

abay

abay si cabo ka tyadike'ee ki name ka sakabaane ka akanakanane. no
kibecengi name ka sakabaane paebenge ka latitabesengane kiname. la
paagele kiname tyabay sokobo ko syaoo na miya 'awcaw, sana tilegesi
made ka i'isadra kimade ityabay.

na abay ka amani na soadrekay si taliyaodrane no tilegesini ko
sapoboalini na makocingacingaynga na ma'akakoanga, pagay si acilay
cwabo soamoimade tithangeda'a, la po'ibo na botolo sotaw lasyakay na
sopongini na belebele ipoco, syakay na taysi 'ebeke, lado'o kimade
pabwaboko, ana abaini na swadrekay ka, amanimaninga notalegesane
lakamani no 'ikaini na makocingay na va'iyane ka laso doo kimade kwane
abay no 'ikayini namiya ka thakongadavane ka madike'ee sawkoa,
itidromadroma kimade tyabay, sapalangani madenga, no tilegesi madenga
lawa no 'awkayninga, na babaa ka tyabay kimade ka thakada'ane, kwane.

swadrekay ka ana pawsyame becenge boathi tay ka amani ko
kanekanini, tangetange si lepelape makaegege na lacenge ka amani
ko po'iboini koane, na becenge ka syakibooane 'ikai ka akanakanane,
ma'akainoinonga na dida'ane ka 'iyakay cengele kimade, na becenge ka

sana'asakabaane ka 'iyakikaynga 'abooane dodoko'o, ipanomiya kita igo'o
naniko syaoonga doko'o na becengemya.

(文章大意 僅供參考) ※字數限 200 字

阿拜

「阿拜」和粽子是族人很重要的食物。當慶祝小米豐收時，會準備「阿拜」祭拜祖先，「阿拜」是節慶時必須製作的食物，更是平常的主食及裹腹的食物。阿拜是糯米和水揉成米糰搓成長條，加豬肉或花生以香蕉葉包裹，用粽繩綁好，最後以滾水煮熟即可，只有在豐年祭或重要日子上才會吃得到。

小米，是一種非常古老的糧食作物，幾乎在世界各地都有它的蹤影，而且粟米在各國都有非常久遠的耕作歷史，很難說發源地究竟在那。