

23. Lawng moh rak

How to stay healthy



Riang

23. Lawng moh rak

How to stay healthy

Ihz taemz: Dengz Peuhz
Ihz caet: Cumz Lik Reu Yaang
Ihz taemz raang: Sai Rong
Mony: Reu Yaang
Laehz: 2 laehz
Seu ngihz: 2/2020

Riang
Myanmar



<http://creativecommons.org/licenses/by/4.0/>

You are free to make commercial use of this work. You may adapt and add to this work. You must keep the copyright and credits for authors, illustrators, etc.

Author: Dengz Peuhz

Editor: Riang Language Committee

Illustrator: Sai Rong

Language: Riang

Edition: 2nd edition

Date: 2/2020

Lawng an cih aez ihz ehz te moh rak,
maang keum rang ne, naeh kai seum
suamz a ha rahz, lo waem ducz ducz
cawng kai teuk lat. Nam anz seum suamz
ihz, beuk daeh suamz talz caang penz
phez.

Beuk nam coh kaw nam lo suamz doz
penz phez. Lawng moh rak lo mas klawhz
ihz.

1. Omz buhz 2. tamz yaerz 3. seu tuhz
lahz ngiar keu ni penz keum rang baaiz.



Lo tiangz omz teuk eumz ngang, omz seu ngamz. Lo tiangz seu ngihz waiz laehz, ponz laehz. Beuk nam bawnz tiangz omz, a saak kaw caang patz. Beuk kurz ngez ngez katz ngang an diz kaw naeh ta moh rak suamz priangz. Beuk nam maang kurz nam caang phawmz. Beuk nam caang phawmz caang cih naehz bawnz leui?



Yaeh se nam daz, lo yaetz raamz cao, lo rawi raamz cao. Beuk naeh ihz mawh teur seu ngihz ne lo yaetz pulz na ri taw tahz na ri. Kuanz ihz baaiz na, lo yaetz aez heungz heungz. A rawng seu ngihz kaw cih aez moh rak. Yawt luz teungz khaehz keu diz kaw ngawm seu ngihz hacz aamz. Thaat an maang a rawng caang cih aez ihz ehz moh rak. Cih aez toz satz keui moh rak hacz aamz.



Kuanz ihz lo yaetz aez heungz heungz.
a saak seu kawlz tualz lo yaetz- tahz na
ri.
a saak kawlz aarz lo yaetz- seu kawlz na
ri.
a saak aarz khopz lo yaetz- kawlz aarz
na ri.
a saak seu khopz lo yaetz – kawlz ponz
na ri.
a saak tualz kiarz lo yaetz- kawlz tualz
na ri.
kuanz ngaak rong lo yaetz aez kawlz
tahz na ri, aarz kawlz na ri baaiz rak.

