

Hih thusinna na simkhit ciangin, a tawpna ah thudot nate na zawhkhit teh (nutrition education credit) thaneihna ding An nektuidawn pilna ci in, hih na thusinna a dingin ciaptehna lai na ngah ding hi.

# Limlangh Et Hunte Khiam Ding



Limlangh et hun ih cih pen nata in smartphone, iPad, tablet, computer, video game (lim ki mawlna), TV leh video pan lim leh mel tuamtuan et na hunte ahi hi.

**No innkuan zat limlanghte a beam a giit in:**

TV Computer Video Games SmartPhone iPad Tablet

### Hih te na tuahkhak ngeitawh a kibang hiam?

Zii pai na, An nek sai, ahieh kei leh mall (Vanzuak na mun) sung na et ciangin, naupangte bangzah ta in setvante lunglut hiam cih muding hi teh. Up mawh loh pi in, technology (setvan pilna) pen naupangte'n zongsa'ng lawh uh hi. Naupang a gol lamte bang limlangh et hun uh a taangpi in nikhat in nai sagih bang en uh hi. Banghang limlangh et hun tamlua hoihlo cih leh, nikhat in nai bangzah bek naupangte' a' ding limlangh et hun hoih hiam?



### Banghang limlangh et hun tamlua hoih lo ahi hiam?

- **Thauna Piangsak**— limlangh tam enluate pen mi thua sak hi. Setvan khat tawh lim et pen tutsa a, et ahieh kei leh, zatlai takin tanglo in et kul hi. Tanglo bek tamlo in, naupangte pen cidamna tawh kituaklo An leh tuite a kizuak a limtuak te mu in duh sak hi.
- **Lup Hun Buai Na**—Naupangte in limlangh et huntam semsem leh, a diakdiak in nitak hun ah, luphun tawm semsem hi. Lup hunding huntawm pen naupangte lungsim picing na ding leh pumpi khan na ding in hoih lo hi.
- **Mitawh Kithuah Siam lo**—Naupangte in setvan bek tawh a hun a bei sak ciangin, midang tawh kikhawl ding hunnei lo in mitawh kithuah dan siamna nei lo hi. Naupang khat in kikhoh dan om ngei nate sin ngeikei leh, nasepna, kizopnate, leh mitawh kilawmtat dan ol no khat nangawn amau a dingin kiciangtan in, nuam sa lo ding hi.

### Kata nai bangzah sung screen en sak ding?

|                               |  |
|-------------------------------|--|
| Kum 2 sang a tawmzaw naupang  | (Facetime leh Skype) maaitang ki ho na hun bek in zat ding hoih hi.  |
| Kum 2 pan kum 5 kikal naupang | Nai khat sung ciangtan ding. Nai khat pen hun manpha mahmah (educational program) pilna tawh kisai sinnate en sak ding. Tua a et te bangcih zat ding leh a khatna a tel na dingin amau tawh tau sinnate en khawm in. |
| Nu leh pate (NANG)!           | Naupangte tawh na om ciangin screen et hun khiam in. Natate in nang zia hong et teh ding hi. Screen et hun ahi lo, a hoih gamtakna te amau mai ah lak in.  |

*(American naupang siavuan sangte in hong deihsak thute pan ahi hi.)*

## Nata limlangh et hun koicih kalsuan pihding cih honghuh thei ding thute:

- **Nata setvan piakding ki dek in:** Naupang laitak hun sungin nata piak loh theih lo in ngaih sun kei in. Amah ai tuam zatding van kisam nai lo hi. Amah ai tuam neih van sangin, naphal a nazatsak pen nang a ma tungah thu nei zaw hi teh.
- **Lupna mun peuhmah limlangh koih kei in.** Nata te amau kha'n sungah limlangh et ding phal kei in. TV, computer, video game te a kha'n ah a nei natate in nang thei loh hunsungah a et tam zaw ding hi. Tua dan naupangte pen zansim in imu kham lo hi.
- **Innkuan An nek hun leh mawtaw tuang khawm hunte thupi bawl in.** Na innkuan un An ne khawm leh kam holim in khat leh khat hun nuam zang khawm in. Natate tawh kam ho lim nophun pen An nek khop hun leh mawtaw tuan khop hun sung bek mah hi. Tuabang hunte thupi' bawl in. TV leh phone te tawh nahun manphate gu sak kei in.
- **Amau limlangh et hunte ah nang zong kihel in.** A hih theih tantan, limlangh et hunte innkuan et khop hunin zang in. Na innkuan un nitak moive et hun leh game kimawl hunte ah na muhte, ho lim khop na in zang in. Amau muh nop video game leh movie te nalunglutna lak in. Nata in social media te ah hong lah ciangin online ki dophuai thute leh lungmuan huai ding a om, nang thute gen pih in.
- **A dang kimawl na te zong ki ging kol in.** Naupangte in bel video, et theih tuamtuamte leh, game ki mawlding hongkun zaw thei ding hi. Amau nget khempeuh na piak ding sangin na kimawl pihnop ahoih dingte ki ging zaw in. Ki mawl khawm, lam siuah pih, ahieh kei leh la ngai lam khawm cih bang in hih in.
- **Nang limlangh et hun sung ki dawm in.** Naupangte in nang gam tak hong et teh hi. Message hong lut hun kempeuh leh Facebook ah thute na et suksuk leh natate limlangh et hun nang nathu neih theih ding hun tawm ding hi.
- **TV et kawm in moh nek phal kei in.** Nikhat in TV nai khat et hun sungin, naupangte in 167 calories An ne beh uh hi.
- **Thukhun bawl in la, tuabang in sem in.** limlangh et hun bangtan vei, bang hun, koi lai bek ah en thei, leh na phal tante kician sak mahmah in. Nata in nathu piak bang a gamtat kei leh dan ngah ding cihte thei tel sak in.



## KHAWL-IN!

**Hiah meek in, dotnate dawng in, na man ciangin ciaptehna lai na ngah ding hi.**

