

Job Description

Objective: By the end of the session, the trainees will be able to describe job and role.

1) Health Sanitation

eesModule (July, Eric ...). ar tkhdamgh d eefermleen gh sbeetar walaynne oor geegh tafermleet, wala tadbeet. oora akkagh dwa, oora kkatgh tesme ee mudan. ar teneegh ee medden mad skaren bash adur tmreden ntne wala tarwa nsen. ar asen sawalgh f dwa n wanoo, d ween udreeg, d beet lma, d tarda n eefassen.

2) Maternal Child Health

eesModule (Amy, Carol, ...). ar tkhdamgh d eefermleen gh sbeetar walaynne oor geegh tafermleet, wala tadbeebt. oora akkagh dwa, oor akkatgh tasme ee mudan. ar teneegh ee tmghareen lle eettarun ad ashkent s sbeetar bash atent ezar udbeeb. ar asent teneegh ad awent tarwa nsent afad ad jelben. ar asent sawalgh f ma rad skernt bash adur ttaroont bahra.

The Human Body

Objective:

The list of the body parts included herein is exhaustively long . The objective is not to memorize the whole list but rather use the essential vocabulary within a context in order to serve a health purpose. The teacher is free to choose the teaching methods he/she thinks are appropriate.

Cultural points:

Some of the sexual body parts are taboo. It is therefore preferable to use the euphemistic expressions between brackets for health purposes. It is also not desirable to use them at the presence of opposite sexes. People may get into seriously embarrassing situations. However, the taboo words are sometimes used in the Berber culture for joking ; this may happen when people are very close to each other. Berber does not have all the names for the anatomy of the human body.

Vocabulary

head:	<i>ookhsas/agayoo/ekhf/aqllal</i>
face:	<i>oodem</i>
hair:	<i>azzar</i>
forehead:	<i>egenzee</i>
eyebrows:	<i>temeewa/teemowa</i>
one eye:	<i>teet</i>
eyes:	<i>teewalleen/allen/talleen</i>
eyelid:	<i>argel/ergel</i>
eyelashes:	<i>eezola</i>
white of eye:	<i>oomleel/amllal n teet</i>
pupil:	<i>moommo n teet</i>
mouth:	<i>eme</i>
nose:	<i>tensar/eenzar/tenkhar</i>
lip:	<i>ensher/anfoor</i>
lips:	<i>enshran/eenfooren</i>
beard:	<i>tamart</i>

chin:	<i>taqsmart</i>
cheek:	<i>aqol/agozze/agja</i>
cheeks:	<i>eeqolan/egozzan/agjjewn</i>
tongue:	<i>els</i>
teeth:	<i>ookhsan</i>
fang:	<i>azkka/aghbe</i>
molar:	<i>azerg</i>
gums:	<i>tefeyye/tefeyya n ookhsan</i>
ear:	<i>amzzoogh</i>
neck:	<i>amgerd</i>
adam's apple:	<i>tablooht/taqayt</i>
back :	<i>tadawt!/tegherdeen</i>
buttocks :	<i>akroom!/eefrray!/akhna</i>
chest :	<i>eedmaren</i>
breast :	<i>bobboo!/tebbet/tazayzat</i>
breasts :	<i>eebooban/tebbooshen/tebbateen/tezayzateen</i>
rib :	<i>eghzdes</i>
belly:	<i>ahleeg/adees/aHbboot</i>
stomache:	<i>lmaâda</i>
pubic hair:	<i>tteze/enzaden</i>
penis :	<i>abakoo/abazza/ablloo/dker (lqlem n oorgaz: man's pencil)</i>
vulva :	<i>abshee/ebshee/(lferj: from classical Arabic, opening)</i>
anus :	<i>eme n ookhna</i>
shoulder :	<i>egheer/taghrut</i>
shoulders :	<i>egharewn/eeghrewn/teghrad</i>
armpit :	<i>ddaw tayt</i>
armpits:	<i>ddaw teyya</i>
elbow :	<i>teghmert/taghenfuft</i>
hand :	<i>afoos</i>
hands :	<i>eefassen</i>
finger :	<i>adad</i>
fingers :	<i>eedoodan</i>
finger nail :	<i>esker</i>

finguer nails :	<i>eskaren/askaren</i>
palm of hand :	<i>tedekelt</i>
thigh :	<i>taghma</i>
thighs :	<i>taghmeween</i>
knee :	<i>afood</i>
knees :	<i>eefadden/efoodan</i>
ankle :	<i>tawelzet</i>
ankles :	<i>ttewelza</i>
	<i>tawjrart</i>
heel :	<i>awerz</i>
heels :	<i>ieewerzan</i>
foot,leg :	<i>adar</i>
feet :	<i>eedaren</i>
throat :	<i>taqerjoot</i>
lungs :	<i>tooren</i>
heart :	<i>ool</i>
hearts :	<i>oolawen</i>
liver :	<i>tasa</i>
intestine :	<i>ezrem/adaan</i>
gall blader :	<i>ezee</i>
kidney :	<i>tegzzelt</i>
kidneys :	<i>tegzzal</i>
skin :	<i>eelem</i>
bone :	<i>ekhes</i>
bones :	<i>ekhsan</i>
bone marrow :	<i>adeef</i>
fat:	<i>tadwent/tadunt</i>
appendicitis:	<i>lmesrana zayda</i>
blood :	<i>eedamen</i>
sweat :	<i>laarg</i>
saliva :	<i>telffaz/emtman</i>
mucus :	<i>akhlool</i>
urine :	<i>abzweed/ebzdan</i>

feces :	<i>ekhan</i>
sperm:	<i>lmane</i>
testicles:	<i>eeweldan/eeglayn</i>
belly button:	<i>abood</i>

Verbs related to the body

	imp. simp.	imp. con.
stand up :	<i>bed</i>	<i>tbeddad</i>
sit down :	<i>gawer/skoos</i>	<i>tgewar/skews</i>
squat :	<i>skoober</i>	<i>skubbur</i>
sleep :	<i>gen</i>	<i>ggan</i>
get up :	<i>nker</i>	<i>nkker</i>
bend down :	<i>knu</i>	<i>knnu</i>
move :	<i>therrek/mmas</i>	<i>therrak/tmassa</i>
go :	<i>ddoo</i>	<i>tddoo</i>
go forward :	<i>zayed s lgddam</i>	<i>tzayyad s lgddam</i>
hurry :	<i>serbe</i>	<i>tsrbay</i>
run :	<i>azel</i>	<i>ttazal</i>
jump :	<i>ndoo</i>	<i>nttoo</i>
step on :	<i>akel f</i>	<i>ttakel f</i>
touch :	<i>sle</i>	<i>slay</i>
scratch :	<i>kemz</i>	<i>kkemz</i>
tickle :	<i>herr/tgelad</i>	<i>therra/tgellad</i>
breathe :	<i>soonfs</i>	<i>sunfoos</i>
strangle :	<i>khnneg/g taghusht</i>	<i>tkhennag/tgga taghusht</i>
pant :	<i>froord/mroord</i>	<i>tfrurood/temrurood</i>
sigh :	<i>oot s ooghnfoos</i>	<i>kat s ooghnfoos</i>
whisper	<i>skerksh/sHesse</i>	
speak :	<i>sawel</i>	<i>sawal</i>
yell, shout :	<i>sghoy</i>	<i>sghoyu</i>

whistle :	<i>sensg/sffer</i>	<i>senseg/tsffar</i>
silent,be :	<i>fess/bbe lhes</i>	<i>tfssa/tbbe lhess</i>
spit :	<i>ssutf/sufs</i>	<i>ssutuf/tsufs</i>
snore :	<i>sxurre</i>	<i>sxurre</i>
Yawn :	<i>tfa/fa</i>	<i>tfa</i>
laugh :	<i>tssa</i>	<i>tssa</i>
kiss :	<i>ssudem</i>	<i>ssudum</i>
suck :	<i>ssum</i>	<i>ssumum</i>
lick :	<i>leggh</i>	<i>tlleggh</i>
taste :	<i>mdee</i>	<i>mtte</i>
bite (with teeth) :	<i>ghbe/bbe</i>	<i>ghbbe/tbbe</i>
sting :	<i>qes</i>	<i>tqes</i>
chew :	<i>fez</i>	<i>tfez</i>
swallow :	<i>lqee/sert/serd</i>	<i>lqee/tserrat/srud</i>
puff out :	<i>skuf/suf</i>	<i>skufu/suffu</i>
listen :	<i>sfeld</i>	<i>sfleed</i>
smell :	<i>kdoo</i>	<i>kttu</i>
hicup :	<i>oot t eqHt /sHutto</i>	<i>sHutto/kkat teqHt</i>
look at :	<i>sgher/smaqel</i>	<i>sghar/smuqqol</i>
see :	<i>zer/annay</i>	<i>zerra/tannay</i>
wink :	<i>ghemz/smerqsh</i>	<i>tghmmaz/smerqash</i>
cry :	<i>alla</i>	<i>alla</i>
fart :	<i>skushe/skuffe/skuzze</i>	<i>skushay/skufay/skuzay</i>
rest :	<i>sanfu/sunfu</i>	<i>tsanfaw/tsunfu</i>
sick,be :	<i>mred</i>	<i>tmred</i>
breathless :	<i>bbe unfus</i>	<i>tbbe unfus</i>
close eyes :	<i>qen allen/tewallen/tallen</i>	<i>tqen allen/tewallen/talleen</i>
swell :	<i>bzeg/kuf</i>	<i>bzzeg/tkuffu</i>
regular sexual intercourse:	<i>qqu(qen d urgaz/tamghart)</i>	<i>tqqu(ggan d urgaz/tamghart)</i>
vomit :	<i>raar</i>	<i>trara</i>

Diseases and Sicknesses

Objective: Like with body parts, the objective is not to memorize whole list but to talk about certain common diseases by using appropriate verbs and structures.

Vocabulary

health:	<i>ssaht</i>
sickness:	<i>lmerd</i>
patient:	<i>amadun/tamadunt</i>
pain :	<i>sdaâ/eweez</i>
disabled:	<i>abedar</i>
lame:	<i>akusham</i>
hunchbacked:	<i>bu teHdebba</i>
mute:	<i>azenzum/agnaw</i>
stammerer:	<i>atetaw</i>
deaf:	<i>aderdul/aderdur</i>
blind:	<i>abukad</i>
cross-eyed:	<i>azallad/azewal</i>
crazy:	<i>amâdur/anfal/amsood</i>
leprosy:	<i>lbers</i>
fever:	<i>tawla</i>
abcess:	<i>tahbubt</i>
wound:	<i>jjerH/anshef</i>
pus:	<i>lgeeH</i>
wart:	<i>teffedlet/taffooldet</i>
goiter:	<i>legwater/abzzug n umgerd/agergoor</i>
measles:	<i>buHemrun</i>
scabies:	<i>ajjeed</i>
ringworm:	<i>tawkka/senta/elgmaden</i>
cholic:	<i>azbbar</i>
Jaundice:	<i>busffeer</i>
cough/cold:	<i>tusut</i>
nausea:	<i>ankar n wul/eegleb lkhat</i>

vomit:	<i>ereran/eraran</i>
fracture:	<i>terzze</i>
medicine:	<i>asafar/dwa</i>
splint:	<i>alghzem/ammoolz</i>
amulet:	<i>lHerz</i>
cauterization:	<i>teqqad/qed ee kra</i>
devel:	<i>ljen</i>
devels :	<i>ljnun/ayt rbbe</i>
shiver:	<i>targageet</i>
haunting:	<i>ashyar/aslay/tsheyyer</i>

<u>Verbs</u>	<u>imp. sim.</u>	<u>imp. con.</u>
to be healthy:	<i>sHu</i>	<i>tsHu</i>
to be sick:	<i>mred/yagh kra/hersh</i>	<i>tmred/ttagh kra/thrash</i>
to be haunted:	<i>tsheyyer/twemlak</i>	<i>etwasheyyar/ttawmlak</i>
to ache:	<i>engha/yagh kra</i>	<i>enqqa kra</i>
to be cured:	<i>jjee</i>	<i>tjje</i>
to cure:	<i>jujje/dawa</i>	<i>jujjay/tdawa</i>
to moan:	<i>nder</i>	<i>ndder</i>
to be dizzy:	<i>dwekh/mlalle</i>	<i>tdwwakh/tmlallay</i>
to faint:	<i>skhef</i>	<i>tskhaf</i>
to be crippled:	<i>kushem</i>	<i>tkushum</i>
to be deaf:	<i>durdel/durder</i>	<i>tdurdulr</i>
to limp:	<i>sbedr/gjder</i>	<i>sbedeer/sgjdeer</i>
to fracture:	<i>rez</i>	<i>rezza</i>
to sprain:	<i>lghzem/mmulz</i>	<i>tlghzam/tmulluz</i>
to massage:	<i>dellek/mre</i>	<i>tdellak/tmray</i>
to cough:	<i>skuH/ ttusu</i>	<i>skuHHu/ ttusu</i>
to have fever	<i>asee tawla</i>	<i>ttase tawla</i>
to shiver:	<i>rgeege</i>	<i>trgegey</i>
to fumigate:	<i>bekher</i>	<i>tbekhar</i>
to be pale:	<i>wragh/aregh</i>	<i>tuwragh/ttewregh</i>

to swell:	<i>bzeg</i>	<i>tbzag</i>
to vomit:	<i>rar/hush</i>	<i>trara/thushu</i>
to have indigestion	<i>ggusmu</i>	<i>tgusmu/tgasmaw</i>
part of the body asleep:	<i>amz tushent</i>	<i>ttamz tushent</i>
nose bleed:	<i>wenzer/ggunzer</i>	<i>twenzer/tgunzur</i>
to put cast:	<i>jber</i>	<i>tjebbar</i>
to cauterize:	<i>qed</i>	<i>tqed</i>
to bewitch	<i>sHHer</i>	<i>tseHHar</i>
to be epileptic	<i>ut ljnun</i>	<i>kkat ljnun</i>
to tie or use bandage:	<i>ass</i>	<i>tassa</i>

Family Planning

Objective: By the end of the session, the trainees will be able to talk about planning and fill in the cards

Vocabulary

pregnant:	<i>ar/da taru/tlla s udes/tuse aHleeg</i>
health center:	<i>sbeetar</i>
examination:	<i>azrray</i>
blood pressure:	<i>ttansyu</i>
Iud:	<i>selk/lewleb</i>
condom:	<i>lkapot</i>
birth control pills:	<i>lfaned n warraw</i>
tubaligation:	<i>qen askewn/twalda/lgrun</i>
depoprovera/norastat:	<i>tasme/tesgnet n tarwa</i>
menstruation:	<i>eedamen n wayyur</i>
vaginal infection:	<i>ees kem eengha lferj (or point to the vaginal area)</i>
feet swelling:	<i>abzzug/abzzag n eedaren</i>
urine test for protein:	<i>teHleelat n ubzweed/eebzdan</i>
spermicide:	<i>spermesed</i>

Dialogue

A: *sbaH lkheer*

B: *sbaH lkheer, ma treet?*

A: *reegh lkeena n tarwa*

B: *ees jju tsweet lkena n tarwa?*

A: *uhu*

B: *(nurse pulls out family planning card) magh tzdehgt?*

A: *Talmest*

B: *ma ygan lkenyannem?*

A: *Moujan*

B: *ma ysemnnem?*

A: *eesmenu Keltoum*

B: *menshka darem n eesgasen?*

A: oorsengh, eemken 40 n oosggas

B: (nurse puts 1955 on paper for year of birth and skips occupation) ees tghreet gh
lmdrasa?

A: uhu

B: ma tga lkenya n urgaznnem?

A: Ait Brahim

B: ma ysmens?

A: eesmens Taher

B: meshka dares n oosggas?

A: oor sengh

B: ees kem yooger s 10 n eesggasen?

A: eemken

B: (nurse puts 1945 for year of birth) ees ekka lmdrasa?

A: oohu, oor eeghra

B: mane gh eekhdem urgaznnem?

A: eega afllaH

B: manaku turut neghd eekhesram bnmadem?

A: uroogh asggas lee eezreen, walayynnee eemut

B: menshka darem n warraw?

A: daree 4 n eeferkhan d 3 teeferkheen

B: menshka adam eemmuten?

A: 2 eeferkhan

B: ees joo am eejra kra n lmooshkel eegh a ttaroot?

A: oohoo, lHamdullah

B: manakoo amd ooshkan eedammen?

A: 2 eyyern ayad

B: wakha, rad am qlbegh ttansyoo d eebzdan. ggawer gheed,

A: wakha.

Women's Vaccination

Objective: By the end of the session, the trainees will be able to fill in cards and ask about vaccination.

Cultural Points:

Many people believe that shots are more important for the sick body than any other kind of medicine. Vaccination is thus very welcomed, unless in very remote areas that are not covered by health extension.

Vocabulary

vaccination:	<i>ashrad/jelba/tesgnet</i>
vaccination card:	<i>lkarnee n jelba</i>
next month:	<i>ayyur add yooshkan</i>
next year:	<i>asggas add yooshkan</i>
not yet:	<i>oorta</i>
last name:	<i>lkenya</i>
first name:	<i>eesem</i>
oldest child:	<i>afrookh akhatar/emquren- tafrookht takhatart/emquren</i>
youngest child:	<i>afrookh eemzeen - tafrookht eemzeen</i>
first:	<i>amzwaroo/tamzwaroot</i>
second:	<i>wees seen/tees snat</i>
third:	<i>wees krad/tees kratt</i>
during your next pregnancy:	<i>gh tarwanem d yooshkan/kodenna dagh ttarut</i>

Verbs

to return:	<i>oored/aghool/dadood</i>
to need :	<i>eekhssa</i>
to vaccinate:	<i>gzee/shred/g jelba</i>

Dialogue

A: *sbaH lkheer*

B: *sbaH lkheer*

A: *mamenka tgeet?*

B: *labas nshkert ee rbbe*

A: *ma eegan lkenya nem?*

B: *Egigel*

A: *ma eesem nem?*

B: *Rqiyya*

A: *menshka darem n eesggasen?*

B: *eemken 38 n oosggas*

A: *ma eesm n oorgaz nem?*

B: *Brahim*

A: *ma eegan lkenya nes?*

B: *Azggagh*

A: *menshka n oosggas ellan dar eweem eemqooren?*

B: *smmoos n eesggasen*

A: *menshka ellan gh lâmer n eweem llee eemzzen?*

B: *krad eesggasen*

A: *ees jjoo tgeet jelba?*

B: *geeght asggas llee eezren*

A: *ees a ttaroot?*

B: *eyyah, da ttaroogh*

A: *oor eekhssa a tgt jelba gheelad, oorreed ayyoor d yooshkan.*

Diarrhea

Objective:

By the end of the session, the trainees will be able to ask about diarrhea and prepare a rehydration solution.

Cultural points:

Talking about diarrhea is not an embarrassing topic in the Berber culture. The word "adreeg" is the right word for diarrhea but it is used only for animals. Many people believe that there is a cure or medicine for diarrhea. "Iâdamen" or ufugh" are the euphemistic expressions that can be used in order to avoid the taboo name for stools "ikhan".

Vocabulary

Diarrhea:	<i>adees/adreeg/yoozel oodees</i>
ORS sachets:	<i>Biosel/dwa n oodees</i>
medicine:	<i>dwa/asafar</i>
fever:	<i>tawla</i>
blood in stool:	<i>eedammen gh eekhan</i>
dehydration:	<i>tezwa ssaHt</i>
rehydration:	<i>oorreen waman s ssaHt</i>
before 24 hours:	<i>qbel 24 n tassaât</i>
liter of water:	<i>eetroo n waman</i>
small spoon:	<i>taghenjawet eemzseen</i>
small cup:	<i>lkas eemzseen</i>
to throw away:	<i>gr</i>
to breastfeed:	<i>fk tebbeet/bubbu</i>
to pour:	<i>ffee</i>
to shake:	<i>smas/smerks /khellet</i>
to boil:	<i>snoo</i>
to feed:	<i>fk lmakla</i>

Dialogue

A: sbaH lkheer

B: sbaH lkheer

A: ma eega lHal ee yweem?

B: yoos sers lHal- eenghat oodees

A: menshka n oossan ayad?

B: krad oossan

A: ees a sool eessumum?

B: uhoo

B: ees a yshtta?

A: eemeek

B: ees a yssa?

A: kra n tekkal, walaynne ar eessufoogh aman nna eeswa

B: ees gees tawla?

A: uhoo

B: ees a yskar eedammen eegh eeka berra?

A: uhoo

B: ees a ytrara?

A: uhoo

B: (the person inspects the skin of the child, the skin stands up when pinched;
obviously the child is dehydrated)

ar tzggoo ssaHt n tarwa eeghten eengha oodes. ORS eega asafar eeHlan ee yooodees. snoo yan letroo n waman, ajt ard eesmeed. g yat lbakeet n biosel gh tqerâet, khillett. fk as emeek s emeek s yat tghenjawt eemzzen ard eekemmel letro n waman. koodnna tzree 24 n tassaât, eegh oor ekmmel dwa, ffee aynna eegaman ashkoo oorsool eeHle. eegh sool gees ella udees zayd yat lbakeyt yadneen ard eekmel kratt lbakeyyat. eegh sool emreed, aweet s sbeetar.

Planning

Objective:

Talk about condoms, Birth Control Pills, IUD and Operation.

Cultural Points:

The contraceptive terms used in family planning are borrowed from French or Moroccan Arabic. IUD can be, for example, translated into "selk" meaning wire. Women are scared of using it. They think it can go into their stomach or guts. It is very practical then to try to introduce the term "lawleb" instead.

eegh oorsool treet arraw, llant yan snat tturuq bas adoor ttarut:

1) Condoms

- *ella lkapot.*
- *ar eetmnaâ bezzaf n lamrad*
- *tgga lkapot gheer yat tekkeelt*
- *awer tggat zzeet neghd kra n dehna ee lkapot ashku ayad eerat eebbe*
- *ella lcapot gh sbeetar fabur.*

Translation

If you do not want to give birth, there are means of preventing pregnancy like:

- There are condoms.
- They protect you from sickness.
- Each condom should be used only one time.
- Never put oils or creams on the condom because this will weaken the plastic. It is fragile.
- Condoms are available at the hospital and are free.

2) Birth Control Pills

- *eekhssa atsut yat lkena ku deyyed*
- *llant fabur gh sbeetar*
- *tekkelt tamzwarut, eemken akem eengh ookhsas neghd lmeâda. awer kem eeshthen ghayad ashku eera eezree eehgd ar tmyart lkena.*
- *eekhssa a tessat lkeena kaygat as meqqar eesafer oorgaznnem*
- *eegh t' ttut oor tsweet lkena kra n was, soot luqtnna tkteet, neeghd soo snat askka nes*
- *eegh t' ttut snat neghd kratt sootent neet looqtan, men beâd ssa teyya gh looqt da gh tent tssat, walaken eekhssa a testeâblem lcapot.*

Translation

- You have to take one every night.
- It is available at the hospital and free.
- At first, the pill sometimes makes your head ache a little, or you may feel sick to your stomach. Don't worry; this should pass after a couple of months when you get used to it.
- You must take the pill every day, even if your husband is traveling.
- If you forget to take the pill one day, take it as soon as you remember or two the next day.
- If you forget two or three, you must take them right away, and then go on taking the rest of the pills normally. However, you must use another method of contraception like the condom at the same time.

3) IUD:

- *eegh oor treet lkena, ella lewlab/selk*
- *lewlab eerka bahra*
- *ella gh sbeetar*
- *koodnna tkkeet krad eyyeren s slk, eekhssa a tdut a tzreet gh sbeetar. men beâd eekhssa a tzrayt ku 6 n eeyyern.*
- *lewlab eeslaH ee tmghart lle yad yuroon yat tekkelt d teemghareen llee ezreen 20 n oosggas gh lâmer.*
- *eeqder a ysker lewlab emeek n sdaâ looqt n terkab ns neghd looqt llee gh eera ay twakkas, walakeen sdaâ ad eera yzree fesaâ.*
- *eegh tgeet lewlab mash oor amd ooshkeen eedammen, esan ees a ttarut. ddu s sbeetar afad am ksen lewlab.*
- *eegh treet a taroot zayed s sbeetar bash am ksen lewlab.*
- *lewlab eeHla ee tmghareen llee a yssodooden.*

Translation

- If you do not want the pill, there is the IUD.
- The IUD is easy.
- It is in the hospital.
- After the first three months with the IUD, you must have an exam at the hospital, and then every six months after that.

- IUD is good for women who already have one child and are over the age of 20.
- It may cause pain at the time of insertion or removal, but this will pass quickly.
- If you have the IUD in and miss a period, this means that you are pregnant. Go to the hospital and have your IUD removed.
- If you want to get pregnant, go back to the hospital and the nurse will remove the IUD.
- The IUD is good for women who are breastfeeding.

4) Operation:

- *eegh tkhatert gh lâmer eleen darem bzzaf n warraw, tghayt a tskert lâamaleyya takhatart (a tqent azrem n lwalda).*
- *eeghtt treet, zayed s sbetar teneet as ee tfrmleet adam tsker lâamaleyya.*
- *trkha lâamaleyya yad bezaf, oor gees Htta kra n lkhatar*
- *fkker bzzaf qbel a tskert lâamaleyya takhatart, ashku eeghd ard stt skert oorsul ra taroot.*

Translation

- If you are older and have a lot of children, it's possible for you to get the big operation
- You can go to the hospital and tell the nurse that you want an operation.
- It is an easy one and you will be in no danger.
- But you have to think carefully because after the big operation, it is not possible for you to give birth another time.

MATERIALS NEEDED: Examples of condoms, Birth Control Pills and IUDs (there is also a demonstration piece available for showing how it works)

WEANING AND FIRST FOODS

Taken from: LE SEVRAGE ET LES PREMIERES PUREES-BOUILLIES
by Dr. Blanca Solis

Guidelines for successful weaning

1) *ssodud lmudda n 12 n yyeren ar âamayen, walaken bdoos a takkat lfakeyt d lkhder t eenwan eezdan gh 4 neghd 6 n eeyyern eemzwura.*

1) Breastfeed for 12 months to two years, but starting from the 4th - 6th month, introduce fresh fruit puree or boiled mashed vegetables or cereals.

From 4 to 6 months

2) *akka ee yoofrokh snat ar kratt tghenjween n lkhder t eezdan kra ygat as ar tzayyat emeek s emeek ard eeshbâa.*

3) *awer tkkest ee yoofrookh aghoo gh yat tekkelt, ksast emeek s emeek f yat lmudda n 2 ar 3 eeyyeren.*

4) *akka yas terem t eenwan yat s yat afad a ysan lanwaâ n teram d mat eeâjben.*

5) *afrookh eemzeen eegh gees lgzema neghd adreeg (yoozl as oodees) neghd dares lmushkel n ttanffus, eesan ees oor eeHmeel terem t an.*

6) *awer takkat teram marghneen neghd teram zedneen bahra ee yoofrookh, teram Herraneen oola ten laHkak oor as Hleent.*

7) *snoo lkhder t gheer emeek afad ayghay oofrookh att eefz.*

8) *akkayas lfakeet n ljdeed kra ygat as.*

9) *asggas amzwaroo awer as takkat: eeselman, tefeflt eeHrran, lfrees (ttut), lmshmash oola lananas; lmakla yad eemkn as tsker lHasaseyya.*

10) *koodnna darsen 7 neghd 8 n eeyyern, eefekhan gheen ad shen awragh n yat tglayt kra ygat as.*

11) *eeghd ard zreen 8 n eeyyern, gheen ad shen teram llee ektootteen bahra.*

Translation

- 2) Feed 2 to 3 spoonfuls of puree or mashed vegetables to, start and increase progressively according to the child's appetite.
- 3) Weaning should be done progressively over 2 to months.
- 4) Try introducing foods one by one so that the child learns different tastes and also to identify those foods that the child likes.
- 5) A dislike of a certain food can occur after one week of feeding if the child has eczema, diarrhea or respiratory problems.
- 6) Don't give very salty or sweet foods to the children; spicy and canned foods are also to be avoided.
- 7) Cook the vegetables minimally, just enough to be able to mash them.
- 8) Give fresh fruits daily.
- 9) Foods to avoid the first year: seafoods, hot peppers, strawberries, apricots and pineapple; these foods can cause allergies.
- 10) When they are between 7 and 8 months of age, children can eat one egg yolk each day, if they can tolerate them. At this age small pieces of bread and biscuits can be introduced.
- 11) After 8 months, children can eat food that is cut into small pieces.

Recipes for weaning children

1) Beans

- mnas n lkas (neghd 90 g.) n lloobya eenwan;
- mnas n lkas (neghd 100 g.) n rruz eenwan;
- yat tghenjawt eemzseen n zeet;
- snat tghenjaween khaterneen n waman (aman lleegh tnwa lloobya);
khlllet kulshe, tzdat. men beâd, zreet gh tastayt.

Translation

- 1/2 glass (or 90 g.) of cooked beans;
 - 1/2 glass (or 100g.) of cookd rice;
 - 1 tsp of oil
 - 2 Tsp. of water (from cooking beans);
- Mix everything mash it into a puree. Put through a stainer.

2) White beans

- mnas n lkas (neghd 90 g.) n lloobya tumleelt;
- yan lkas neenwan neghd lhdert llee dar eefrawn zgzawneen;
- yat tghenjawt tamzyant n zeet;
- yat tghenjawt eekhatern n waman (aman llee gh tnwa lloobya);
khlllet kulshe, tzdat. men beâd, zreet gh tastayt.

Translation

- 1/2 glass (or 90 g.) of cooked white beans;
 - 1 glass of cooked spinach or other leafy green vegetables;
 - 1 tsp. of oil
 - 2 Tsp. of water (from cooking beans);
- Mix everything and mash it into a puree. Put through a stainer.

3) Lentils

- mnas n lkas (neghd 90 g.) n lâds/tenelteet eenwan
- mnas n lkas n lbanan eezdan neghd booâweedn neghd tffaH;
- yat tghenjawt tamzyant n zeet;
- yat tghenjawt eekhatern n waman (aman llee gh eenwa lâds);
khlllet kulshe, tzdat. men beâd, zreet gh tastayt.

Translation

- 1/2 glass (or 90 g.) of cooked lentils;
- 1 glass of mashed banana, pear or apple;
- 1 tsp. of oil
- 2 Tsp. of water (from cooking lentils);

Mix everything and mash it into a puree. Put through a stainer.