OR̩AK´ AD̩EPASERE SA̩BJI CAS

Ho̱ṛmo̱ reakʹ jo̱m lạgitʹ ar ho̱ṛmo̱ ạḍi din bahaok´ ar mo̱ńj dohoe lạgitʹ aboakʹ dinạm jo̱m re aema lekan jom ńuakʹ jinis bon jometʹ kana. Nit do̱ Baṅladisạm reaḱ ạḍi maraṅ muskil do̱ hoyoḱ kana ạḍi jạruṛan jom-ńu, menkhan abo do̱ jom-ńu reaḱ´ apnar ạidạri/khusi bon ńam akada.

Abo do̱ o̱ṛaḱ ạḍepasere alga tege ạḍi lekan sa̩bji cas kate aboak´ hor̩mo reak´´ ja̩rur̩ok´ ak´ kobon n´am purạu daṛeaḱa. Aboakʹ se ho̱ṛkoakʹ hasa/jaega-j´umi do̱ ạḍi tho̱ṛa gea, onate gharońj reak kud̩a̩m aṛe ar oṛakʹ reakʹ sorkore ạḍi jạruṛokʹkan anaj se sa̩bji reakʹ algatege bon cas daṛeakʹa. Noa lekate apnar gharon´jren sanam ko la̩git´ ạḍi bhage ar ạḍi mońj hoṛmo ar mon bon ńam daṛeaḱa.

FAO reaḱ katha lekate dinạm mit´ hoṛ lạgit´ 220 gram sa̩bji ạḍi jạruṛa. Menkhan abo disomre do ona reaḱ adha hõ baṅbon jom ńamet´ kana. Onate noa ret̩ bạṛti lạgit´ oṛaḱ ad̩epasere sa̩bji cas ạḍi jạruṛaḱ.

Disom ren aema ren̩gec´ nacar hor̩koak´ pust̩i jom-n´u purun la̩git´ te or̩ak´ ad̩epasere nana huna̩r sa̩bji cas reak´ a̩d̩i ja̩rur̩ menak´a. Ente sanam lekan sa̩bjire aema khandan bulun̩ ar Vit̩amin kodo menak´a, one oka do aboak´ hor̩mo mon´j ar niropon dohoe la̩git´ a̩d̩i ja̩rur̩a.

Oṛaḱ sor reaḱ kha̩li jaegakore aema lekan sa̩bji ạḍi algate cas kate aboak´ hor̩mo reak´ pust̩i apnar tebon purun dar̩eak´a. Nonkate upja̩u sa̩bji do bis/kit̩nasok se jahan tejo gujuk´ ran chad̩a upja̩uk´te aboak´ hor̩more sapha se nirapod jomak´ lekatebon jom-n´u dar̩eak´a. Ente nia̩ okte rebon n´el lekhan bajarre aema lekan bis/ ran/kit̩nasok lagao sa̩bji hor̩ko kirin´ kateko jom-n´ueda ar onkate hor̩more aema lekan rogteko ja̩bunok´ kana. Noa obostare or̩ak´ ad̩epasere sa̩bji casge sanam khon bhage uta̩r pontha kana.

Abo hõ̱ ato reaḱ o̱ṛaḱ sor re kạṭicʹ kạṭicʹ jaega kore aema

lekan sa.bji bon cas daṛeak’a, eken aboak’ hor.mo reak’jạruṛ purun lạgit’ do̱ baṅ, bajar re a.khrin´ kate aboak´ gharon´ reak´ ka.ud.i reak´ et.ak´ ja.rur.ok´ak´´ kobon gor.o dar.eak´a

Noa Bhador Cando do thor.a sa.bji cas reak´ a.d.i bhage okte kana. Noa cando rege agam raban̈ din reak´ thor.a sa.bji jeleka: Sakam kopi, baha Kopi, Ol kopi, ben̈gar., T.amat.ol,Hotot´,Malhan ar.ak´, Mula. emanteak´.sa.bji reak´ ita. bon rohoe dar.eak´a.

Ona ia.te sanam boeha miserako pe uskur ocok´ kana delabon abo koak´ or.ak´ ar.ete ja.rur.anak´ ar.ak´ sakam se sa.bji bon rohoe jon̈a ar aboak´hor.mo reak´ mimit´ ja.rur.ak´ kobon puruna ar mit´ bar ba.r.tiak´ a.khrin´ kate ka.ud.ibon jogar.a.