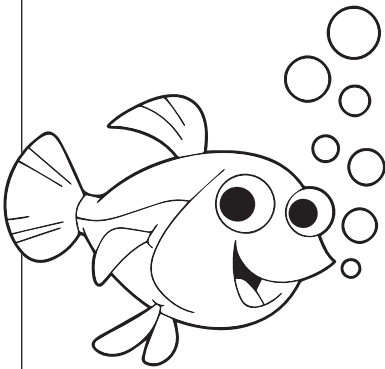
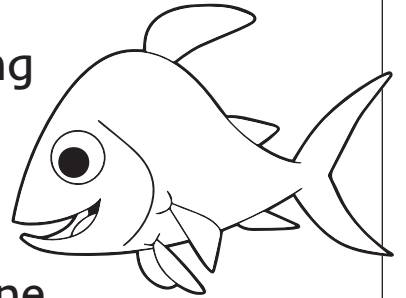


Thothokiso

Lebitso:

Thothokiso ya Tlhapi

Tlhapi e nngwe e nyenyane
E ne e sesa ka sejaneng sa yona
E ne e etsa dibudula
mme ya eba le takatso e itseng
seo e neng e se la balabela
E ne e le tlhapi e nngwe
Eo e ka sesang le yona
Sejaneng sa yona se senyenyane



Tlhapi e nngwe
Ya tla ka tsatsi le leng
Ho budula dibudula
Ha di ntse di bapala
Ditlhapi tse pedi tse nyenyane
Jwale di budula dibudula
Ka sejaneng se senyenyane
Splish! Splish! Splish!

Ehlophisitse ke Nancy VandenBerge

Na o a
tseba?



Ho ja tlhapi tse nang le ole jwalo ka pilchards, tuna, sardines le mackerel ho o loketse hobane di na le Omega-3 Fatty Acids.