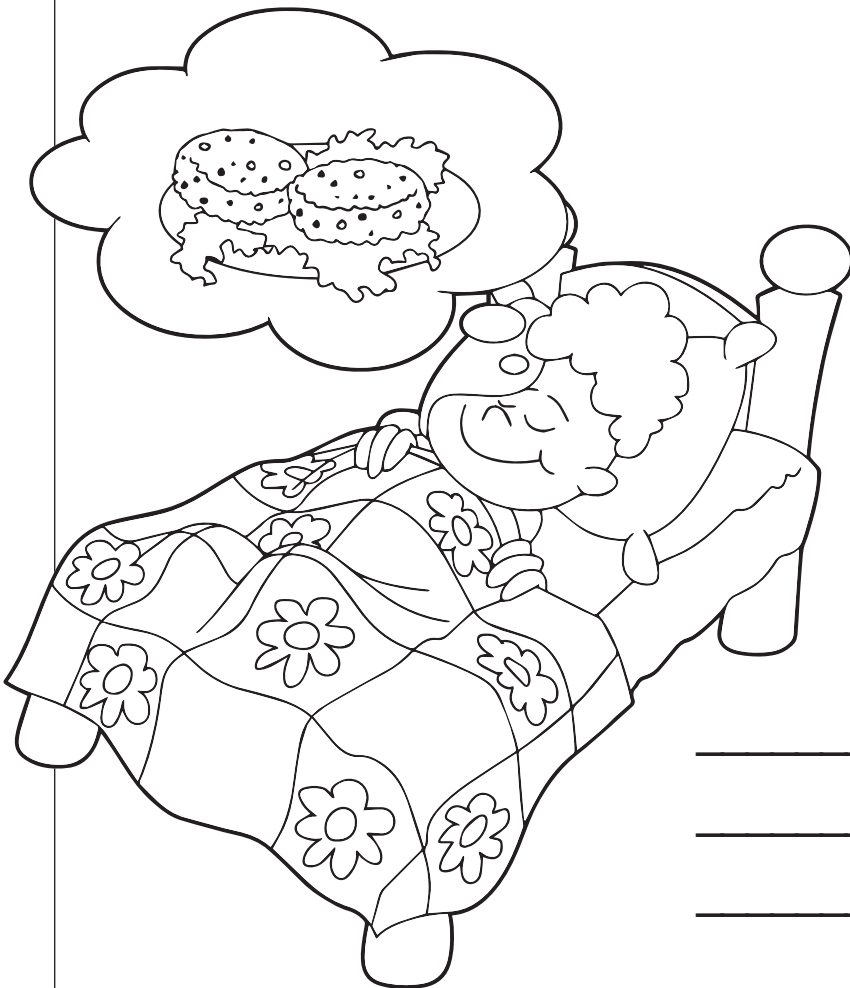


Tlhapi e loketseng ho jewa

Lebitso:

Sipho le Jeremy ba rata ho ja tlhapi, haholoholo diphaphatha tsa tlhapi! Nkgonwa bona o etsa diphaphatha tsa tlhapi tse hlabosang ka mehla. Sipho le Jeremy ba atisa ho ya mabenkeleng le nkgonwa bona ho ya reka tlhapi e ka makotikoting. Hona le ditlhapi tse ka makotikoting tsa mefutafuta tseo motho a ka kgethang ho tsona jwalo ka pilchards, tuna, sardines le mackerel. Tlhapi e boetse e lokile hobane e na le Omega-3 Fatty Acids. Omega-3 Fatty Acids di bohlokwa bakeng la bophelo ba rona, empa mmele ya rona e sitwa ho itlhahisetsa tsona ka boyona, ka hoo nkgono o etsa bonnete ba hore Sipho le Jeremy ba ja tlhapi e nang le ole banyane habedi ka beke hore ba dule ba phetse hantle. Ha se feela hobane e lokile, e bile e monate!



Sheba ditshwantsho mme o ngole polelo ya hao bakeng la setshwatsho ka seng. Balla motswalle wa hao dipolelo tsa hao.

Tlhapi e loketseng ho jewa



Ngola mantswe a tshwanang le ana:

Bohlokwa: _____

Hlabosa: _____

