

# OR\_ AK´ AD\_ EPASERE SA\_ BJI CAS

Ho\_ rmo\_ reak´ jo\_ m la\_ git´ ar ho\_ rmo\_ a\_ di din bahaok´ ar mo\_ n\_ j dohoe la\_ git´ aboak´ dinam jo\_ m re aema lekan jom nuak´ jinis bon jomet´ kana. Nit do\_ Bañladisam reak´ a\_ di marañ muskil do\_ hoyok kana a\_ di ja\_ ru\_ ran jom- nu, menkhan abo do\_ jom- nu reak´ apnar a\_ di\_ a\_ ri/ khusi bon nam akada.

Abo do\_ o\_ rak´ a\_ depasere alga tege a\_ di lekan sa\_ bji cas kate aboak´ hor\_ mo reak´ ja\_ rur\_ ok´ ak´ kobon n´ am purau da\_ rea\_ ka. Aboak´ se ho\_ rkoak´ hasa/ jaega- j´ umi do\_ a\_ di tho\_ ra gea, onate gharo\_ n\_ j reak´ kud\_ a\_ m a\_ re ar o\_ rak´ reak´ sorkore a\_ di ja\_ ru\_ rok´ kan anaj se sa\_ bji reak´ algatege bon cas da\_ rea\_ k´ a. Noa lekate apnar gharo\_ n\_ jren sanam ko la\_ git´ a\_ di bhage ar a\_ di mo\_ n\_ j hor\_ mo ar mon bon nam da\_ rea\_ ka.

FAO reak´ katha lekate dinam mit´ hor\_ la\_ git´ 220 gram sa\_ bji a\_ di ja\_ ru\_ ra. Menkhan abo disomre do\_ ona reak´ adha ho\_ bañbon jom namet´ kana. Onate noa ret\_ ba\_ rti la\_ git´ o\_ rak´ ad\_ epasere sa\_ bji cas a\_ di ja\_ ru\_ rak´.

Disom ren aema ren´ gec´ nacar hor\_ koak´ pust\_ i jom- n´ u purun la\_ git´ te o\_ rak´ ad\_ epasere nana huna\_ r sa\_ bji cas reak´ a\_ d\_ i ja\_ rur\_ menak´ a. Ente sanam lekan sa\_ bjire aema khandan bulun´ ar Vit\_ amin kodo menak´ a, one oka do\_ aboak´ hor\_ mo mon´ j ar niropo dohoe la\_ git´ a\_ d\_ i ja\_ rur\_ a.

O\_ rak´ sor reak´ kha\_ li jaegakore aema lekan sa\_ bji a\_ di algate cas kate aboak´ hor\_ mo reak´ pust\_ i apnar tebon purun da\_ rea\_ k´ a. Nonkate upja\_ u sa\_ bji do\_ bis/ kit\_ nasok se jahan tejo gujuk´ ran chad\_ a upja\_ uk´ te aboak´ hor\_ more sapha se nirapod jomak´ lekatebon jom- n´ u da\_ rea\_ k´ a. Ente nia\_ okte rebon n´ el lekhan bajarre aema lekan bis/ ran/ kit\_ nasok lagao sa\_ bji hor\_ ko kirin´ kateko jom- n´ ueda ar onkate hor\_ more aema lekan rogteko ja\_ bunok´ kana. Noa obstare o\_ rak´ ad\_ epasere sa\_ bji casge sanam khon bhage uta\_ r pontha kana.

Abo ho\_ ato reak´ o\_ rak´ sor re ka\_ tic´ ka\_ tic´ jaega kore aema

lekan sa.bji bon cas da.reak'a, eken aboak' hor.mo reak'jarur  
purun la.git' do\_ban, 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 raban' din reak' thor.a sa.bji  
jeleka: Sakam kopi, baha Kopi, Ol kopi, ben'gar.,  
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 jon'a 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.