

malringulu kwane

kayasaa wakela naiyana ku badhabadha, lapadulrunai ku makaelaela ka damai ku sahakaiya pasudalru. sa makakanenga makakaelangenganai si davacenga, laipathagilinganaku lripethele pangidemele ku takanea, ku asinava ka takaiya wapuduku ki tasinasinava, latuhanavaku ngulringau sa alrulaiyananaku si iyaikai kidremedreme, samalra ku igayga, mapadulru lu agaa, lakaidu kwalryalri kidremedreme ku agaa ku atudamadha, bekela ku takaiya, lakaidu kidulrudulru sinau.

ku igayganeana, lu aga amalra ku buhasi, tahamunage, lredelrede ka lapanai si tuba paelreelre pupalungu, lapauwa ku acilai si aga, lu kadunga mwacaebe si sadruku idra acilai pauwa ki vingtange, la sahahe pasitelrai pikai ki thalragale idra palungu si sagai ku yapalunga ka akanea, adrava ku paihange, kahidrange lukaidu pavaiyana miyalri wagamadu tungithingithi.

ku becenge twabasuhu pulacenge ku singi umawma ka lalacenge, ani asama, amici, dawdau, ngyasasingkai ku kadalame ki wacekecekele, twakicega lu adrumaa. ku hedame ka lapanai syalribuwana kasupalre tutatitiki laaga pulacenge, lukai tucuculrusu. ku nisaha ka lrilemeka, twabaimadu tuvalrithukai.

eene makaelaela ku tapiyaiya waga, ai ku takanekanea mahamahamau,

sana sahahe pulebe ku aga, ku wacekecekele watakaenene ngithalringulu ki palungu si ahakai ku kidringi masiasilange kwane, ku nimeala ka akanea tinu ahakai ku alrima malra sikane, kadruwa ku kacipi, kadruwa ku usara dungbulri, sanaikai ku kidringi wadulrumadu kwane.

lu cibuku ki nipulacenga ahakai ku palriyu, lu puhagele ki umase ki badhabadha ahakai ku kadruhu, lu puhagele pasukai ku vicukulu, pasukai ku kadapahe, ahakai ku niahakaiya ku angatu dwahepe ka kisi si thalange.

kay tamaelrelrea kalringulu ki palungu kwane ku aga ka kakudha, wadahebe ku hathuda aeaea mahamahamau ku kidremedreme ki tacekecekela, ladahepe ku adulruwa mawsakesakene makilibalibake ka wacekecekele, asiluiya, lu kalringulu kwane ku aga, ku lavavalake si yacengecenge kadruwa ka pangiakalrakalra lukane, lataha aswalaala ki mahudraudrange ngidrakaale.

kayasasanenga, yakaingata ki upunga kyululucu, naingyalrau ku igaygaluiyaa makucingalrenga!

(文章大意 僅供參考) ※字數限 200 字

大鍋飯

大鍋飯的烹煮方法非常簡單，塊莖塊根類全放一鍋水煮，煮熟就可以吃了；曬乾後的玉米打白、磨成顆粒狀或粉狀後，與山上的野菜一起煮成稀飯來吃，煮法特殊。不管怎麼煮，吃的方式都一樣，那就是一起吃大鍋飯，飯熟之後，每人拿著湯匙圍繞大鍋，吃到飽或鍋裡的飯吃完了才離開。

吃大鍋飯的文化是年紀小的要少吃，要比年長的早起身離開鍋子，培養長幼有序的倫理觀念，這樣的吃法已隨著衛生觀念的重視不復存在。