

# Ke nna Pilchard e nyane

Lebitso:

Ke sesa ka tlasa lewatle  
Ke bohlokwa nthong tse ngata  
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Haholo-holo Omega-3!

Ke eng Omega-3 o e botsang?  
Hantle e bobebe, o a bona  
Omega-3's ke fatty acids  
O ka matlafala jwalo ka nna!

Ha o ja tlhapi ha bedi ka beke  
Ka tshebetso ya boko le mehopolu,  
Bophelo ba pelo le pono ya mahlo hape,  
Bophelo ba pelo le pono ya mahlo hape.

O se ke wa lebala lebitso la ka  
Ha o nkenya dijong tsa hao  
O tla ba hodimo papading ya hao  
O tla ba hodimo papading ya hao



## MABITSO A NEHILWENG

Omega-3 Fatty Acids

boko

mohopolo

tshebetso

bohlokwa

Ke o fe molaetsa wa bohlokwa thothokisong ena? \_\_\_\_\_

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Ke dife ditlamorao tsa Omega-3 Fatty Acids? (Qoqang ka sena ka phaposeng):

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