

“ Aṭṭan n wul ”

Aḍan n wul , d awal amatu yettmeslay-d yer ugraw n tlyiwin i d-yetthuzan ul d twuri –nnes (axeddim-nnes) , tezmer ad terza talyiwin-aya aṭṭanen n izuran d uyeblan n wul . ihi matta llant timental n waṭṭan-a ? mamek yettban-d win yuḍnen s wul .

Ssebbat n waṭṭan n wul mxallafent , maca ttwaqqnent gut yer tyawsa ¹ n tudert akked tagensit ² ,Seg timental n wadan-a ; tazmert n yidammen taelayant , d tin yessetɛabben ul , terni seg wuguren-nnes . Ddexxan d ayen idurren tadawsa n wul . Aḍan n ssker , izemren ad iḥaz yef yizuran n yidammen yerni amihi ³ i wul .

Win i yettṭef waḍan-a , yettban-d fell-as qli n timitar am uqraḥ n yidmaren ^{angine} , ugr deg usnuffes, leɛya d ameqqran ur yesɛi lmeena akked dduxet. Imussnawen n tujjya ttweṣṣan s tarrayin ad ibedden mgal aṭṭan-a jar-nsent ; rrijm , aḥbess n ddexxan , ma d asejji n waṭṭan-a yebna yef isaffaren⁴ n usfeḍ (lkolesterol) , timezdiyin i usseḥbiber yef yizuran yettwaḥbesen .

Tudert tadwsant d aḥric seg usejji yettkemmalen akken ad teqqim tezmert n wul .

Aḍan n wul d yict seg waḍanen i d-yettwassnen deg umaḍal , maca yezmer ad yettwaḥbes s uḍfar n tarrayin tidawsanin .

S imru uselmad Sif DOBAI .

- ¹ : Mode de vie نمط حياة .
- ² : Genes hereditaires جينات وراثية.
- ³ : Risque خطر .
- ⁴ : ddwawat .

I / Tigzi n tirawt:

1. Matta i d-yessegz uamaru deg uḍris ?.
2. Matta llant timental n waḍan-a ? mamek ad neeqel win it-yettṭfen .
3. Imussnawen n tujjya ttweṣṣan s tarrayin bac ad ndfer mgal aṭṭan-a .Kkes-d seg uḍris tarrayin id-yemmalen aḥezzeb mgal waḍan , d win id-yemmalen asejji .
4. Amek i tedda tyessa n uḍris .
5. Matta yella anaw n uḍris ? .
6. Asegzay ^{amaru} yuci-d rray-nnes niy arah ? Mayef ? .