

Jaantuska Qaboojinta

Mudada qaboojiye lagu kaydin karo Cuntada Qurmi Karta (PHF) kama badan karto 6 saacadood.

Cuntada Qurmi Karta (PHF) waa in lagu keydiyaa qaboojiye cadaadiska u dhaxeeyo 70°F ilaa 135°F 2 saacadood GUDAHOOD iyada oo loo bedelayo 70°F ilaa 41°F afarta saacadood ee xiga GUDAHOOD.



Hubi cadaadiska jawiga ee cuntada PHF KA HOR 2 saac ee u go'an iyo KA HOR lixda



Cuntada (PHF) waxaa dib loogu kululeyn karaa 165°F kaliya haddii dib loo



2 saac ka dib, cuntada PHF ee aan lagu qaboojin ilaa 70°F waa in la daadiyaa si looga hortago cudurada ka dhasha



Cuntada PHF ee aan lagu qaboojin 41 °F ama ka hooseysa lix saacadood waa in la daadiyaa si loogu

135°F - 70°F 2 saac
gudahood

70°F - 41°F 4 saac gudahood

Taariik hda	Nooca Cuntada	Cadaadiska jawiga ee qaboojiyaha KA HOR 135°F	Mudada cuntada ee 135 °F	135°F - 70°F 2 saac gudahood		Dib U kululeynta saxa ah	70°F - 41°F 4 saac gudahood				Si sax ah looo daadiyey	Saxiix	Waxaa hubiyey/Ta ariikh
				1 saac	2 saac		3 saac	4 saac	5 saac	6 saac			
1-Jun	Bariiska	192°, 165°, 147°	time: 2:11 temp 135°	3:11 84°	4:10 84°	Looma Baahna	5:11 55°	6:11 47°	7:11 43°	8:10 39°	Looma Baahna	M. A.	S.N. /1-Jun
			time: temp 135°										
			time: temp 135°										
			time: temp 135°										
			time: temp 135°										
			time: temp 135°										

Habka Keydinta: Baraf lagu hareereeyey Baraf lagu duubay Keydiyay weel bir ah Cuntada oo meelo qotodheer la geliyey Cuntada oo baraf lagu daray

Jaantuska Qaboojinta

Taariikhda	Nooca Cuntada	Cadaadiska jawiga ee qaboojiyaha KA HOR 135°F	Mudada cuntada ee 135°F	135°F - 70°F en 2 horas		Dib U kululeynta saxa ah	70°F - 41°F en 4 horas				Si sax ah looo daadiyey	Saxiix	Waxaa hubiyey/Taariikh
				1 saac	2 saac		3 saac	4 saac	5 saac	6 saac			
1-Jun	Bariiska	192°, 165°, 147°	2:10	3:10	4:10	Looma Baahna	5:10	6:10	7:10	8:10	Looma Baahna	M. A.	S.N. /1-Jun
			135°	84°	62°		55°	47°	43°	39°			
			135°										
			135°										
			135°										
			135°										

Habka Keydinta: Baraf lagu hareereyey Baraf lagu duubay Keydiyay weel bir ah Cuntada oo meelo qotodheer la geliyey Cuntada oo baraf lagu daray

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