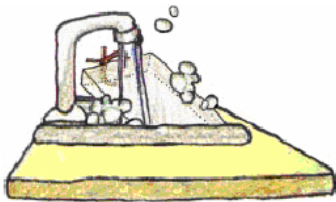


Siv ib tug nplauv (brush) huv huv txhuam cov txiv hmab txiv ntoo zoo li dib pag thiab dib. Txiaiv tej qhov chaw uas doog los sis lwj tawm ua ntej koj noj.

Cov nqaij nyoo, nqaij qaib nyoo, nqaij ntses nyoo thiab qe nyoo txawj ki cov kab rau hauv chav tsev ua mov noj. Tsis txhob cia cov nqaij nyoo thiab cov kua nqaij nyoo no chwv los sis si rau lwm cov zaub mov. Yog hais tias koj siv tej log cam, yuav tsum tseg ib lub log cam uas siv txhoov cov nqaij, cov nqaij qaib, nqaij ntses, thiab qe nyoo xwb. Koj puas tau siv ib txoj phuum los so cov kua nqaij? Yuav tsum muab txoj phuum ntxhua tso koj mam rov qab siv dua. Los sis, siv cov ntawv so tes los so tas ces muab pov tseg xwb. Nqaij, nqaij qaib thiab nqaij ntses txawm hais tias koj thau los kom yaj nab kuab los tseem yuav tsum nyob rau qhov chaw txias txias. Cia cov nqaij no yaj nab kuab rau hauv lub tub yees (Tso rau hauv tub yees kom pib yaj nab kuab li ib los sis ob hnuv ua ntej koj yuav siv cov nqaij no.) los sis tso rau hauv lub microwave (Nias lub khawm uas hais tias “defrost” no) . Yog hais tias cov nab kuab yaj tag lawm ces cia li muab ua noj tas sim ntawd.



Cov nqaij nyoo, nqaij qaib nyoo, nqaij ntses nyoo, thiab qe nyoo ua tau rau koj mob. Yuav tsum ua kom tej no siav siav lawm tso mam li noj. Yog hais tias ua tau no ces, siv ib tug ntsuas los ntsuas saib hov kub thaum ua nqaij qaib thiab lwm yam nqaij. Yog hais tias ua tau no ces siv ib tug ntsuas los ntsuas saib hov kub thaum koj ci cov nqaij tsuav uas muab puab ua ib daim lawm. Yuav tsum ua kom kub li 160. Yog hais tias koj tsis muaj ib tug ntsuas, tsis txhob noj cov nqaij tsuav ntawd yog hais tias cov nqaij tseem liab liab. Siv ib rab rawg hno tus ntses uas siav lawm. Cov nqaij yuav tsum phom phom. Yuav tsum ua kom cov qe

thiab nkaub qe khov es, tsis txhob ua kua lawm. Yog tias tseg cov zaub mov cia ntau tshaj ob xuab moos, cov kab yuav pib loj hlob tuaj. Yog li ntawd yuav tsum muab cov zaub mov uas seem cia rau hauv tub yees los sis lub freezer tom qab koj noj mov tag lawm. Muab cov zaub mov seem tso rau hauv tej lub tais ntiav ntiav kom thiaj li txias sai. Puas yog koj muab cov zaub mov seem cia rau hauv tub yees? Yuav tsum muab los noj li ob peb hnuv tom qab ntawd, kom cov zaub mov thiaj tsis lwj.

Kev Pov Hwm Koj Cov Zaub Mov

Tsis paub hais tias yuav ua li cas thiaj li ntsuas tau saib cov zaub mov puas tseem zoo. Txawm hais tias tseem tsw qab, thiab noj qab los tej thaum cov zaub mov twb tsis zoo lawm. yuav tsum ceev faj. Yuav cov zaub mov zoo. Ua tib zoo pov hwm hauv tsev. Yog tias koj xav hais tias cov zaub mov tsis zoo lawm, tsis txhob saj kiag li. Nco qab ntsoov li no: Thaum twg yog hais tias tsis paub, cia li muab pov tseg xwb!

Koj puas muaj lus noog txog txoj kev pov hwm zaub mov?

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