

MUNDA WACHIONETSERO

LIMANI IDYANI TETEZANI

Mitengo yobeleka zakudya za madyedwe yabwino caka conse canthunthu



Simikizani nthaka yamfundo wa bwino yobeleka zakudya zopatsa nthanzi.



Limani mitengo yobeleka zakudya zomwe zikula ndi kucha pa nthawi yosiyana mu caka.



Idyani zipatso zosiyana-siyana tsiku ndi tsiku kuthandizila pa madyedwe abwino.



Tetezani mitengo yobeleka zakudya, kutetezela mbadwo watsopano ndi mbadwo watsogolo

