

English	SAMOAN	Sounds like...
Calcium-rich/ dairy food	Vaega o le susu/sisi kalasima	Vie-ENG-ah oh lay-soo-soo/ SEE-see ka-lah-see-mah
Vegetable	Laula'au aina mata	Lah-oo-lah-OW AY-nah ma-tah
Fruit	Fuala' au-aina suamalie	Foo-ah-la-OW ay-nah soo-ah-mah-lee-AY
Boil	Fa'avevela	Fa-AH-ve-ve-lah
Fry	Falai	Fah-LIE
Wash	fufulu	Foo-FOO-loo
Starchy (staple food)	masoā	Mah-SOH-ah
Meat	A'ano o manu	Ah-ah-no oh man-oo
Measure	fua	FOO-ah
Health/ Well-being	Soifua maloloina	So-ee-FOO-ah mah-loh-loy-ee-nah
Eat more	Taumafa tele iai	Ta-oo-mah-fah teh-leh ee-ay-ee

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