fo"k; laLd`r ¼SA2½

d{kk & 7

ikB & 8

vfoosd% ije~&vkinka ine~

,d ljksoj esa cgqr lh eNfy;k¡ jgrh FkhA mlh ljksoj ds rV ij nks gal vkSj ,d dNqvk Hkh jgrs FksA ,d ckj dqN eNqvkjs ogk¡ vkrs gSa vkSj eNfy;ksa o dPNq, dks tky esa idM+dj ys tkus dh ckras djrs gSaA dNqvk mudh ckrs lqudj] Hk;Hkhr gksdj vius nksuksa fe=ksa dks eNqvkjksa dh lkjh ckrsa dgrk gaS vkSj viuh lgk;r ds fy, izkFkZuk djrk gSA rc ,d gal us dgk ge rqEgkjh lgk;r djsaxs ijUrq rqe jkLrs esa dqN ugha cksyksxsA gal ,d ydM+h ¼M.Ms½ ds lgkjs dPNq, dks vkdk”k ekxZ ls ys tkrs gSaA vkdk”k esa ;g n`”; ns[kdj yksxksa us 'kksj epk;k rks og dNqvk Hkh dqN cksyus ds fy, eq¡g [kksyrk gS vkSj rHkh og uhps vk fxjrk gSA blfy, fdlh us Bhd gh dgk gS &^^vfopk;Z deZ u drZO;e~\*\* vFkkZr~ fcuk fopkjs dksbZ dke ugha djuk pkfg,A

dfBu 'kCn %& eRL;thoh & eNqvkjkA 'o% & vkus okyk dyA] cn~/ok & cka/kdjA vkd.;Z& lqudjA us";ko% & ys tk;saxasA yxqMsu & M.Ms ls A ] m/kr% & rS;kj

ikB & 9

cqf)eku~ xksikyd%

,d ckj ,d fp=dkj igkM+ ij p<+dj fp= fuekZ.k esa yhu gks x;kA tc fp= iwjk gqvk rc og dHkh nka;s ls dHkh ck;sa ls fp= dks vusd ckj ns[krs gq, viuh fLFkfr Hkwy x;kA ,d xksikyd us n[kk fd og fp=dkj igkM+ ds fcYdqy fdukjs ij [kM+k gSA mlus lkspk ;fn ;g fp=dkj ,d dne Hkh ihNs pyk rks og igkM+ ls uhps fxj tk;sxk vkSj ;fn eSa uhps vkokt yxkm¡xk rks Hkh og /;ku Hkax gksus ls uhps fxj tk;sxkA og xksikyd ioZr ij tkdj mlds fp= dks QkMuk 'kq: djrk gS ;g ns[kdj fp=dkj Hkh mls QkMus ls cpkus gsrq rst+h ls xksikyd dh vksj nkSM+rk gSA rc xksikyd us dgk eaSus rqEgkj fp= t:j QkM+k fdUrq eSus vkids izk.k Hkh cpk;s gaSA oLrqfLFkfr tkudj fp=dkj us xksikyd dks /kU;okn fn;kA bl izdkj xksikyd ds foods ls fp=dkj dk thou cpkA

dfBu 'kCn & i`"Bkr~ & ihNs lsA Lo.kZj”e;% & lqugjh fdj.ksaA Lo.kZe;a & lqugjk

oker% & cka;h vksj lsA nf{k.kr% & nka;h vksj lsA fNUue~ & QkMukA vkg~o;fr & cqykrk gSA

dks.ks & dksus ijA

ikB & 10

e/kqj opukfu

'yksd ¼1½ ujL;kHkj.ke~ ------------------------------------------------------------------- {kekA

vFkZ & O;fDr dk vkHkw"k.k mldk :Ik gSA :Ik dk vkHkw"k.k xq.k gSA

xq.k dk vkHkw"k.k Kku gS vkSj Kku dk vkHkw"k.k {kek gSA

'yksd ¼2½ gLrL; Hkw"k.ka ----------------------------------------------------------O;FkZa Lo.kZL; Hkw"k.ke~A

vFkZ & gkFk dk vkHkw"k.k nku gS] lR; d.B dk vkHkw"k.k gSA dkuksa dk vkHkw"k.k 'kkL= gS bu lcds lkeus lksus ds vkHkw"k.k O;FkZ gaSA

'yksd ¼3½ ;FkSdsu---------------------------------------------- deZ.k% Hkosr~~A

vFkZ & tSls ,d gkFk ls dHkh Hkh rkyh ugha ctrh oSls gh fcuk ifjJe fd;s deZQy dh izkfIr Hkh ugha gksrh gSA

'yksd ¼4½ ;L; ukfLr Lo;a-----------------------------------niZ.k% fda dfj";frA

vFkZ & ftlds ikl viuh Lo;a dh cqf) gh ugha gS rks mlesa 'kkL= dk dksbZ nks"k ugha gSA oSls gh vxj dksbZ vk¡[kksa ls fofgu vFkkZr~ va/kk gS rks mlesa Hkyk niZ.k dk D;k nks"k gSA

'yksd ¼5½ fo|k nnkfr fou;a -----------------------------------------rr% lq[ke~A

vFkZ & fo|k fouezrk iznku djrh gS fouezrk ls ik=rk vFkkZr~ ;ksX;rk vkrh gSA ;ksX;rk ls /ku izkIr gksrk gS] vkSj /ku ls /keZ ds dk;Z djrs gS rHkh lq[k dh izkfIr gksrh gSA