

TAVUA COLLEGE

YEAR 12 VOSA VAKAVITI SUPPLEMENTARY ACTIVITIES 2

MONITI 21/06/2021 NA BULI YATUVOSA

Vakayagataka na veivosa oqo ena yadua ga na iyatuvosa.

1. dalo	yavoi	veiwere
2. loloma	lomana	veilomani
3. kere	kerea	kerekere
4. kaci	kaciva	veikacivi
5. kana	kania	veikanayaka

TUSITI - VUKELULU 22 - 23/06/2021 NA VOLAVOLA RARABA

NA VOLA I TALANOA VAKAKASAMA

Vola e dua na italanoa vakavakasama ena ulutaga ka koto oqo e ra. Nanuma mo na vola taumada na nomu ituvatava ni bera ni volai na lewe ni nomu italanoa. Vakayagataka na iwalewale ni volavola e veiganiti kaya ka mo vakayagataka talega na ivovosa vakaViti, tiki ni Vola Tabu, na ibole, nodra vosa na tamata rogo kei na irogo (news).

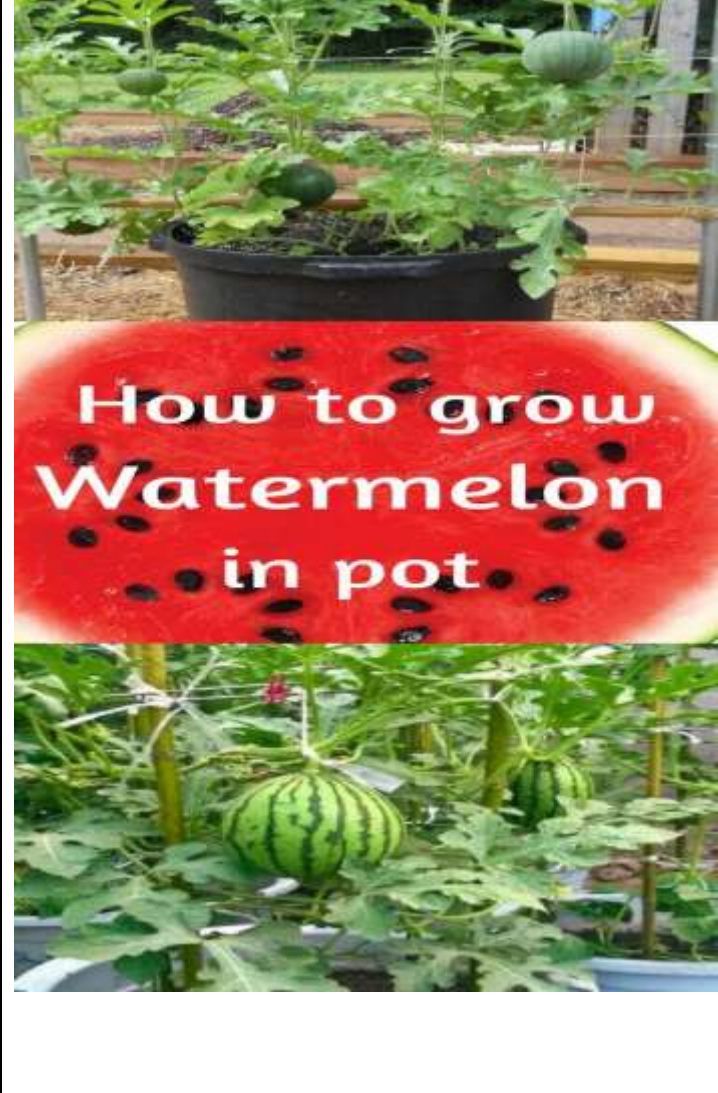
Ulutaga: Na Yasana Vinaka ni Mate Na Covid-19

LOTULEVU 24/06/2021 NA VAKACACALI - SEREKALI

Vakayagataka na serekali 'Na Cakacaka Ni Tevoro' mo sauma kina na veitaro oqo:

1. Tasereka mada na vakasama e vakadewataki tiko ena serekali oqo.
2. E dau digtaka vinaka o Delaibatiki na iulutaga ni nona serekali me rawa ni vakabasikataki kina na ivakavuvuli.
Vakaveiwekanitaka na iulutaga ni serekali kei na kena vakabasikataki na ivakavuvuli.
3. Na vanua cava soti e cakacaka kina na tevoro ka cava na nna inaki?
4. Vola e dua na tiki ni Vola Tabu e rawa ni salavata kei na serekali oqo.
5. E talei na nona dau tuva o dau ni serekali na nona serekali. Vakamacalataka e tolu na iwalewale ni buli serekali e vakayagataka o Delaibatiki me talia kina na serekali oqo.

Dikeva na itukutuku ka koto oqo e ra ka qai sauma na kena taro.

	<p>NA TEIVAKI NI</p> <p>MELENI</p> <ul style="list-style-type: none">(i) Kelia na qele ena vanua vakarautaki me caka kina na teitei(ii) Vakavurumemeataka vakamatailalai na qele(iii) Kauta mai na sore ni meleni ka sa toi oti tu me rauta e 4 – 6 na auwa(iv) Tonomaka yani e rauta ni ya 3- 4 na sore ni meleni ena dua na buke. Veiyawakitaka toka na kena buke me rauta e vemama na ikalawa se 30cm(v) Tekia yadua na kau ena dua na buke me makataki toka kina.(vi) Me sui ena wai ni vaivo me yacova ni sa suasua vinaka na qele.(vii) Me sui tiko na buke ni meleni ena wai ni vaivo ena veiyakavi.(viii) Ni sa kadre mai na sore ni meleni, buluta tale yani na vuna ena qele ni oti e 2-3 na macawa.
---	---

Na Taro

1. Vola na inaki ni tukutuku ka tabaki koto oqo e cake.
2. E vagolei tiko beka vei cei na itukutuku oqo.
3. Vola e rua na ivakatakilakila vakavosa e dau vakayagataki ena vosa veiganiti oqo.
4. Vola e rua na ivakatakilakila tawa vakavosa e dau vakayagataki ena vosa veiganiti oqo.

NA VOLA ITALANOA ENA IYALOYALO

Vola e dua na itukutuku ena iyaloalo ka koto oqo e ra ena kena iwalewale ga o vinakata. Nanuma mo vola taumada na nomu ituvatuva ni bera ni volai na lewe ni nomu itukutuku.

Stay Safe!!!

Medicines that are taken in isolation hospitals

1. Vitamin C-1000
2. Vitamin E (E)
3. From (10 to 11) hours, sitting in the sunshine for 15-20 minutes.
4. Egg meal once ..
5. We take a rest / sleep a minimum of 7-8 hours
6. We drink 1.5 liters of water daily
7. All meals should be warm (not cold).

And that's all we do in the hospital to strengthen the immune system

Note that the pH of coronavirus varies from 5.5 to 8.5

Therefore, all we have to do to eliminate the virus is to consume more alkaline foods above the acidity level of the virus.

Such as :

- Green lemon - 9.9 pH
- Yellow Lemon - 8.2 pH
- Avocado - 15.6 pH

- * Garlic - 13.2 pH
- * Mango - 8.7 pH
- * Tangerine - 8.5 pH
- * Pineapple - 12.7 pH
- * Watercress - 22.7 pH
- * Oranges - 9.2 pH

How to know that you are infected with corona virus?

1. Itchy throat
2. Dry throat
3. Dry cough
4. High temperature
5. Shortness of breath
6. Loss of smell

And lemon with warm water eliminates the virus at the beginning before reaching the lungs ...

Do not keep this information to yourself. Provide it to all your family and friends.

I wish you good health and longevity .

9:39 pm

Dikeva na itukutuku ka koto oqo e ra ka qai sauma na kena taro.

LUVU E WASAWASA
TARANA E 7

NA I TUBE MAI NA RED CROSS
E LOMA

Nai Lalakai

WAKABALABALA, 3 NI IYABELL, 2020

Na wai ni bula

Cakacaka mana e Nalidi



WILIKA E LOMA NA VOLAVIVIGIKULA NI KAWA ITAUKEI

Vurevure ni tukutuku: vosa nei Peresitedi/www,dailydot.com

Taro

1. Na cava na inaki ni tukutuku oqo.?
2. E vagolei tiko vei cei?
3. Vola rua na ivakatakilakila me vakadeitaka ni oqo e vosa tabaki ena niusiveva.
4. Vakamacalataka mada na itautau ni vosa e vakayagataki kei na vuna.
5. Vola e dua tale na ivakatakilakila vakavosa kei na kena ivakaraitaki. (Me duidi mai na 3 kei na 4)

LOTULEVU 01/07/21

NA VAKACACALI: TALANOA LELEKA

Vakayagataka na italanoa leleka 'NA I LOLOMA' mo sauma kina na veitaro oqo.

1. Tasereka mada na ulutaga kei na kena isema kina italanoa.
2. Vola na vanua e yavutaki tiko kina na italanoa oqo.
3. Vakamacalataka e dua na leqa e sotava e dua vei ira na talanoataki tiko ka vola se a qai wali vakacava.
4. Na mate e kauta mai na veitawasei vakavuvale, ia e bibi ga me da kila tiko na noda icavacava. Vakamacalataka na dina ni tukutuku oqori mai na italanoa kei na kena ivakaraitaki.
5. Digitaka e dua vei ira na vakaitavi ena italanoa ka vakamacalataka e rua na nona itovo e rawa ni vukea na bula vakagonevuli.
6. Vakamacalataka e rua na iwalewale ni volavola e vakayagataka o dau ni volavola ena italanoa ka qai vola na kena ivakaraitaki mai na italanoa.

VAKARABUKA 02/07/21

NA ITOVO VAKAVANUA -

NA CAKACAKA NI LIGA

Vakamacalataki iratou na cakacaka ni liga vakaViti ka koto oqo era ena veika e gadrevi me vakarautaki ena kena caka, na kena icakacaka kei na kena ivakavakayagataki.

Cakacaka ni liga	Veika me vakarautaki	Kena icakacaka	Kena ivakavakayagataki
Na Tuli Kuro			
Na Cori Saluslu			
Na Vakasaqa Masima			