

NQAIJ THIAB ZAUB KHOV NAB KUAB LAWM

NOJ PUAS TSEEM QAB LAWM, NOJ PUAS TAU, XIM HLOOV LI CAS

Freezer burn yog thaum nqaij dub lawm tiam sis tseem zoo noj tsuas yog sab nraud qhuav lawm xwb. Koj saib zoo li dub tsawv thiab muaj ntsis qhuav vim tias nyob ntev ces cov cua ua rau sab nraud dub lawm xwb. Muab qhov dub dub thiab qhuav ntawd hlais pov tseg ua ntej koj muab ua noj los yog tom qab koj ua siav lawm. Yog nqaij dub thiab qhuav dhau lawm ces muab pov tseg vim tsis zoo noj lawm.

White dried patches Yog koj pom tej thaj dawb dawb nyob rau ntawm cov nqaij tom qab muab rau hauv tub yees ntev lawm los tseem zoo noj. Qhov twg muaj tej thaj dawb dawb ntawd ces yuav tawv thiab tsis qab lawm xwb. Muab hlais pov tseg los tau.

Khoom Cia Rau Hauv Lub Tub Khov Nab Kuab
Khoom noj cia rau hauv lub tub khov nab kuab kav mus ntev tshaj plaws li, yog li ntawd cov ntawv qhia txog kev khaws koom cia rau lub tub khov nab kuab tsuas qhia seb ntev npaum cas thiaj tseem noj qab xwb. Saib qhov ntawv qhia khaws khoom noj khov nab kuab, yuav qhia tias qab txog thaum twg xwb. Yog yam khoom twg tsis muaj teev cia, tom qab koj muab tsau yaj lawm koj mam txiav txim seb puas tseem zoo noj. Ua ntej tshaj plaws, hnia seb puas tsw ntxhiab. Tej yam khoom noj yuav tsw phem tom qab koj muab cia ntev dhau lawm. Muab pov tseg xwb.

Tsau Li Cas Thiaj Noj Tau Tsis Muaj Teeb Meem

Tsis txhob tsau khoom noj hauv garage nres tsheb, qab daus, hauv tsheb, hauv lub cav ntxuav tais diav los yog hauv hlab khob nyiab. Txhob muab cia rau ntawm lub counter hauv kitchen, sab nraum zoov los yog nraum lub lawj. Yog koj tsau nqaij li hais saum no, cov nqaij noj yuav muaj teeb meem. Muaj peb txoj hauv kev tsau nqaij thiaj noj tau tsis muaj teeb meem: muab tso hauv lub tub yees txias, tsau hauv dej txias, los yog muab rhaub hauv microwave. Yog koj muab rhaub hauv microwave ces yuav tsum ua noj tam siv vim tej thaj nqaij twb yuav siav lawm.

Rov Qab Muab Khov Nab Kuab Dua Tom Qab Twb Muab Los Tsau Lawm

Yog koj muab tso hauv tub yees txias kom yaj nab kuab xwb thiab tsis tau ua noj ces koj rov qab muab khov los tau. Tiam sis tej zaum yuav tsis qab npauv lawm vim nqaij twb yaj ib zaug lawm.

XIM HLOOV LI CAS

ZAUB

Cov zaub khov nab kuab los sis cov zaub ua siav lawm xim tsis tshiab npauv vim thaum ntim tuaj muag, qhov chaw ua muab ua tau qhuav zog lawm los sis muab cia hauv tub khov nab kuab ntev zog lawm.

NQAIJ

Tej hom nqaij yuav tom tab laj los yog muab tseg ntev ces yuav hloov xim liab tshiab tshiab mus ua xim dub me ntsis. Feem ntau vim yog nqaij tsis muaj ntshav yug li thaum tus tsiaj tseem cial lawm, nyob hauv tub yees kov nab kuab los yog muab cia ntev dhau lawm.

NQAIJ QAIB THIAB NQAIJ QAIB NTXHW

Feem ntau yog muab khaws cia rau hauv tub yees khov nab kuab, xim tsis pauv tiam sis cov pob txha thiab nqaij nyob ib ncig ntawm cov pob txha yuav dub me ntsis. Nws dub vim cov kua ntshav hauv cov pob txha tawm los tsuas rau cov nqaij thaum koj muaj thau los tsau ua noj.

