


آشپزی

## Cooking

 Clare Verbeek, Thembani Dladla, Zanele Buthelezi

 Kathy Arbuckle

 Marzieh Mohammadian Haghighi

 Persian / English

 Level 1

(imageless edition)



مَن سيب زمينى ها را پوست كندَم.

...

I peel the potatoes.

کَلَم را ریز ریز خُرد کردم.

...

I chop a cabbage.

هویج ها را رنده کردم.

...

I grate the carrots.

لوبيا ها را شستم.

...

I wash the beans.

گدو حلوایی ها را بُرِش زَدَم.

...

I cut the butternut.

اسفناج ها را ريز ريز كردم.

...

I chop the spinach.

مادرَم پیازها را ریز ریز خُرد کرد.

...

My mom chops the onions.



پیازها اشک من را در می‌ورزند وقتی که  
خرد می‌شوند.

...

Onions make me cry when  
they are chopped.



# Storybooks Canada

[storybookscanada.ca](http://storybookscanada.ca)

آشپزی

## Cooking

Written by: Clare Verbeek, Them bani Dladla, Zanele Buthelezi

Illustrated by: Kathy Arbuckle

Translated by: (fa) Marzieh Mohammadian Haghighi

This story originates from the African Storybook ([africanstorybook.org](http://africanstorybook.org)) and is brought to you by [Storybooks Canada](http://Storybooks Canada) in an effort to provide children's stories in Canada's many languages.



This work is licensed under a Creative Commons  
[Attribution-NonCommercial 3.0 International License](http://creativecommons.org/licenses/by-nc/3.0/).