

KaumNqi

YuavTauPaubZooThaumSablajNrogXibfwbTxogKevKawm

1. Uantej thaum cov rooj sablajnrog xibfwb txog menyuumkev kawmyuavpib lossismuaj teeb meemyuavpib tshwm sim, nrhiavhau kev musntshib nrog koj tus menyuumtus xibfwb thaum nyuamqhuavpib kawmntawv rau xyoontawd.
2. Kevnpaj nrog xibfwb sablaj. Tham nrog koj tus menyuum. Sautej lus nug cia. Saib koj tus menyuumtej ntawv kawm thiab nws cov ntawv nqal los ua tom tsev. Ua zoo xav seb koj tus menyuumyogtus neeg nyiam kawm ntawv licasthiab nws tus cwj pwm zoolicas.
3. Qhov zooyog neb ob niam txiv mus koom kom tau lub rooj sablajnrog xibfwb masyuav zootshaj.
4. Nugtxhua yamuaskoj tsis nkagsiab txog ntawm koj tus menyuumtej ntaub ntawv kawm, kev sib raugzoonrog lwm tus menyuumthiab xibfwb lossis kev xeem ntawv lossis txhua chavnws kawm thiab tsev kawm ntawv tej cai.
5. Tswj koj tus kheej kom tus tus. Tsis txhob rawm maj chim lossis npautaws lossis cem. Nrhiavhau kev cogphooj ywg kom muaj kev sib raugzoonrog tus xibfwb.

6. Qhiatus xibfwb paub txog. Ua tau nrog koj tus menyuum mus tsev. 8. Tom qab thaum sablaj xibfwb neb sib tham thiab txiav txim mus licas lawm.

g qab nug ntiv. Kubsia brau yamuaskoj tau

pom zoonrog tus xibfwb.

Nrhiav kev txuas lus nrog tus xibfwb. Yoghaistias yam kev kawm uastus menyuum kawm tsistau, lossismuaj teeb meemtshwm sim ntxiv tuaj, hu thiab teem caij nrog tus xibfwb sib tham dua.

10. Yog koj tsis pom qhov kev pab ntawv tshwm sim li, koj yuav tau nrhiav lwm yam kev pab ntxiv. Yoghaistus xibfwb pab tsistau lossis koj pom haistias zooli koj tus menyuum yeej kawm tsistau li, koj yuav tau nrog nws tus thawj saib xyuas haujlwm tham. Hu rau hauv tus thawj xibfwb lub chaw ua haujlwm sebnws pom zookom koj ua dabtsi ntxiv mus.