eRbIR)as;va?

 ⬜ 1> vaminlM)ak

⬜ 2> Fmµta

⬜ 3> lM)ak

*RbsinebIlM)ak³*

etIGñkGacR)ab;´BImUlehtuEdlvalM)ak)aneT?

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**PaBeCOCak;elIxøÜnÉg**

etIGñkmankareCOCak;b:uNÑaEdr cMeBaHkardaMTwk muneBlbriePaK b¤eRbIR)as;va?

 ⬜ 1> minmankareCOCak;

 ⬜ 2> Fmµta

 ⬜ 3> eCOCak;

*RbsinebImineCOCak;³*

etIGñkGacR)ab;´BImUlehtuEdleFIVeGayGñkmineCOCak;)aneT?

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ម៉ូឌុលទី ១២៖ គោលការណ៍ណែនាំពីរបបអាហារ

*ពន្យល់ទៅកាន់អ្នកចូលរួម:*

ខ្ញុំនឹងសួរសំនួរខ្លះៗទៅកាន់អ្នកអំពីគោលការណ៍ណែនាំរបបអាហារ​ **[បំពេញឈ្មោះគោលការណ៍ ណែនាំរបបអាហារដែលមាន]**។ សូមប្រាប់ខ្ញុំផងបើសិនជាអ្នកមិនយល់ សំនួរណាមួយ ហើយអ្នកក៏អាចសួរនូវអ្វីដែលអ្នកចង់សួរបានផងដែរ។

**karyl;dwg**

**1** sMnYr y>1³ karyl;dwgGMBIeKalkarN\_ENnaMrbbGahar

y>1>k³ etIGñkFøab;eXIjrUbPaBenHEdrb¤eT?

⬜ )aT¼cas >>>>>>>>>>>>>>>>>>>>>>>>>>>>>>> bnþeTAsMnYr y>1>x>

⬜ eT >>>>>>>>>>>>>>>>>>>>>>>>>>>>>>>>>>>>>>>> bnþeTAsMnYr y>2>

 ⬜ mindwg ⁭

y>1>x³ etIGñkGacR)ab;xJMúfavaKWCaGVI)aneT?

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⬜ **[បំពេញឈ្មោះគោលការណ៍ ណែនាំរបបអាហារដែលមាន]**

⬜ epSgeTot

karviPaKbzm

 ⬜ dwg

 ⬜ mindwg

 ⬜ mindwg ⁭

**1** sMnYr y>2³ eKalbMNgrbs;eKalkarN\_ENnaMrbbGahar

etI **[បំពេញឈ្មោះគោលការណ៍ ណែនាំរបបអាហារដែលមាន]** l¥sMrab;GVIEdr?

*RbsinebIGñkpþl;sMPasn\_mankarBi)akkñúgkarpþl;cMelIy sYrbBa¢ak;³*

etIehtuGVIGñkKitfa **[បំពេញឈ្មោះគោលការណ៍ ណែនាំរបបអាហារដែលមាន]** man?

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⬜ edIm,ICYyRbCaCneGaybriePaKGaharEdlmansarCatiRKb;RKan;¼rbbGaharCYydl;suxPaB

b¤k¾

⬜ edIm,IelIkTwkcitþeGayRbCaCnbriePaKGaharEdlmkBIRkumepSg²BIKña¼rbbGaharcMruHmux

 ⬜ epSgeTot

karviPaKbzm

 ⬜ dwg

 ⬜ mindwg

 ⬜ mindwg

**1** sMnYr y>3³ RkumGaharxus²Kña

k> etImanRkumGaharbu:nµanRkum EdlmanbBa©Úlkñúg **[បំពេញឈ្មោះគោលការណ៍ ណែនាំរបបអាហារដែលមាន]**?

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karviPaKbzm

* dwg
* mindwg

⬜ **[បំពេញចំនួនក្រុមអាហារ]**

 ⬜ epSgeTot

karviPaKbzm

 ⬜ dwg

 ⬜ mindwg

 ⬜ mindwg

karviPaKbzm

* dwg
* mindwg

x> etIGñkGacerobrab;RkumGaharTaMgenaH)aneT?

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⬜ **[បំពេញប្រភេទក្រុមអាហារនៅក្នុងជំរើសចំលើយ]**

⬜ epSgeTot

 ⬜ mindwg

karviPaKbzm

 ⬜ dwg

 ⬜ mindwg

dak;elxEdlCacMelIyRtwmRtUv \_\_ \_\_

**1** sMnYr y>4³ ]TahrN\_GaharecjBIRkumGaharnImYy²

etIGñkGaceGay]TahrN\_Gahar3mux ecjBIRkumGaharnImYy²)aneT?

*sYrbBa¢ak;RbsinebIcaM)ac;³* R)ab;Gahar3muxEdlsßitkñúgRkumGaharnImYy².

**[បំពេញក្រុមអាហាររបស់គោលការណ៍ណែនាំរបបអាហារជាជំរើសចំលើយទុកមុន]**

**[ក្រុមអាហារ]**

 ⬜ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

⬜ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

karviPaKbzm

 ⬜ dwg

 ⬜ mindwg

⬜ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**[ក្រុមអាហារ]**

 ⬜ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

⬜ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

karviPaKbzm

 ⬜ dwg

 ⬜ mindwg

⬜ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

***.l.***

⬜ epSgeTot \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 ⬜ mindwg

**1** sMnYr y>5³ eKalkarN\_rbbGahar

edIm,IrkSasuxPaBeGay)anl¥ **[បំពេញឈ្មោះគោលការណ៍ណែនាំរបបអាហារដែលមាន]** pþl;Gnusasn\_TUeTA. sUmerobrab;Gnusasn\_y:agehacNas;eGay)an 3.

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**[បំពេញអនុសាសន៍ដូចដែលមានក្នុងគោលការណ៍ណែនាំរបបអាហារ ទៅជាជំរើសចំលើយ]**

⬜ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

⬜ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

⬜ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

⬜ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

⬜ epSgeTot

karviPaKbzm

 ⬜ dwg

 ⬜ mindwg

dak;elxEdlCacMelIyRtwmRtUv \_\_ \_\_

 ⬜ mindwg

**\riyabf**

**1** karyl;BIsar³sMxan;énkarGnuvtþtameKalkarN\_ENnaMrbbGahar

etIvamansar³sMxan;rebobNa EdlRtUveFVItam **[eQµaHeKalkarN\_ENnaMrbbGahar]**?

 b¤k¾

etIvamansar³sMxan;rebobNa EdlRtUv**[bMeBjGnusasn\_BIeKalkarN\_ENnaMrbbGahar]**?

⬜ 1> minsMxan;

⬜ 2> minR)akd

⬜ 3> sMxan;

 *RbsinebIminsMxan;³*

etIGñkGacR)ab;xJMúBImUlehtuEdlvaminsMxan;)aneT?

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**2** kareCOCak;elIxøÜnÉg

etIGñkmankareCOCak;b:uNÑaEdr cMeBaHkarGnuvtþtam**[eQµaHeKalkarN\_ENnaMrbbGahar]**?

 b¤k¾

etIGñkmankareCOCak;b:uNÑaEdr cMeBaHkarGnuvtþtam**[bMeBjGnusasn\_BIeKalkarN\_ENnaMrbbGahar]**?

 ⬜ 1> minmankareCOCak;

 ⬜ 2> Fmµta

 ⬜ 3> eCOCak;

*RbsinebImineCOCak;³*

etIGñkGacR)ab;´BImUlehtuEdleFIVeGayGñkmineCOCak;)aneT?

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**karGnuvtþn\_**

**1**  sMnYr G>1³ karbriePaK nigPaBjwkjab;énkarbriePaKGaharBIRkumGaharmYy²

kalBImiSlmiuj kñúgGMLúgeBlyb;nigeBléf¶ etIGñk)anbriePaKGaharTaMgLay *¬GanRkumGaharxus²KñaecjBI eKalkarN\_ENnaMrbbGahar¦* dUcCa *¬eGay]TahrN\_ ¦*¦?

**[បំពេញក្រុមអាហាររបស់គោលការណ៍ណែនាំរបបអាហារជាជំរើសចំលើយទុកមុន]**

**[ក្រុមអាហារ]** ⬜ )aT¼cas ⬜ eT

*RbsinebI )aT¼cas³*

etIGaharmYyNa?

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**[ក្រុមអាហារ]** ⬜ )aT¼cas ⬜ eT

*RbsinebI )aT¼cas³*

etIGaharmYyNa?

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**.l.**

ម៉ូឌុលទី ១៣៖ ការលើសទំងន់ និងធាត់

***ចំណាំៈ*** *ប្រធានបទស្តីពីការលើសទំងន់ និងធាត់ គឺងាយនឹងមានការប៉ះពាល់អារម្មណ៍ណាស់ ដូចេ្នះត្រូវមានការប្រុងប្រយ័ត្នក្នុងការសួរ។*

*ពន្យល់ទៅកាន់អ្នកចូលរួម:*

ខ្ញុំនឹងសួរសំនួរខ្លះៗទៅកាន់អ្នកអំពីការលើសទំងន់ និង ធាត់។ **យើងកំពុងសួរសំនួរទាំងនេះទៅកាន់មនុស្ស**ជាច្រើន**គ្នា**នៅ**ក្នុងសហគមន៏ដែល**ពួកគេ**ត្រូវបានជ្រើសរើសដោយឯករាជ្យ**ទៅតាម**ស្ថានភាពរាងកាយ ឬ**ទំងន់**របស់ពួកគេ។ សូមប្រាប់ខ្ញុំផងបើសិនជាអ្នកមិនយល់សំនួរណាមួយ អ្នកអាចសួរសំនួរដែលអ្នកចង់សួរ។**

**ការអនុវត្តន៏ៈ**

១ **សំនួរ អ.១: ការវាយ**តំលៃ**លើ**ទំលាប់ការ**បរិភោគនាំទៅរកការលើស**ទំងន់ និងធាត់

ទំលាប់**បរិភោគ**ដែល**នាំទៅរកការលើស**ទំងន់**និងភាពធាត់ គឺជា**តាមវប្បធម៌និងតាម**បុគ្គល។** ដោយ**ហេតុផល**នេះ **សំនួរគំរូប្រហែលជាមិនសាកសមដើម្បីវាយ**តំលៃ**ការអនុវត្តន៏ទាំងនេះនៅក្នុងបរិបទណាមួយ**ក៏ដោយ**។ សំនួរវាស់វែង**ទំលាប់ការ**បរិភោគ**ដែល**នាំទៅរកការលើស**ទំងន់ **និងភាពធាត់ ត្រូវ**តែ**បង្កើតឡើងដោយផ្អែកលើ ការអនុវត្តន៏ដែលរំពឹងថា**នឹង**ត្រូវ**ផ្លាស់**ប្តូរ**ដែលជា**លទ្ធផលនៃការអន្តរាគមន៏ផ្នែកអាហារូបត្ថម្ភ ដូចជា**ភាពញឹកញាប់នៃ**ការបរិភោគអាហារជាក់លាក់**ណា**មួយ ឬ**ឥរិយាបថ**ដែលអាច**សំគាល់**ឃើញ**បាន។

**ការវាស់វែងការបរិភោគអាហារជាក់លាក់មួយជាញឹកញាប់**

ជា**ឧទាហរណ៏ ប្រសិនបើគោលបំណងនៃការ**ធ្វើ**អន្តរាគមន៏** គឺ**ដើម្បីកាត់បន្ថយការបរិភោគភេសជ្ជៈ អញ្ចឹង**ភាពញឹកញាប់នៃការបរិភោគភេសជ្ជៈ គួរត្រូវបានគេសិក្សា**អង្កេត**ក្នុងចំណោម**ប្រជាជន។ យោងទៅលើគម្រោង និងបរិបទ ភាពញឹកញាប់នៃការ**បរិភោគ**អាហារដែលមានជាតិស្ករ** (**ភេសជ្ជៈ និងអាហារដែលមានជាតិស្ករដទៃទៀត**) **និងអាហារមានជាតិខ្លាញ់**ច្រើន (**អាហារ**ចំអិន**ស្រាប់ និងអាហារដែលមានជាតិខ្លាញ់**ច្រើនដ**ទៃទៀត**) **គួរ**ត្រូវបានគេ**ធ្វើការវាយ**តំលៃ**។**

 **កា**ល**ពីម្សិល**ម៉ិញ **ក្នុងអំឡុងពេលថ្ងៃនិងយប់ តើអ្នកបានប**រិភោគ[ឈ្មោះអាហារ] ដែរឬទេ?

[**សរសេរ**ឈ្មោះអាហារដែល**សមស្រប​ ហើយ**ចាត់ថ្នាក់ចូលក្នុង**ជំរើស។**]

[ឈ្មោះអាហារ] **□បាទ/ចាស □ទេ**

 ***ប្រសិនបើបាទ/ចាសៈ***

តើ**ប៉ុន្មានដ**ងៈ

**ថ្ងៃ**?\_\_\_

**សប្តាហ៏**?\_\_\_

**ខែ**?\_\_\_

**ការវាស់វែងការអនុវត្តន៏ដែលអាចមើលឃើញជាជាក់លាក់**

ទំលាប់នៃ**បរិភោគ**ដែល**នាំទៅរកការលើស**ទំងន់ **និងភាពធាត់ អាចត្រូវបានវាយ**តំលៃតាមរយៈការសង្កេតលើឥរិយាបថ ដូចជាទំលាប់ក្នុងការ**ទិញ ឬចំអិន ការដកគ្រឿងផ្សំចេញ**ពីបញ្ជីមុខអាហារ**។ល។ សំនួរជាក់លាក់មួយលើការអន្តរាគមន៏ផ្នែកអប់រំ គួរតែបានបង្កើតឡើង** (សូម**មើល​ ​ជំហាន**ទី៥៖ **ការរៀបចំសំនួរបន្ថែម**)**​ សំរាប់ការប្រុងប្រយ័ត្នក្នុងការ**បង្កើត**សំនួរបន្ថែម។**

**ឧទាហរណ៏ ប្រសិនបើគោលបំណងនៃការអន្តរាគមន៏** គឺ**ដើម្បីផ្សព្វផ្សាយ ពីវិធីចំអិន**អាហារដោយមិនប្រើប្រាស់**ខ្លាញ់ ដូចជា ការស្ងោរ និងចំអិនក្នុងឡ**ដុត **សំនួរខាងក្រោមអាច**ត្រូវបានគេ**បន្ថែមៈ**

 **តើ**ជា**ធម្មតា អ្នកចំអិនសាច់មាន់សំរាប់គ្រួសារអ្នកតាមរបៀបណា**?

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**□ ចៀន**

**□ ចំអិនក្នុងឡ**ដុត

**□ ស្ងោរ**

**□ ដទៃទៀត**

**□** មិនដឹង/គ្មានចំលើយ

**១ សំនួរ អ.២: ការវាយ**តំលៃ**លើការអនុវត្តន៏សកម្មភាពរាងកាយ**

**តើអ្នកធ្វើសកម្មភាពរាងកាយខ្លះទេ** គឺសំដៅថា**ជាសកម្មភាព**ដែល**រាងកាយអ្នកធ្វើចលនាក្នុង**

**រយៈពេលយូរ**? **ឧទាហរណ៏ ការដើរ ការរត់ ការច្រូតស្រូវ ។ល។**? *(****ផ្តល់ឧទាហរណ៏ដទៃទៀតប្រសិនបើចាំបាច់។****)*

**□ បាទ/ចាស**

**□ ទេ**

**□** មិន**ដឹង/**គ្មានចំលើយ

***ប្រសិនបើបាទ/ចាស:***

តើ**ណាមួយ**?

[បន្ថែមសកម្មភាពរាងកាយដទៃទៀតដែល**និយមអនុវត្តន៍នៅ**ក្នុងតំបន់។ ឧទាហរណ៏ សកម្មភាពរាងកាយនៅតំបន់ជនបទ អាចរាប់បញ្ចូល**ទាំង**ការដឹកជញ្ជូនទឹក ពុះអុស **ឃ្វាល**សត្វ ។ល។]

**□ ការដើរ**

***ប្រសិនបើបាទ/ចាស:* ប៉ុន្មាននាទីក្នុងមួយថ្ងៃ**? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**□ ការរត់**

***ប្រសិនបើបាទ/ចាស:* ប៉ុន្មាននាទីក្នុងមួយ:**

**ថ្ងៃ**? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**សប្តាហ៏**? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**ខែ**?\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

□ ការច្រូតកាត់

***ប្រសិនបើបាទ/ចាស:* ប៉ុន្មាននាទីក្នុងមួយ:**

**ថ្ងៃ**? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**សប្តាហ៏**? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**ខែ**?\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

□ កីឡាផ្សេង**ទៀត**(**បញ្ជាក់**)\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

***ប្រសិនបើបាទ/ចាស:* ប៉ុន្មាននាទីក្នុងមួយ:**

**ថ្ងៃ**? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**សប្តាហ៏**? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**ខែ**?\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

□ ផ្សេង**ទៀត**(**បញ្ជាក់**)\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

□មិន**ដឹង**/គ្មានចំលើយ

**ការយល់ដឹង**

**១ សំនួរ យ.១:** ហានិភ័យ**នៃការលើស**ទំងន់ **និងភាពធាត់**

**នៅពេលដែលមនុស្សម្នាក់លើស**ទំងន់ **ឬធាត់ តើមានបញ្ហាសុខភាពអ្វី**ខ្លះ**កើតឡើង**?

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**□** កើនឡើង**ការប្រឈមទៅនឹង**ជំងឺ**រ៉ាំរ៉ៃ** (**ដូចជា** ជំងឺ**បេះដូង/**ជំងឺ**សរសៃឈាមបេះដូង លើសសំពាធឈាម ទឹកនោមផ្អែម** ជំងឺ**ដាច់សរសៃឈាមខួរក្បាល** ជំងឺ**មហារីក ពិបាកដកដង្ហើម បញ្ហាឆ្អឹងនិងសាច់ដុំរ៉ាំរ៉ៃ បញ្ហាស្បែក និងភាពមិនអាចបង្កកំណើតបាន)**

**□ បន្ថយសុខុមាលភាព**

**□ មរណៈភាពទារកកើតមិនគ្រប់ខែ**

**ការវិភាគបឋម**

□ ដឹង

□ មិនដឹង

ដាក់លេខជាចំលើយត្រឹមត្រូវ \_\_

**□ ដទៃទៀត**

**□** មិន**ដឹង**

**១ សំនួរ យ.២: មូលហេតុនៃការលើស**ទំងន់ **និងភាពធាត់**

**តើអ្នកអាចប្រាប់ខ្ញុំបានទេ ថាហេតុអ្វីបានជាមនុស្សលើស**ទំងន់ **ឬធាត់**?

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\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**□ ការបរិភោគ**លើសតំរូវការនូវ**អាហារ**មាន**ថាមពល**ខ្ពស់ពោលគឺ**មានខ្លាញ់ និងស្ករ**ច្រើន

**□ មិនសូវមានសកម្មភាពរាងកាយ**

**ការវិភាគបឋម**

□ ដឹង

□ មិនដឹង

ដាក់លេខជាចំលើយត្រឹមត្រូវ \_\_

**□ ដទៃទៀត**

**□** មិន**ដឹង**

**១ សំនួរ យ.៣: ការការពារពីការលើស**ទំងន់ **និងភាពធាត់**

 **តើមនុស្សអាចការពារការលើស**ទំងន់ **និងភាពធាត់**បាន**ដោយរបៀបណា**?

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**□ កាត់បន្ថយ**ការ**បរិភោគអាហារផ្តល់ថាមពល** (**អាហារ និង ភេសជ្ជៈដែលមាន**ថាមពលតិច) / **បន្ថយការបរិភោគអាហារមានខ្លាញ់ និងស្ករ**ច្រើន

**□ បរិភោគបន្លែ និងផ្លែឈើ**អោយ**បានញឹកញាប់**

**□ បរិភោគគ្រាប់**ធុ**ញ្ញជាតិ**អោយ**បានញឹកញាប់**

 **□ បង្កើ**ន**កំរិតសកម្មភាពរាងកាយ/ធ្វើសកម្មភាពរាងកាយ**អោយ**បានទៀងទាត់**

**□ ដទៃទៀត**

**ការវិភាគបឋម**

□ ដឹង

□ មិនដឹង

ដាក់លេខជាចំលើយត្រឹមត្រូវ \_\_

**□** មិន**ដឹង**

ឥរិយាប**ថ**

**ឥរិយាប**ថ**ចំពោះបញ្ហាសុខភាព** និង**អាហារូបត្ថម្ភ**

**១ ការលើស**ទំងន់ **និងភាពធាត់**

គំនិតដែលងាយទទួលយក

**តើអ្នកគិតថាអ្នកទំនងជា**ងាយ**លើស**ទំងន់ **ឬធាត់ដែរឬទេ**?

**□ ១. មិនទំនង**

**□ ២. មិនប្រាកដ**

**□ ៣. ទំនង**ជា

***ប្រសិនបើមិនទំនងៈ***

**តើអ្នកអាចប្រាប់ខ្ញុំ**ពីមូលហេ**តុ**ដែលវាមិនទំនងបានទេ?

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**ការយល់ពី**គ្រោះថ្នាក់

**តើគិតថា**ការលើសទំងន់ **ឬធាត់** ជាបញ្ហាធ្ងន់ធ្ងរដែរឬទេ?

**□ ១. មិនធ្ងន់ធ្ងរ**ទេ

**□ ២. ធម្មតា**

**□ ៣. ធ្ងន់ធ្ងរ**

***ប្រសិនបើមិនធ្ងន់ធ្ងរៈ***

**តើអ្នកអាចប្រា**ប់**ខ្ញុំ**ពីមូលហេតុ ដែលវា**មិនធ្ងន់ធ្ងរ**បានទេ?

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**ឥរិយាបទចំពោះការអនុវត្តន៏ដែលទាក់ទង**ទៅនឹង**អាហារូបត្ថម្ភដែលល្អប្រសើរ** ឬ ដែលចង់បាន

**១ ការបរិភោគតិច** (**ឧទាហរណ៏** បរិភោគក្នុងបរិមាណតិចៗ **បរិភោគយឺតៗ និង**សំគាល់ការ**ឆ្អែត បរិភោគអាហារដែលមានស្ករ និងខ្លាញ់**តិច **។ល។)**

**ការយល់យល់ពីអត្ថ**ប្រយោជន៏

**តើអ្នកគិតថា**វា**ល្អយ៉ាងណា**ដែរចំពោះការ**បរិភោគតិច ឧទាហរណ៏បរិភោគអាហារ**ក្នុងបរិមាណតិចៗ?

**□ ១. មិនល្អ**ទេ

**□ ២.មិនប្រាកដ**

**□ ៣.ល្អ**

***ប្រសិនបើមិនល្អៈ***

**តើអ្នកអាចប្រាប់ខ្ញុំ**ពីមូលហេតុដែលវា**មិនល្អ**បានទេ?

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**ការយល់ពីការលំបាក**

**តើ**អ្នកគិតថា **វា**មានការលំបាកយ៉ាងណា ចំពោះការ**បរិភោគអាហារតិច**?

**□ ១.** វា**មិន**លំបាក

**□ ២. ធម្មតា**

**□ ៣.** លំ**បាក**

***ប្រសិនបើ****លំ****បាកៈ***

**តើអ្នកអាច**ប្រាប់**ខ្ញុំ**ពីមូលហេតុដែលវាលំបាកបានទេ?

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**១ ការធ្វើសកម្មភាពរាងកាយខ្លះ** (**ឧ.ការដើរ៣០នាទីជារៀងរាល់ថ្ងៃ លេងកីឡា រាំ៦០នាទីក្នុងមួយសប្តាហ៏ ។ល។**)

**ការយល់យល់ពីអត្ថ**ប្រយោជន៏

**តើអ្នកគិតថា**វា**ល្អយ៉ាងណា**ដែរចំពោះការធ្វើ**សកម្មភាពរាងកាយខ្លះ ដូចជា ការដើរ៣០នាទី**ក្នុង១**ថ្ងៃ ការរត់ឬការលេងកីឡា**?

**□ ១. មិនល្អ**ទេ

**□ ២. មិនប្រាកដ**

**□ ៣. ល្អ**

***ប្រសិនបើមិនល្អៈ***

**តើអ្នកអាចប្រាប់ខ្ញុំ**ពីមូលហេតុដែលវាមិនល្អបានទេ?

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**ការយល់ពីការលំបាក**

**តើ**អ្នកគិតថាវាមានការលំបាកយ៉ាងណា ចំពោះការ**ធ្វើសកម្មភាពរាងកាយ/ហាត់ប្រាណខ្លះ**?

**□ ១.** វា**មិន**លំបាក

**□ ២. ធម្មតា**

**□ ៣.** លំ**បាក**

**ប្រសិនបើ***លំ***បាកៈ**

**តើអ្នកអាច**ប្រាប់**ខ្ញុំ**ពីមូលហេតុដែលវាលំបាកបានទេ?

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**ភាពជឿជាក់លើខ្លួនឯង**

**តើអ្នកមាន**ការ**ជឿជាក់ប៉ុណ្ណា**ដែរចំពោះ**ការធ្វើសកម្មភាពរាងកាយ/ហាត់ប្រាណខ្លះ**?

**□ ១. មិន**មានការ**ជឿជាក់**

**□ ២. ធម្មតា**

**□ ៣. ជឿជាក់**

***ប្រសិនបើមិនជឿជាក់ៈ***

**តើអ្នកអាចប្រាប់ខ្ញុំ**ពីមូលហេតុដែលធ្វើអោយអ្នកមិន**ជឿជាក់**បានទេ?

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