ਖਾਣਾ ਪਕਾਉਣਾ

Å laga mat

Clare Verbeek, Thembani Dladla, Zanele Buthelezi

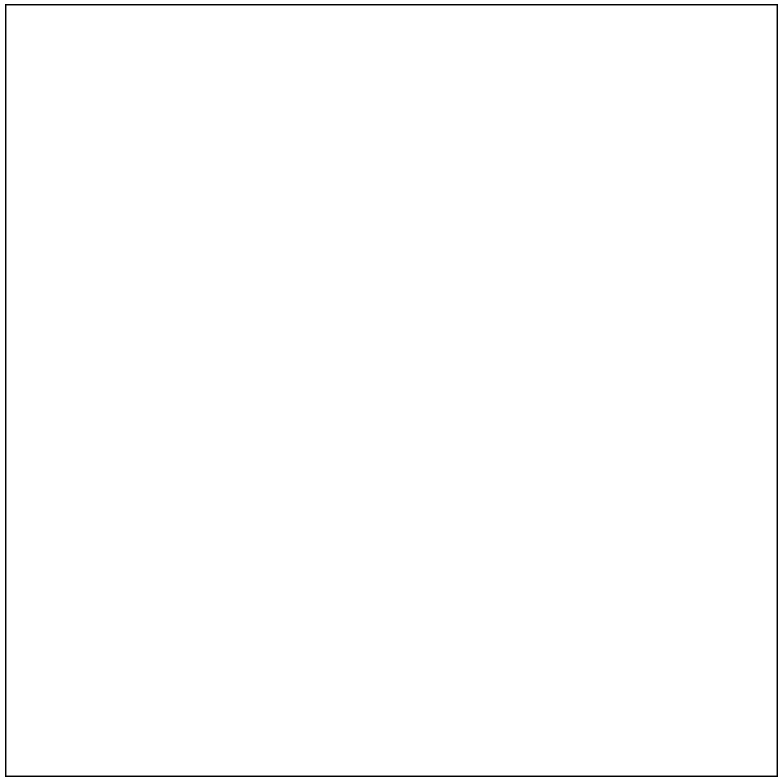
Kathy Arbuckle

Anu Gill

panjabi / nynorsk

nivå 1

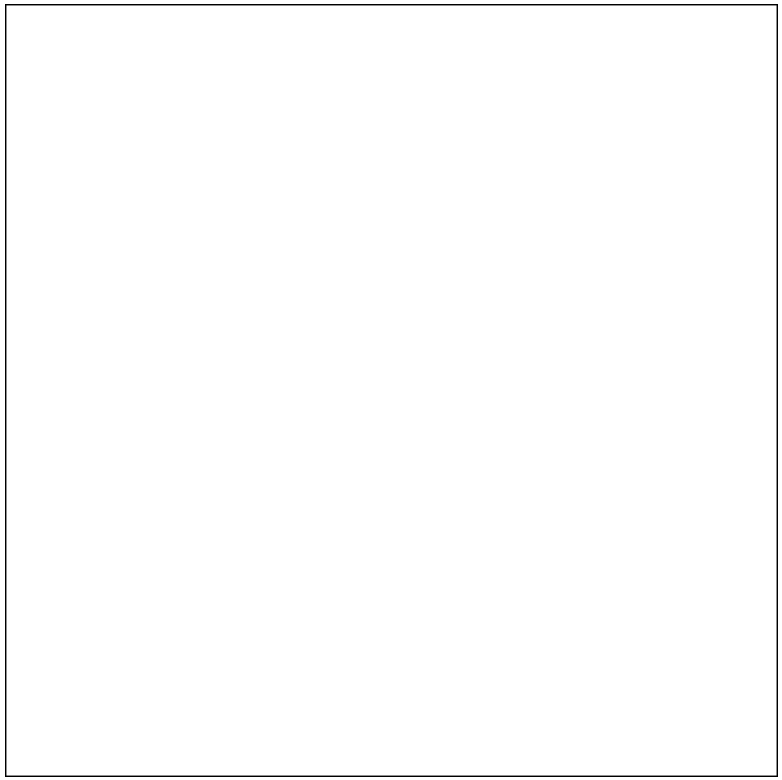
(uten bilder)



ਮੈਂ ਆਲੂ ਛਿੱਲ ਰਿਹਾ ਹਾਂ।

. . .

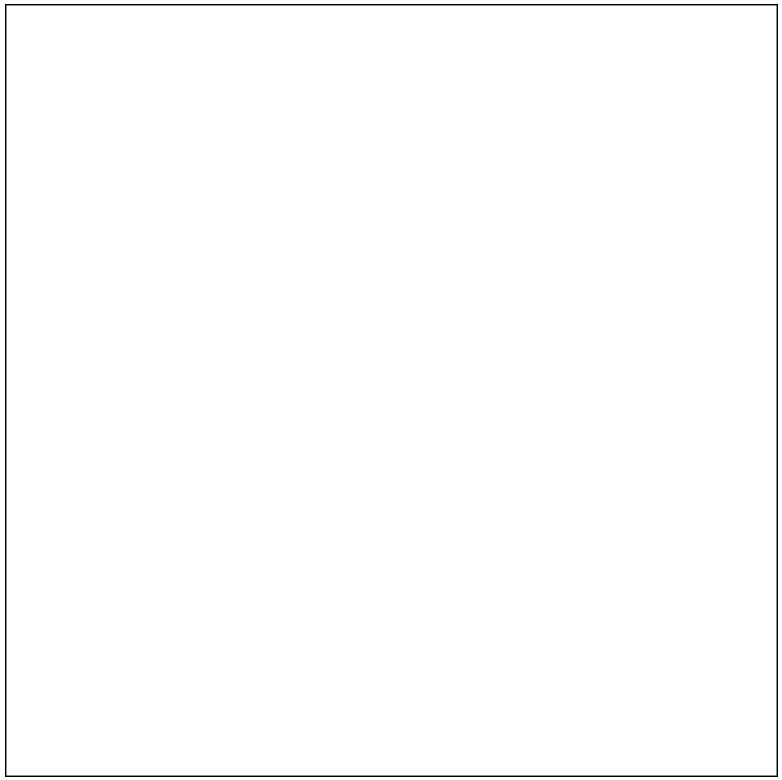
Eg skrellar potetene.



ਮੈਂ ਗੋਭੀ ਨੂੰ ਕੁਤਰ ਰਿਹਾ ਹਾਂ।

. . .

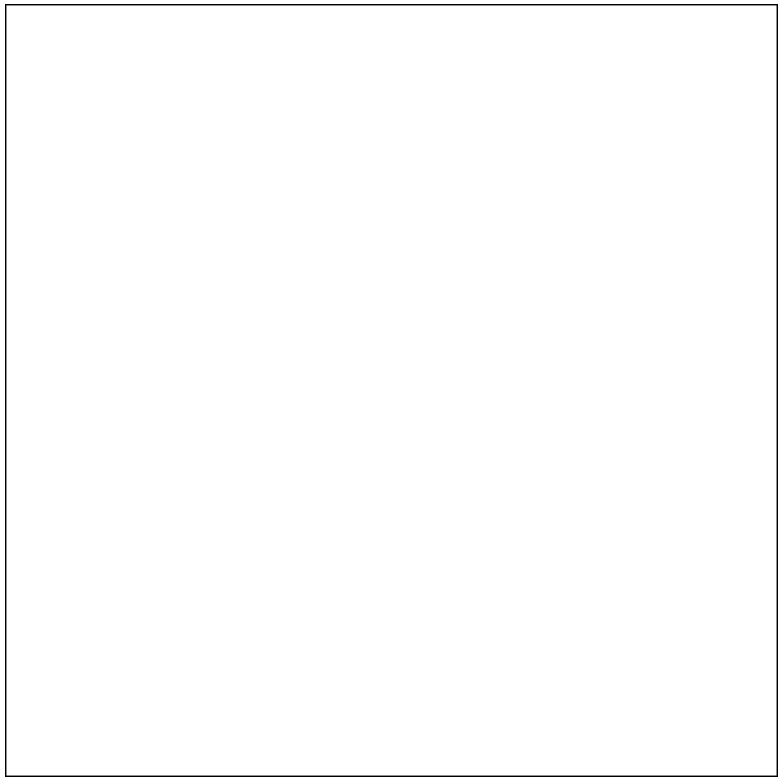
Eg hakkar opp eit kålhovud.



ਮੈਂ ਗਾਜਰਾਂ ਕਦੂਕਸ਼ ਕਰ ਰਿਹਾ ਹਾਂ।

. . .

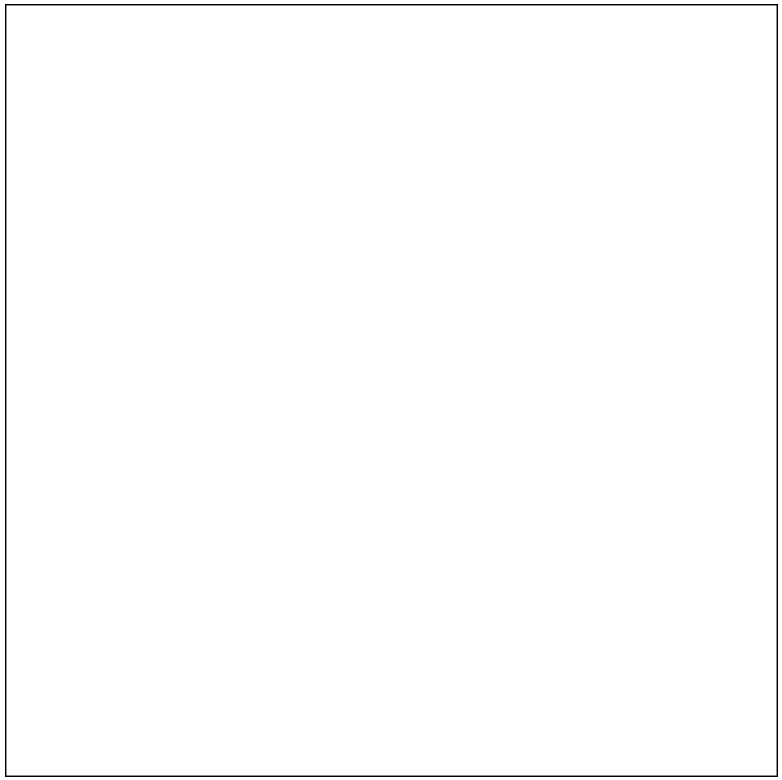
Eg riv gulrøtene.



ਮੈਂ ਬੀਨ ਧੋ ਰਿਹਾ ਹਾਂ।

. . .

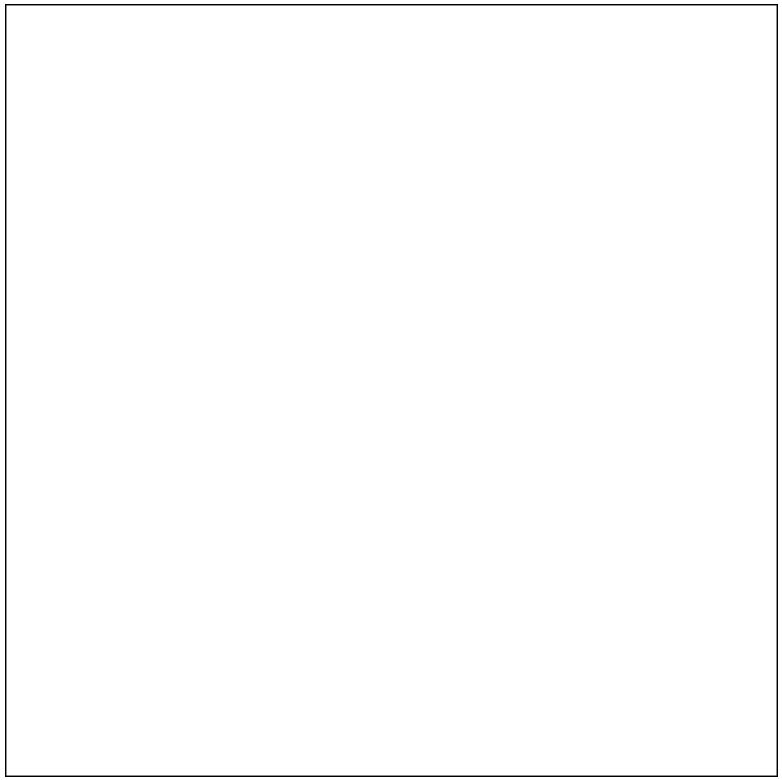
Eg vaskar bønene.



ਮੈਂ ਕੱਦੂ ਕੱਟ ਰਿਹਾ ਹਾਂ।

. . .

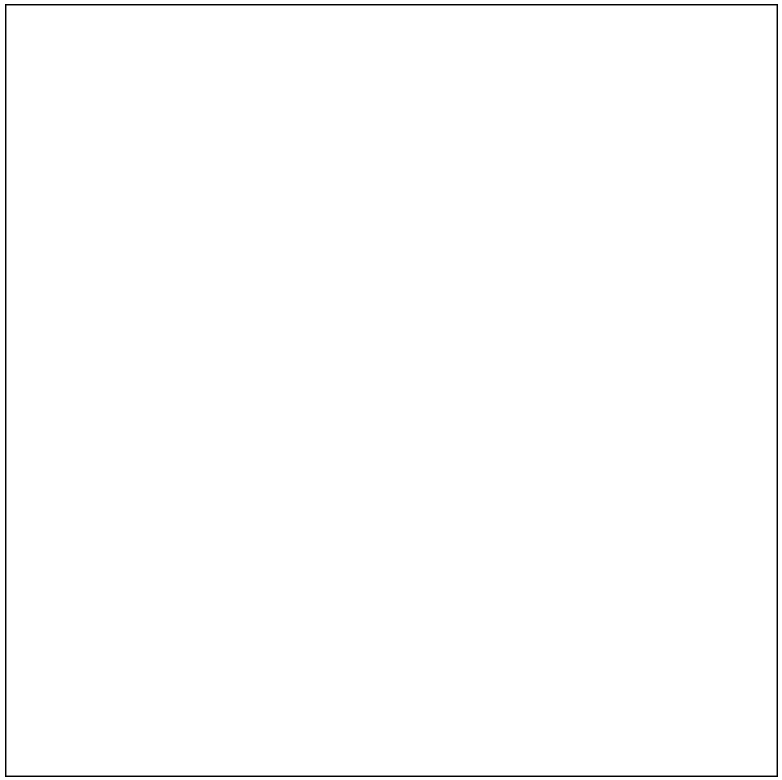
Eg kuttar opp graskaret.



ਮੈਂ ਪਾਲਕ ਕੁਤਰ ਰਿਹਾ ਹਾਂ।

. . .

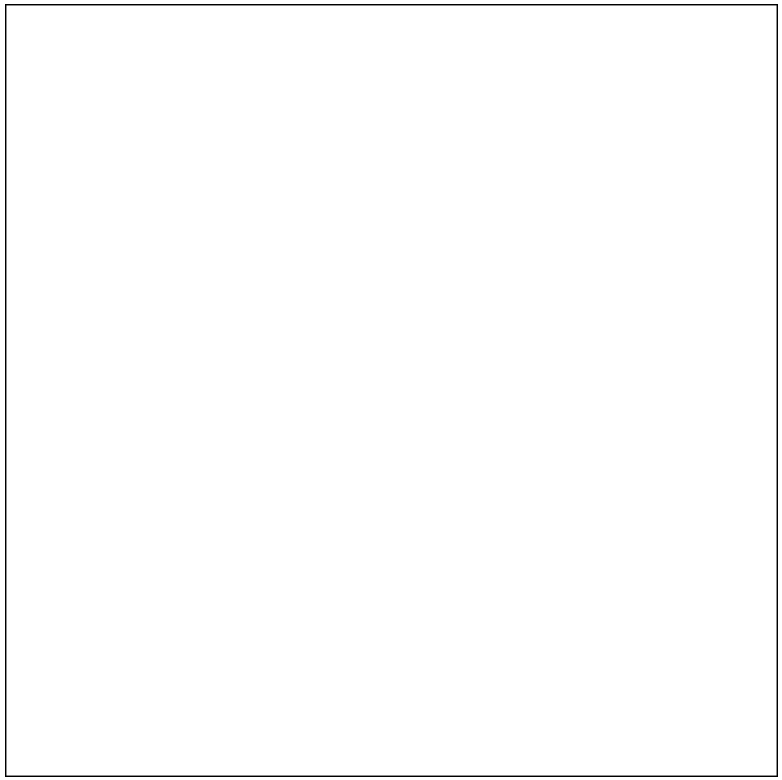
Eg hakkar spinaten.



ਮੇਰੀ ਮੰਮੀ ਪਿਆਜ਼ ਕੁਤਰ ਰਹੀ ਹੈ।

. . .

Mor mi hakkar lauken.



ਪਿਆਜ਼ ਕੁਤਰਣ ਨਾਲ ਮੇਰੀਆਂ ਅੱਖਾਂ ਵਿੱਚ ਪਾਣੀ ਆਉਦਾ ਹੈ।

. . .

Hakka lauk får meg til å gråta.

Barnebøker for Norge

barneboker.no

ਖਾਣਾ ਪਕਾਉਣਾ

Å laga mat

Skrevet av: Clare Verbeek, Thembani Dladla, Zanele Buthelezi
Illustret av: Kathy Arbuckle
Oversatt av: Anu Gill (pa), Espen Stranger-Johannessen, Martine Rørstad Sand (nn)

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