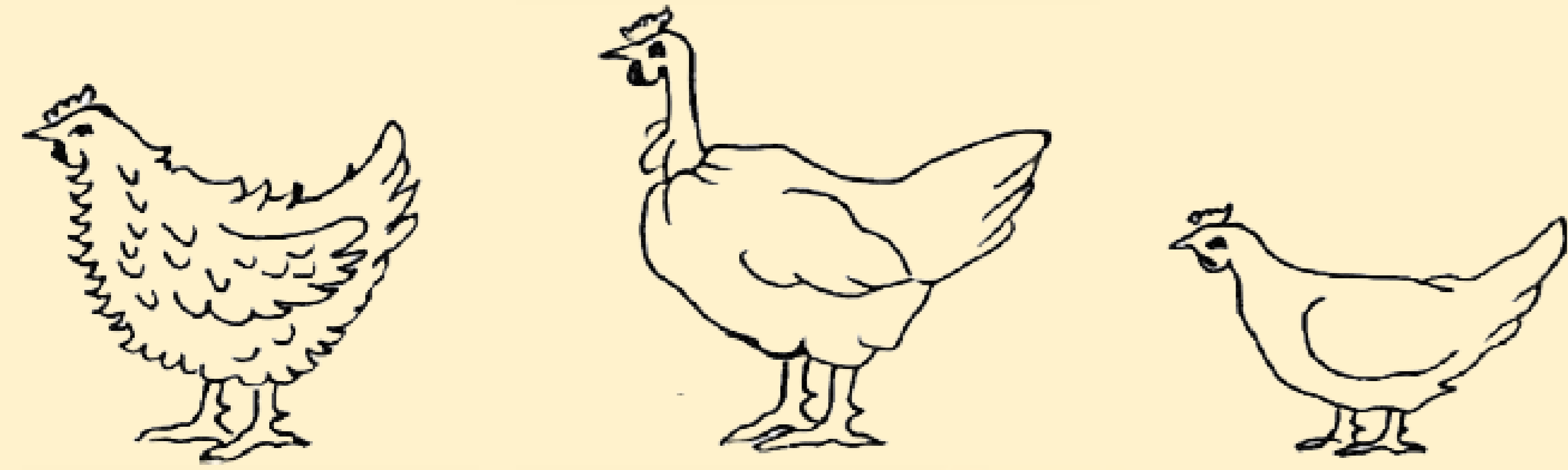


Karazana akoho gasy



Akoho rano Akoho sinoa Akoho zanatany

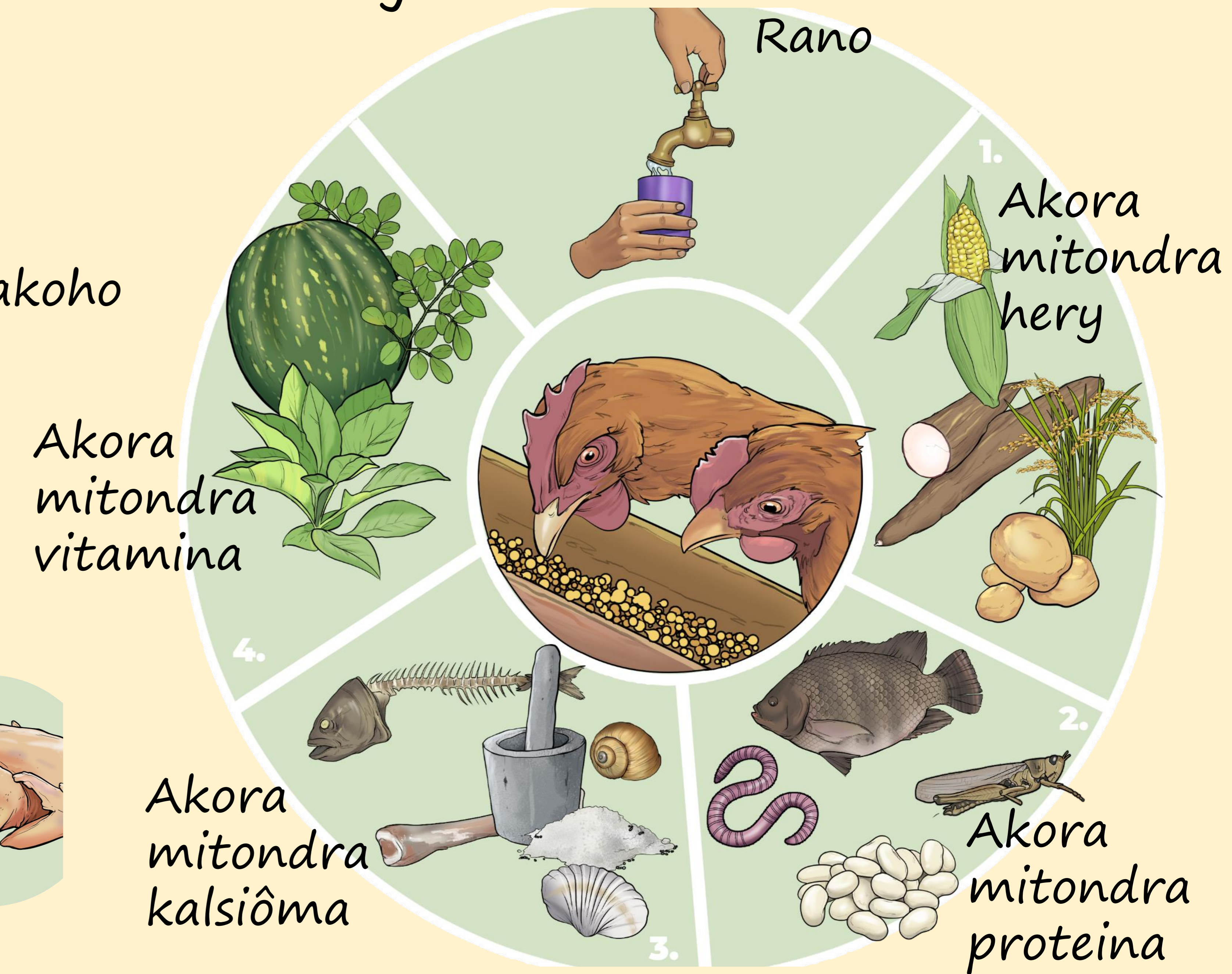
Akoho mpiady



Tombontsoa azo amin'ny fiompiana akoho gasy

- ✓ Manome sakafo (atody, hena)
- ✓ Miteraka loharanom-bola
- ✓ Manatsara tany ny zezika tain'akoho

Sakafony



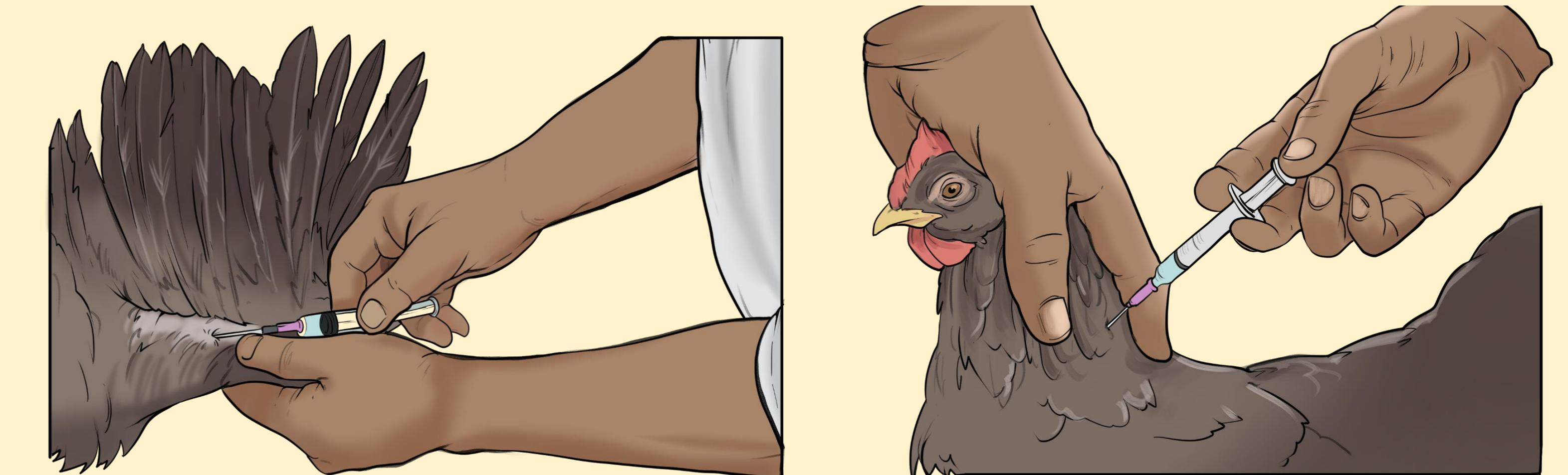
Akora mitondra vitamina

Akora mitondra kalsiôma

Akora mitondra proteina

Fikarakarana ny fiompiana

- ✓ Fanadiovana matetika ny fonenany
- ✓ Fanomezana odi-kankana ara-potoana
- ✓ Fanaovana vakisiny ara-potoana
- ✓ Fanomezana fanafody haingana



Fonenan'ny akoho sy ireo fitaovana ilaina

