

Hagaha waalidka

EN
FRISK
skolstart

WAA LA
KAYDINAYAA!

Hagahan wuxuu kaa caawinayaa inaad xoojiso
caafimaadka ilmahaaga isagoo ku siinaya talo
iyo taageero si ay kuugu fududaato inaad ku
guuleysato caadooyinka wanaagsan.



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Erkännande-IckeKommersiell-IngaBearbetningar 4.0 Internationell

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Hordhac

Caafimaad wanaagsan wuxuu ka mid yahay waxa ugu muhiimsan nolosha. Caafimaadka waxaa si weyn u saameeya caadooyinka aan leennahay, tusaale ahaan waxa aan cunno iyo inta aan dhaqdhaqaaqno. Haddii uu horbaba qofku leeyahay caadooyin caafimaad leh marka uu ilmo yahay, way u fududaaneysaa inuu dhowrto caafimaadka wanaagsan xitaa marka uu noqdo qof weyn. Ka waalid ahaan adiga ayaa micnaha ugu wayn u leh caadooyinka nololeed ee ilmahaaga. Buug-yarahan waxaa ku jira macluumaad ku addan sida aad ka waalid ahaan u taageeri karto ilmahaaga si uu si fudud ugu helo caadooyin caafimaad leh. Talooyinka oo dhan waxay ku saleysanyihiin cilmi-baaris.

En frisk skolstart waa barnaamij taageero oo waalid oo ku salaysan caddeymo oo ay cilmi-baarayaal ku diyaariyeen Karolinska Institutet.



Adiga ayaa ah geesiga ilmahaaga

Adiga ayaa ugu muhiimsan ilmahaaga, waxa aad sameysana waa waxa sida ugu badan u saameynaya ilmahaaga! Waa adiga cidda hubin karta inuu ilmahaagu yeesho caadooyin caafimaad leh waqti hore oo nolosha ka mid ah. Carruurta waxay u baahanyihiin hagitaan ku aaddan caadooyinka wanaagsan iyadoo la dhiirrigelinayo,

xadna loo yeelayo labadaba, laakiin inta ugu badan waxay arkayaan waxa aad adigu ka waalid ahaan sameyneyso! Tus inaad daneyneyso, aadna u dhiirrigeli inta badan. Ixtiraam ra'yiga ilmaha, hana ka baqin inaad xad u yeesho, aadna si wanaagsan maya ku tiraahdo.

Waxaad ilmahaaga ka caawin kartaa / inuu yeesho caadooyin cunto oo wanaagsan adigoo...

U noqonaya qof ku dayasho mudan oo wanaagsan Si wadajir ah wax ugula cunaya jawi deggan, cunayana cunto la mid ah tan canugga, waxaad markaas canuggaaga bareysaa inuu sameeyo sida aad sameeyso.

Xudduudo samey. Xaddid inta macmacaanka ah ee guriga taalla. Waxaad markaas isu fududeyneysaa inaad xudduudo sameeyso, waxaadna ilmahaaga iyo naftaada u fududeyneysaa inaad doorataan waxyaabo wanaagsan oo la cuno.

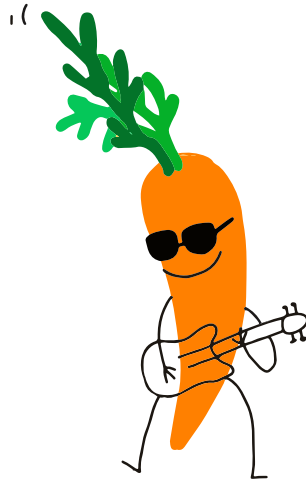
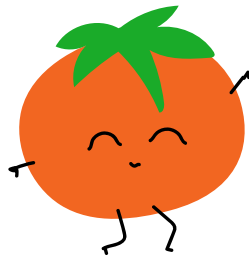
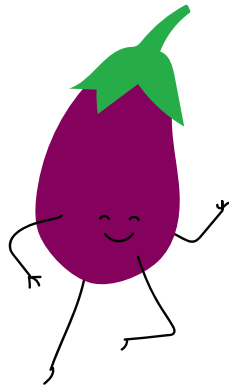
Ku kalsoonaw ilmaha dhahaya "waan dhergay". Ha ku celcelin, hana ku qasbin inuu ilmuhu wax dheeri ah sii cuno.

Ha is-dhiibin. Carruurta waa ay ka shakiyi karaan cuntooyinka qaar ama dhedhennada qaar. Waa wax gebi ahaanba dabiici ah. Sii wad inaad cuntada usoo dhigto, waxna wada cuntaan.

Marnaba ha ku kaftamin miisaanka jirka ee ilmaha, kana fogaw inaad ka hadasho is caateyn.

Ka qeybgeli ilmahaaga. Ka qeybgeli ilmahaaga marka aad dooreyso cuntooyinka, soo adeegeyso, cuntada karineyso - waa fursad fiican oo aad ilmahaaga ku bari karto cunto iyo dhaqan cunto oo wanaagsan.

Cunto ama macmacaan ha u isticmaalin abaalmarin, sasabid ama ciqaab ahaan.



Cunto wanaagsan marki la fududeeyo

Ku fikir Qaabka saxanka, marka aad soo adeegeyso iyo marka aad cunto soo dhigeysa



Qaabka saxanka wuxuu muujinayaa sida qado ama casho wanaagsan ay u ekaan karto. Isu dheellitirnaan wanaagsan oo ah xagga cuntooyinka kala duwan - qudaar badan iyo bataati, baasto, bulgur, kuskus ama wax kale oo si fiican loogu dhergayo. Qeyb yar oo ka mid ah saxanka waxaa laga buuxinayaa hilib, kalluun ama beddelkooda oo

qudaar ah. Habka saxanka waa la kaashan karaa iyadoon taas loo eegayn dhaqanka cuntada ee uu qofku leeyahay ama haddii uu qorku yahay qudaar cune ama wax la mid ah.

Ma rabtaa inaad wax dheeri ah ogaatid?
www.livsmedelsverket.se

Soo jeedinno loogu talagalay in lagu guuleysto!

Waa mas'uuliyaddaada inaad guriga usoo iibiso, una kariso ilmahaaga cunto wanaagsan. Cunto wanaagsan oo kala duduwan oo leh nafaqo badan ayaa loo baahanyahay si ay carruurta u koraan, horuumar u sameeyaan, si fiicanna wax ugu bartaan.

Isla markaana, waa mas'uuliyadda ilmaha inuu go'aansado waxa iyo inta cunto ah ee uu cunayo.

Carruurta waxay si joogto ah ugu baahanyihiin cunto, waxayna wacnaan ku dareemaan inay cunaan quraac, qado iyo casho, xataa maalmaha fasaxa.

Pizza, baradho shiilan iyo cabitaannada fudud maaha cunto maalinle ah oo wanaagsan. Waxaa ku filnaan karta in waxaas la siiyo ugu badnaan 2 jeer bishiiba.

Biyuhu waa cabitaan wanaagsan waqtiyada cuntada Fadlan cuntada ku sii biyo, caano ama waxyaabo la mid ah. Caanaha dufanka yar way u fiicanyihiin carruurta iyo dadka waaweyn labadaba.

Rooti iyo xamur. Walxaha ka sameysan - badarka leh iniinta buuxda, laga baillaabo da'da laba sano.



Qudaarta iyo furuutada

Qudaar iyo furuuto maalin kasta

In la cuno khudaar iyo furuuto maalin kasta waa caado u wanaagsan caafimaadka. Carruurta waxay inta badan u baahanyihiin hagd iyo taageero si loogu abuuro caado qudaar iyo furuuto cunid, halkan ayaadna ka waalid ahaan hawsha ugu muhiimsan ka leedahay. Ku dhiirrigeli ilmahaaga inuu cuno khudaar badan iyo furuuto, adiguna khudaarta iyo furuutada wadajir ula cun ilmaha, gaar ahaan dhawr jeer maalintiiba. Had iyo jeer guriga ha kuu yaallaan qudaar iyo furuuto. Carruurta jirta ilaa iyo 10 sano waxay u baahanyihiin inay cunaan qiyaastii 400 garaam oo lagu kala qaybiyay 4-5 waqti maalin kasta.

Noqo qof wanaagsan ku dayasho mudan Haddii aad adigu cuneysso, aadna muujineysso in ay wuxu kula macyihiin, waa ay weyntahay fursadda uu ilmuhu xitaa waxaas ku cunayo, waqtaba ha qaadatee.

Samee habraac joogto ah adigoo qudaarta ka dhigaya wax cunto kasta ku jira, kalana duduwaya midabbada iyo qaababka qudaarta.

Abuur xiiso, dhiirrigelina ilmaha adigoo usoo dhigaya khudaar siyaabo kala duwan ah; cadad yaryar, baaquliyo kala duwan mid ku jirta, mid karsan, miud ceeriin ama u taal si kale oo uu ilmuhu jecelyahay.

Ha is-dhiibin. Carruurta way ka shakisnaan karaan khudaarta cusub. Ha ku qasbin ilmaha inuu cuno ama dhedhemiyo, laakiin adigu cun, siina wad inaad usoo dhigto canugga.



Carruurta da'doodu u dhaxeeyso afar ilaa iyo toban sano = 400 garaam oo qudaar iyo furuuto ah maalintiiba

QURAAACDA – 60g

½ muus garoor ku jira ah1-2 barbarooni oo ismaris saaran



+

QADADA - 60g

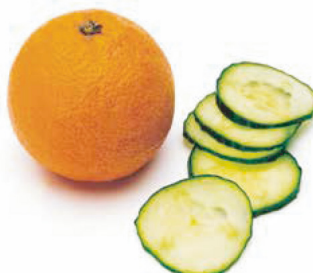
2 dl (qiyaastii. 60g) oo qudaar isku qasan oo ka kooban saladhka miiska< 6}{ 7>: Kaabash jarjaran, karooto cad-cad ah, galley, digir madow



+

CUNTO DHEXTAALKA - 120g

1 liin macaan4-5 qajaar oo xalleefyo ah oo ismaris saaran



+

CASHADA – 160g

½ dl oo qudaar isku dar-daran oo maraq leh ah 2 barbarooni 1 tufaax



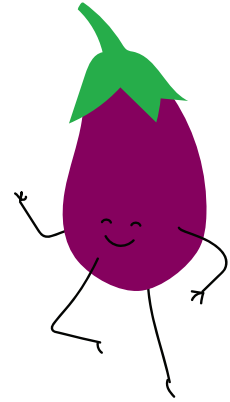
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400g

Macmacaan, cabitaanno fudfudud iyo jallaato

Macmacaan, jallaato iyo buskud waa OK mararka qaar

Macmacaan, cabitaanno fudfudud, jallaato iyo jibsi waa ay Macyihiin mararka qaar laakiin maaha wax ay u baahanyihiin carruurta koreysa. Waxaa ku jira tamar badan, laakiin ma laha wax nafaqo ah, sidaas darteed maaha in ay carruurta wax badan ka cunaan haddii la doonayo inay si fiican u koraan oo ay caafimaad ahaan wanaagsanaadaan. Maanta wax badan ayey carruurta waxaas ka cunaan, taas oo keeni karta nafaqo darro, cayil iyo ilkaha oo dalooshada. Waa masuuliyaddaada ka waalid ahaan inaad xad u dejiso ilmahaaga. Waa adiga cidda u goyn karta ilmaha inta uu cabayo ee cabitaanno macaan ah iyo inta uu cunayo ee jallaato iyo buskud ah.



Talooyin dhawr ah

Noqo qof ku dayasho mudan oo wanaagsan adigoo aan ilamaha ku hor cuneyn macmacaan, cunto fudud iyo buskud.

Samey habraac joogto ah. Guriga yuusan macmacaan kuu oollin. Waa ay kuu fududaaneysaa inaad xaddiddo haddii aaney guriga kuu oollin macmacaan, cabitaanno fudfudud, buskud ama cabitaanno la qasto.

Canugga ha siin wax macaan maalmaha shaqada ee waxaad dib ugu dhigataa waqtiyada gaarka ah.

libso baakado yaryar ama weelal yar-yar ugu soo shub cuntooyinka fudfudud iyo macmacaanka.



Yaa saameynaya ilmahaaga?

Xayeesiinta taarget-gareyneysa carruurta waa ay sii kordheysaa, gaar ahaan marka ay timaado cuntada iyo cabitaannada aan caafimaadka lahayn. Ilmahaagu wuxuu si joogto ah ula kulmaa iidhehyo noocaas ah. Waxay taasi dhacdaa iyadoo lagu soo badhigayo baakadaha dukaanka raashinka, kaabadaha digitalka sida warbaahinta bulshada, ciyaaraha online-ka iyo baraha intarnetka ee fiidiyowyada leh, laakiin sidoo kale meelo magaalada ah iyo TV-ga. Maadaama carruurta si sahlan loo saameyn karo, waa muhiim inaad ka war qabto waxa uu ilmahaagu daawado.

Qiyaastii intan in la'eg ayuu ilmaha da'diisu tahay 6-9 jirku ka cuni karaa wax macaan toddobaadkiiba - waase haddii uu sidiisa kale cuno cunto caafiaad leh.

Qaar ka mid ah talooyin ku aaddan mawduucyo aad kala hadli karto ilmahaaga:

Waa maxay iidheh?

Waa maxay sababta sawirro midebbo badaniyo muuqaallo farshaxan ay ugu yaallaan baakadaha dukaanka raashinka?

Maxay tahay sababta uu mar walba macmacaanku u ag yaal qasnadda dukaanka raashinka?

Ma la aamini karaa iidheh kasta?

Dhaqdhaqaaq/firfircooni jir ahaaneed

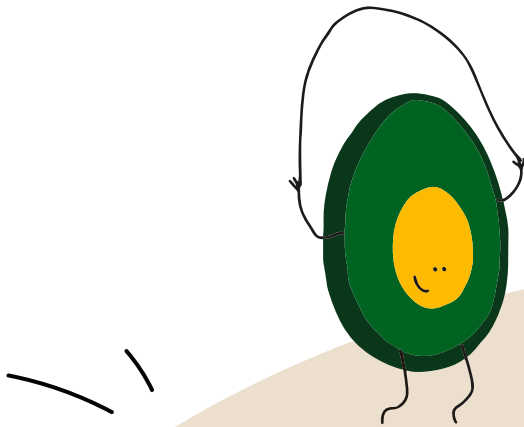
Boodbood, orod, ciyaarna maalin kasta



Siiba wada jir ahaan

Carruurtu waxay u baahanyihiin in ay dhowr saacadood maalin kasta dhaqdhaqaaqaan si ay u koraan, wanaagna u dareemaan. Carruurta yaryari way dhaqdhaqaaqaan inta badan, laakiin waxay cilmi-baarisi muujineysaa inuu dhaqdhaqaaqa carruurtu soo yaraado marka ay iskool billaabaan ka dib. Sidaas darteed, waxaa muhiim ah in waqti hore oo nolosha ka mid ah loo abuuro caado ah inay wax badan dhaqdhaqaaqaan.

Isboortiga iskoolku kuma filna. Carruurtu waa inay xitaa firfircoonaadaan waqtiyada firaqada iyo maalmaha fasaxa ah. Ka waalid ahaan waxay hawshaada muhiimka ahi tahay inaad ilmaha ku abuurto caado ah inay wax badan dhaqdhaqaaqaan. Tus inaad adigu dhaqdhaqaaqeyso, isla helana dhaqdhaqaaqyo aad ka heshaan inaad isla sameysaan.



Dhawr hindise!

Noqo qof wanaagsan oo ku dayasho mudan. Ilmahaaga wadajir dhaqdhaqaaq ula samey, tusna inaad u aragto inay taas xiiso leedahay. Ciyaar, qoob ka ciyaar samey, kaynta aad, dabaalo, taagga ka soo sibibixey ama goobta kabaha lagula sibibixoodo barafka.

Samey habraac joogto ah . Halkii aad baabuur ama bas ku raaci lahayd, ula lugey ama baaskiil ilmaha ula qaado iskoolka iyo meelaha kale ee u dhow gurigaaga, haddii ay suurtagal tahay.

Carruurtu ha ku ciyaaraano bannaanka inta ugu badan ee suurtagal ah. Carruurtu, marka ay dibadda joogaan, waxay dhaqaaqaan in ka badan marka ay gudaha ku jiraan.

Ku dhiirrigeli ilmahaaga inuu boodboodo, meelo fuulo, isu dheellitir sameeyo, or-ordo, is gedgeddiyo, qoob ka ciyaar sameeyo...

Raadi naadi uu ilmuhu isboorti kula ciyaaro dad kale. Laakiin haddii ilmuhu rabo oo keliya, ha ku cadaadin.

Tusi in aad daneyneyso dhaq-dhaqaaqa ilmahaaga, waydii waxa uu biririfta ku sameeyay ama haddii uu dibadda joogyay oo uu ciyaarayay.

Hubi inay caruurtu haystaan dhar iyo kabo wanaagsan, markaas way u fududaaneysaa inuu dhaqdhaqaaq sameeyo.

Muxuu ilmahaagu daawadaa, ilaa intee in la'eg ayuuse wax daawadaa?

Daawashada carruurta ee TV-ga, kumbuyuutarka, tablet-ka ama taleefanka gacanta waa in lagu koobaa ugu badnaan laba saac maalintiiba. U foojignaw waxa uu ilmuhu daawanayo iyo inta uu fadhiyo. Ka caawi inuu helo waxyaabo kale oo uu sameeyo. Waxaad ilmahaaga u tahay qof ku dayasho mudan, waxay carruurtu sameeyaan waxa aad ka waalid ahaan sameyneyso. Ka fikir waqtigaaga shaashadda marka aad la joogto ilmahaaga.

Tijaabi waxan!

Noqo qof wanaagsan oo ku dayasho mudan. Xaddid waqtigaaga shaashadda marka uu ilmuhu kula joogo.

Samey habraac joogto ah . Isku day inaad waqtiga shaashadda ee ilmaha u goyso qiyaastii laba saac maalintiiba waqtiga firaaqada.

Raadi waxyaabo dheeri ah oo firfircooni leh oo la sameeyo intii la isticmaali lahaa shaashad, sida ciyaaro, geym, in dibadda leesula baxo.

Yarey waqtiga dheer ee aad fadhidaan , adiga iyo ilmahaaguba.

Wadajir isula qaata nasasho dhaq-dhaqaaq leh, is dolliya, qoob ka ciyaara ama ciyaar isla dheela.

Carruurtu dibadda ha ku ciyaaraan inta ugu badan ee suurtoagal ah. Carruurtu, marka ay dibadda joogaan, waxay dhaqaaqaan in ka badan marka ay gudaha ku jiraan.



**Hindise ku
aaddan ciyaaro
firfircooni
leh oo la isla
ciyaaro!**

Dhuumaashow

- Taxambeysi
- Qoob ka ciyaar-joogsi
- Raac John
- Kubad-tuur
- Buufin-tuur
- Sameynta waddo xannibaado leh
- Ciyaarta erayada

Hurdo

Si fiican u hurud

Carruurtu waxay u baahanyihiin hurdo badan si ay fiicnaan u dareemaan, una koraan. Haddii ay hurdadu ku yartahay carruurta, way ku adkaanaysaa waxbarashada iskoolku. Xitaa rabitaanka cuntadu wuu ka xumaanayaa. Haddii uu qofku maalintii aad u dhaqdhaqaaqo wuu daalayaa, wuxuuna u hurdayaa si ka fudud marka kale. Inta aan la gaarin waqtiga jiifka, waxaa fiican in la is dejiyo, laga yaabee in sheeko la isku dejiyo.

Carruurta koreysa ee horuumarka sameyneysa waxay u baahanyihiin hurdo fiican



U wadajiridda ilmaha

Waa muhiim inaad ka waalid ahaan leedihiin xiriir wanaagsan marka laga hadlayo caadooyinka cuntada iyo dhaqdhaqaaqa ilmaha. Waxaa fiican in ilaa heer heshiis laga yahay waxyaabaha saameynaya cuntada ilmaha ama waqtigiisa shaashadda. Waxaa kale oo muhiim ah in dadka kale ee waaweyn ee uu badanaa ilmuhu la joogo, sida abkowga, adeerka ama abootada, lagala heshiiyo inta uu la'egyahay macmacaanka uu ilmuhu cuni karo toddobaadkiiba.

Fadlan wadahaadla!

Sideebaan wadajir ugu firfircoonaan karnaa qoyskayagu?

Immisa jeer ayaan cunnaa macmacaanka?

Sideebaan ku hubin karnaa inaan qoyskeennu cunno qudaar nagu filan?

Sideen sameynaa si aan waqtiyada cuntada u noqonno kuwo ku dayasho mudan oo wanaagsan?

Sideen sameynaa si aan u noqonno dad ku dayasho mudan marka laga hadlayo dhaqdhaqaaqa maalinlaha ah?

Ilaa iyo hadda waxaa lagu taliyaa inuu afar iyo labaatanka saac ilmahaagu ka hurdo:

Canugga 5 sano ka yar - ugu yaraan 11 saacadood

Canugga u dhexeeya 5-10 sano jir - ugu yaraan 10 saacadood

Canugga u dhexeeya 10-16 sano jir - ugu yaraan 9 saacadood

**"Si aad tusaale
wanaagsan ugu
noqoto ilmahaaga,
waa muhiim inaad
daryeesho naftaada
iyo caafimaadkaaga."**



Tijaabi inaad halis ugu
jirto nooca 2aad ee kaadi
macaanka iyo in kale. Dad
badan way iska ilaalin
karaan cudurkaas iyagoo
beddelaya caadooyinkooda
nololeed.

Waa sidee caafimaadkaagu adiga?

Hab fudud oo aad ku ogaan karto sida uu yahay caafimaadkaagu waa inaad tijaabo ahaan isaga baadho kaadi macaanka nooca 2aad.

Nooca 2-aad ee kaadi macaanku (waa kan ugu badan oo badanaa ku dhaca dadka waaweyn) waa cudur halis ah oo keenaya in ay jirka ku adkaato inuu in ku filan hoos u dhigo heerka sonkorta ee ku jirta dhiigga. Calaamadaheeda caadiga ah waxaa ka mid ah daal iyo inaad u baahato inaad marar badan kaad-kaadiso. Calaamaduhu waxay inta badan u yimaadaan si tartiib ah oo mararka qaar way adkaan kartaa in la dareemo. Khatarta ah inuu kugu dhaco nooca 2-aad ee kaadi macaanku way sarreysaa haddii qof qaraabadaada ka mid ahi uu qabo cudurka, laakiin waxaa sidoo kale khatarta saameynaya

caadooyinkaaga nolosha.

Si weyn ayaad naftirkaagu khatarta u yareyn kartaa adigoo cunaya cunto caafimaad leh, dhaqaaq sameynaya, sigaarna aan cabeyn. Xitaa isbeddellada yaryar saameyn weyn ayey ku leeyihiin caafimaadka.

Adigoo ka jawaabaya dhowr su'aalood oo fudfudud, ayaad ku ogaan kartaa inaad halis ugu jirto in 10ka sano ee soo socota uu kugu dhacayo nooca 2 ee kaadi macaanka iyo in kale. Baaritaanku wuxuu ku qoranyahay af-Ingiriis sababtoo ah way adagtahay in loo turjumo si sax ah. Tijaabo ku samey bogga xiga ama gal www.1177.se ee raadi "Självtest diabetes" si aad u samayso baaritaanka.



Test your risk of developing diabetes within 10 years.

1. Age

- ☐ Under 45 years (0 points)
- ☐ 45–54 years (2 points)
- ☐ 55–64 years (3 points)
- ☐ Over 64 years (4 points)

2. BMI (Calculate your BMI: your weight (kg) / (your height (m) * your height (m)), e.g. 56 kg / (1,65 * 1,65) = BMI 20.6)

- ☐ Under 25 kg/m² (0 points)
- ☐ 25–30 kg/ m² (1 points)
- ☐ Over 30 kg/ m² (3 points)

3. Waist circumference directly below the ribs (usually at the level of the navel)

MEN

- ☐ Less than 94 cm
- ☐ 94–102 cm
- ☐ More than 102 cm

WOMEN

- ☐ Less than 80 cm (0 points)
- ☐ 80–88 cm (3 points)
- ☐ More than 88 cm (4 points)

4. Are you physically active for more than 30 minutes every day? This includes physical activity during work, leisure, or regular daily routine.

- ☐ Yes (0 points)
- ☐ No (2 points)

5. How often do you eat vegetables, fruit or berries?

- ☐ Every day (0 points)
- ☐ Not every day (1 point)

6. Have you ever taken medication for high blood pressure on a regular basis?

- ☐ No (0 points)
- ☐ Yes (2 points)

7. Have you ever been found to have high blood glucose (e.g. during health checks, during an illness, during pregnancy)?

- ☐ No (0 points)
- ☐ Yes (5 points)

8. Has any members of your immediate family or other relatives been diagnosed with diabetes (type 1 or type 2)?

- ☐ No (0 points)
- ☐ Yes: a grandparent, aunt, uncle, or first cousin (but not my parents, siblings or children) (3 points)
- ☐ Yes: my parents, siblings or children (5 points)

**Isku dar dhibcaha su'aalaha oo dhan ee bogga
xiga ka akhriso khatartaada!**

Khatarta aad ugu jirto inuu kaadi macaan kugu dhaco?

Waxaan dhibcaha khatarta ka helay.....

Khatarta uu toban sano gudohood kugula dhici karyo nooca 2aad ee kaadi macaanku waa:

ka hooseysaa 7 **Yartahay:** qiyaastii boqolkiiba hal ayuu ku dhacaa cudurku.

7-11 **Xoogaa way sarreysaa:** qiyaastii mid ayuu 25kii qofba uga dhacaa cudurku.

12-14 **Dhexdhexaad:** qiyaastii lixdii qofba mid ayuu ku dhacaa cudurku.

15-20 **Weyntahay:** qiyaastii seddaxdii qofba mid ayuu ku dhacaa cudurku.

ka sarreeya 20 **Aad u weyn:** qiyaastii kala badh ayuu ku dhacaa cudurku

Haddii aad heshay

7-11 Ka fikir jimicsigaaga iyo caadooyinka cuntada, miisaankaagana iska ku hay.

12-20 La xiriir xaruntaada caafimaadka si qiimeyn dhaw laguugu sameeyo.

21-26 Sida ugu dhakhsaha badan ee suurtagalka ah ula xiriir xaruntaada caafimaadka si sonkortaada dhiigga loo tijaabiyo.

The first part of the paper discusses the importance of understanding the underlying mechanisms of the observed phenomena. It is crucial to identify the factors that influence the outcome and to establish a clear causal relationship. This involves a thorough review of the existing literature and a careful analysis of the data. The second part of the paper presents the results of the study, which show that the proposed model is effective in predicting the outcome. The results are supported by statistical tests and are consistent with the theoretical expectations. The third part of the paper discusses the implications of the findings and suggests directions for future research. It is important to note that the study has some limitations, and further research is needed to address these issues.

Qiimeyn cilmi ku saleysan.

Barnaamijka waxaa markii ugu horreeyay la billaabay sanadkii 2011-kii. Diraasado cilmiyeed badan ayaa muujinaya in barnaamijku uu saameyn dhanka wanaagga ah ku yeeshay caafimaadka carruurta.

En frisk skolstart waxay keentaa:

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- Caado dhaqdhaqaaq oo caafimaad leh
- Ka hortagga buurnaanta iyo cayilka xad dhaafka ah
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