

Ktsukuy kgalhtawakgay chu
ktsokgnan kintachiwin. Tutunakú

Empiezo a leer y escribir
en mi lengua. Totonaco



Totonaco • Tutunaku
Totonaca • Totonakú
Tutunakú

Liputsan
Vocabulario

Kintakuwaní:

Xtakuwaní kinpulatamán:

Xtakuwaní kinkachikin:



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Xtachiwinkan tiku tsokgnankgolh

- ❖ Mintachiwin chu kintachiwin kalhi xlakxtum xtapalh xpalakata wa limachiwinanaw kakilhtamaku.
- ❖ Nakatsiniyaw nakgalhtawakgayan chu natsokgnanaw nak kintachiwinkan wa ama lankga takatsin tuku kinkamaskiwiyan latamat.
- ❖ Watu xlakaskinka nalimapuntaxtiya kin tachiwinkan, niku staknalikatsiwi.
- ❖ Nakatsiniyaw malakastakuani tuku lakgatiyaw.
- ❖ Kalakapstakti lankgalhin pi mintachiwin, talismanin, talakgapasni chu takatsin lu xlakaskinka nak mintakatsin.
- ❖ Ni tu anan tuku akgasputa pi wix tianputuna.
- ❖ Chakatsiya kaputsa nak mintiji xa sasti talakapastakni.
- ❖ Xlilanka takgalhtawakga chu tatsokgni namaxkiyan limakgalhiwakga tuku namaktayiyan namalhani mi latamat.

Xlitamakatsinin

Uma Liputsan namakgtaya xtaskujut makgalhtawakgana chu wanti lenkgoy xkatakan akxni nakgalhtawakgakgoy Ktsukuy kgalhtawakgay chu ktsokgnan kintachiwin. Tutunakú MIBES

1. Unu tamakinit tachiwin chu laktisu tatsokgni nima ni lakgapasaw chi lutawa nakgatakgsaw chu namanokglhaw nak Xlekgalhtawakga wanti lenkgoy xkatakan, Lekgalhtawakga chu Xatlanka kapsnat. Uyma namakgtayayan pala namatlaniya nakgatakgsa tachiwin chu laktisu tatsokgni.

Uyma Liputsan taxkawilanit: nak xpepxuki kapsnat namanokglhaw tachiwin chu laktisu tatsokgni nima tatixtumí lantla lakgapasaw kinlimakgatsokgni chu tlak tasiyu; nak xpekstakat kapsnat namanokglhaw **tuku wamputun** tachiwin nachuna tamastay akgtum listalinat xla lantla **tamaklakaskin** uma.

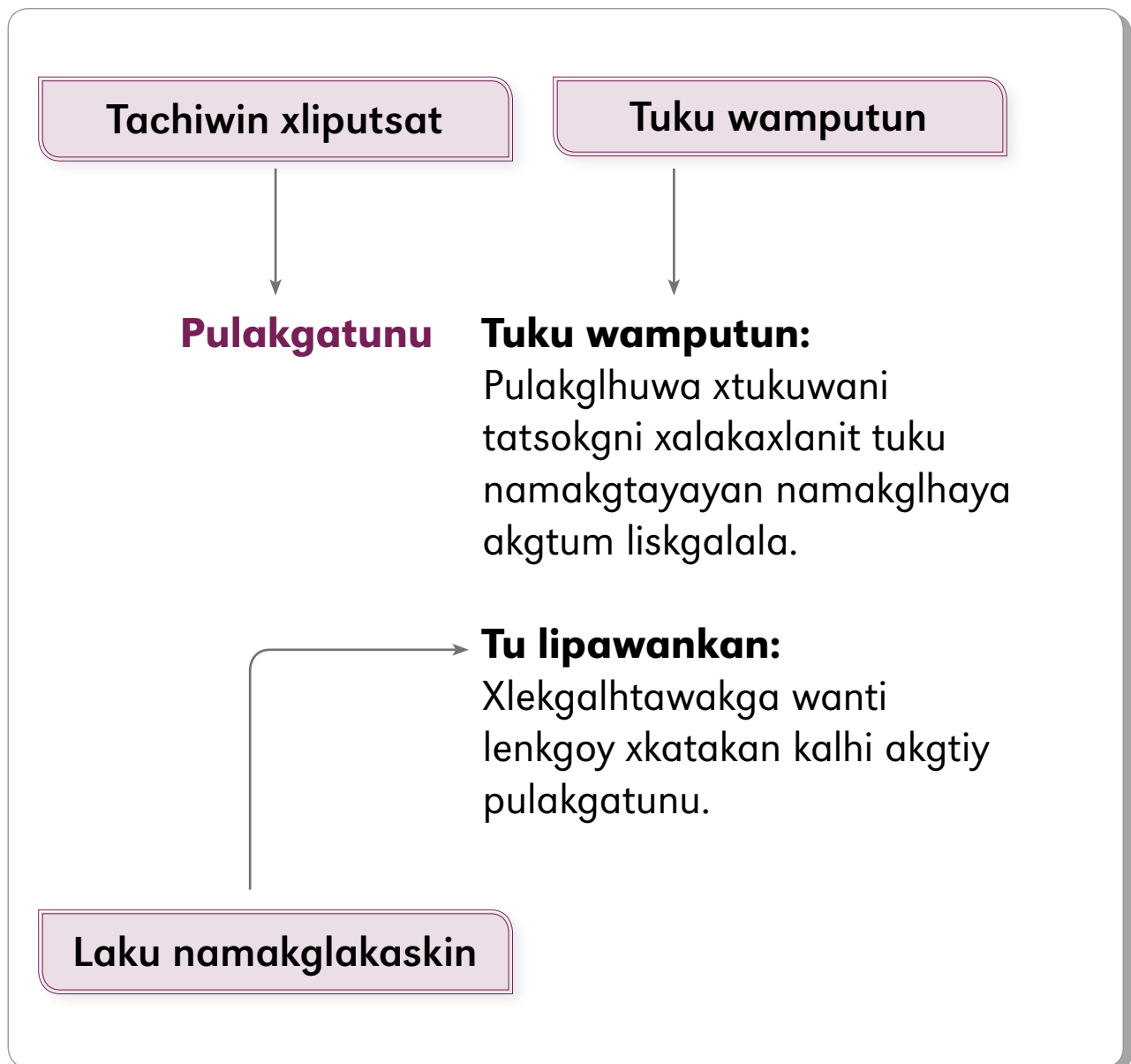
Uma Liputsan liwana tlawakanit xla tutunakú. Katsiyaw pi lu xmaklakaskinka akxni nakatsiniya kalhtawakgaya xatatsokgni xla mintachiwin chu namakgtayayan pala tlak nastaka mintakatsin.

¡Paxtakatsinilh pi makgtanunita unu!

¿Lantla maklakaskinkan uyma Liputsan?

Anta nak Liputsan wa tachiwin tatixtuminí lantla lakgapasaw kinlimakgatsokgnikan, wamputun, pi namanokglhayaw akgtum limakgatsokgni nima litsukuy tachiwin.

Uyma tachiwin, xla xpepxuki kapsnat namanokglhaya tachiwin chu xla xpekstakat kapsnat namanokglhaya wantu wamputun chu naantiya wi akgtum listalanit.



A/a

afrikano Tuku wamputun:

Xtakuwaní nima tamaxki tiku tawilay chu tu kilhsukuyacha anta Áfrika.

Tu lipawankan:

Wa chikunkunya akgtum tajatat xa lak **afrikano** kasliya napasayán.

amoksisilina Tuku wamputun:

Likuchun nima makgasputuy bakterias akxni latamanin tatatlakgoy.

Tu lipawankan:

Fransisko way akgatunu likuchun **amoksisilina** xli 8 ora.

aktsu tamakatsinin Tuku wamputun:

Tatsokgnit tatsokgni niku tamakgaxtakga akgtum tamakatsinin pala chatum lataman piwi tu makatsiniputun.

Tu lipawankan:

Namakgxtakgniy **aktsu tamakatsinin** Markarita pala natamaway puway nima kisankgay.

**aktsu tamakatsinin
kuchina**

Tuku wamputun:

Kapsnat niku kuchinanin
tsokgnankgoy wantu xlitlawatkan
tiku tatatlakgoy xpalakata nakuchun.

Tu lipawankan:

Anta **aktsu tamakatsinin kuchina**
wan pi lhuwa chuchut nakgotnan.

Nachuna wankan:

Xakapasnat likuchun (Tepetsintla,
Puebla).

Tu lipawankan:

Kaukxilhti **xakapsnat kilikuchun**,
nikamakglhit makuay.

**akxni nak
maklakaskin
ktsokgnan**

Tuku wamputun:

Akxni lakgchan taskujut liwana
kaukxilhti liukxilhtin pi wanti
lenkgoy xkatakan xlikatsitkan akxni
maklakaskinkan tsokgnankan
tatsokgni.

Tu lipawankan:

Uyma taskujut wanikan **akxni
nak maklakaskin ktsokgnan**
wanti lenkgoy xkatakan liwana
nalakapastakgoy tu xlilat ktsokgnan
tatsokgni chali chali.

**akxni nak
maklakaskin
kgalhtawakgay**

Tuku wamputun:

Militlawat akxni kgalhtawakgaya niku liwana naukxilha liukxilhtin wanti lenkgoy xkatakan xlikatsitkan akxni maklakaskinkan kgalhtawakgay.

Tu lipawankan:

Uyma taskujut wanikan **akxni nak maklakaskin kgalhtawakgay** wanti lenkgoy xkatakan liwana nalakapastakgoy tu xlilat kgalhtawakgakgoy tatsokgni chali chali.

akgtlakgwana

Tuku wamputun:

Xla akxni latamanin lipatinan tuku makatsankgey nachuna pekwan chu akgtiyu maklhkatsiy.

Tu lipawankan:

Petulu tsukulh kgota xpalkata xkahli **akgtlakgwana**.

ásido fólico **Tuku wamputun:**

Vitamina B tamaklakaskin pala tlan nastakgoy kinselulas xla kin makgnikan. Pi wakan akxni alhinan puskat, tlan natawilay skgata chu ni katiwalh papa´.

Tu lipawankan:

Makuchina kiwanilh pi tlan nakuay **ásido fólico** pi makgatsima akgtum pa´pa alhinan

E/e

elektrolitos orales **Tuku wamputun:**

Xatakaxlawan chuchut nima lilayaw pala kimakgnikan ni nasankgani chuchut.

Tu lipawankan:

Akxni kinkgawasa xkgalhi poganat anta Pumakuchin maxkika

elektrolitos orales.

eskimal **Tuku wamputun:**

Lataman wanti latama anta niku lukakgewiwi xlitlanka Katiyatna.

Tu lipawankan:

Wa xchiki xla **eskimal** litlawakanit laktsu kgewiwini.

F/f

fibra dietética

Tuku wamputun:

Liwat nima kinkamakgtay pala tlan naswuakga kinpokgokan wantu wau chu namanokglhaw anta nima wanikan sereales, sakgsina chu staknanin. Pina wayaw uma ninakinpasayan tajatat xla diabetes, wanti lu xakgon chu xla kanser.

Tu lipawankan:

Wa xmakgni xla sakgsina lipekua kgalhi ***fibra dietética***.

I/i

ibuprofeno

Tuku wamputun:

Likuchun tuku maskayaj takatsanawat, chu kunu nachuna lhkuyat tuku mastay tajatat.

Tu lipawankan:

Nawaya akgatunu likuchun xla ***ibuprofeno*** xli 12 ora.

iklú Tuku wamputun:

Chiki nima litlawakanit xalaktsu kgewiwini antiya wilakgolh wanti wanikgokan eskimales akxni lipekua lonkgnun.

Tu lipawankan:

Pala natlawayaw akgtum **iklú** maklakasninaw nakgaliyaw lhuwa kgewiwini.

K/k

**ka aktsu kgalhi
xmantika**

Tuku wamputun:

Wa uma min nak xatamakatsinin tu litaxtuychu wan pi ka aktsu kgalhi xmantika.

Tu lipawankan:

Xtsikit wakax tuku ktamawalh **ka aktsu kgalhi xmantika**.

kalorias

Tuku wamputun:

Xlitliwakge akgtum liwat maxkiy xmakgnikan lataman.

Tu lipawankan:

Wa refresko kgalhiy lhuwa **kalorias**.

kalsio Tuku wamputun:

Uyma litlawakanit kinlukutkan chu kintatsankan.

Tu lipawankan:

Wa **kalsio** mastay xtsikit wakax nima kgotnanaw.

Kartiya Xlikalanka Tuku wamputun:

Pumakuchin Wa amá tatsokgni nikuma masiyu tuku xililhawat xpalaka nitu na lay chu nalichiwinan takuchin nikunla natamakgtinan lata minkata.

Tu lipawankan:

Uku skilh nak pumakuchin kin

Kartiya Xlikalanka Pumakuchin.

katuwa Tuku wamputun:

natlawapatuna Akxni nilakatitum lakapastakgnan chatum latamanin lhuwa pekuat chu akgtlakgwana maklhkatsiy.

Tu lipawankan:

Xtse Ana kgalhi tajat xla **katuwa natlawapatuna.**

**kmaklakaskinka
tatsokgni**

Tuku wamputun:

Militlawat akxni kgalhtawakgaya wanti lenkgoy xkatakan liwana nalakgapasa akxni maklakaskina tipalhuwa tatsokgni, takgalhtawakga chu tatsokgni.

Tu lipawankan:

Kalakgachinu **kmaklakaskinka tatsokgni** tuku ukxilhti nakxlitlawat takgalhtawakga.

Nachuna wankan:

Yikxni xmaklakaskinka tsokgnakan (Tepetsintla, Puebla).

Tu lipawankan:

Yikxni xmaklakaskinka tsokgnakan la kkanaw kpukuchu, yikxni klakaxtlawa kinkapasnat.

kolesterol

Tuku wamputun:

Mantika tu kgalhiy liwat chu xkgalhnikan latamanin. Akxni lhuwa wakan liwat tu lhuwa kgalhiy mantika tu ni xatlan wa malaktsukiy tajatat.

Tu lipawankan:

Xkgalhwatkan xtilan chu mantika wa tliwakge kgalikgoy **kolesterol**.

Kputalhan **Tuku wamputun:**

Wa uma mapeksina tiku malulokga tiku lakachinkgoy, tamakgaxtokgoy nachuna tiku tanikgoy.

Tu lipawankan:

Kimalhaninalh pi lakachi kintsumat nak **Kputalhan**.

L/I

Lekgalhtawakga **Tuku wamputun:**

Liskujni xla takgalhtawakga wantu limin tipalhuwa tatsokgni wantu tlan nalikgalhtawakgay ti lenkgoy xkatakan.

Tu lipawankan:

Nak **Lekgalhtawakga** min akgtum tatsokgni wa xtakuwaní “Lantla takaxtaya chamakxkuli chu akgtum liukxilhtin”.

likgalhchiwinankgolh

Tuku wamputun:

Kampatum talichiwin niku aktanks xatalichiwin tuku akgspulan. Tlalg tlanka novela wa uma ka'aktsu.

Tu lipawankan:

Laura lekgalhtawakgalh akgtum **likgalhchiwinankgolh** xla independensia xla Méjiko.

Nachuna wankan:

Talikgalhchiwin (Filomeno Mata, Koawitlán, Verakrus).

Tu lipawankan:

Lu tse lichiwinanti min **talikgalhchiwin**.

Liputsan

Tuku wamputun:

Wa lekgalhtawakga tiku mamakxtumi chu nawanilenan laku xtayit amá xalaksasti tachiwin tuku natamaklaskinkgoy ktachiwin.

Tu lipawankan:

Naukxilha **Liputsan** akxni ni ktilakgaspali wa tuku lakgchan tachiwin.

liskinin kapsnat

Tuku wamputun:

Kapsnat nima tlan naliskinkgoy
katuwa tamakgtay a chatum
lataman.

Tu lipawankan:

Wanti lakatsu wilakgow
natamakgaxiwin **liskinin kapsnat**
xpalakata nakaxtlawakan
pukgalhtawakga nak kachikin.

litakgalhchiwin

Tuku wamputun:

Tatsokgni wantu talichiwinan
chu nachuna tatsokga katuwa
talakapastakni.

Tu lipawankan:

Nalikgalhtawakgayaw
litakgalhchiwin “Ama xtan chu
lhkuyat”.

**liwana
naklakapastaka
akxni kakgatakgsa
tuku kchiwinan**

Tuku wamputun:

Militlawat akxni kgalhtawakgaya
anta niku lakapastaka wanti lenkgoy
xkatakan tuku wan chu xalakapala
takgsli naliwana naklakapastak akxni
kakgatakgsa tuku kchiwinan liwana
naklakapastak kintachiwin xlakata
tlan nakmakgantuxtiy.

Tu lipawankan:

**Liwana naklakapastaka akxni
kakgatakgsa tuku kchiwinan** xa
awatiya maklakaskinka xataskujut
Liwana naklakapastak chu
kakgatakgsa.

M/m

**makatsininá
kapsnat**

Tuku wamputun:

Tatsokgni wantu min naktlanka
kapsnat tuku makatsininan xla tuku
anankgoy, limin laktitsu tatsokgni,
wantu tasiyu limanin chuna limin
liukxilhtin.

Tu lipawankan:

Wan **makatsininá kapsnat**
pi tlan wakan katuwa sakgsina
chu stakgnanin wantu tlan
malatamaninan.

**makatsininá
tatsokgni**

Tuku wamputun:

Aktsu tatsokgni, xakgalhin laktlanka limakgatsokgni limin, anta mawakakan anta niku tasiyu xpalakat makatsininan.

Tu lipawankan:

Uma **makatsininá tatsokgni** wa:
¡Kalipi xtisikit wakax xa la katuwan!

malakgatlakgana

Tuku wamputun:

Uma kaj likuchun tuku nimaxkiy talakaskini xuy natalakastunajini latamanin, nak xchiki chu xtachanan.

Tu lipawankan:

Xiwan wili **malakgatlakgana** putum nak xchiki xpalakata ni natalakatsunaji xuy.

Nachuna wankan:

1. **Xlakgatlakgana** (Filomeno Mata, Koawitlán Mekatlán, Verakrus).
2. **Xlakgatlakgana katuwa simaw** (Tepetsintla, Puebla).

Tu lipawankan:

1. Kalitlawakga **xlakgatlakgana** xuy.
2. Watsa natamawayaw **xlakgatlakgana katuwa simaw** chi nialh tanumakgo kchiki.

**malakgxtumi
tatsokgni**

Tuku wamputun:

Litlawat akxni kgalhtawakgay akxni kalakgapaskan wantu akxtum chu ni akxtum tatsokgni wantu litakgalhtawakgamakgo nak xlitlawat takgalhtawakga.

Tu lipawankan:

Awatiya taskujut xalak xlitlawat takgalhtawakga akxni **malakgxtumi tatsokgni**.

Nachuna wankan:

Lalitalakgtsin tatsokgni (Filomeno Mata, Koawitlán Veracruz).

Tu lipawankan:

Untu militlawat xla **lalitalakgtsin tatsokgni**.

milimakgkasit

Tuku wamputun:

Wa uma tuku limaklhkatsiya nak kintiyatliwakan tuku lakgoy kimaknikan chu xla makan nak kiakskititkan xalakata namaklhkatsiyaw.

Tu lipawankan:

Wa kuchu laktlaway **milimakgkasit**.

**militlawat akxni
kgalhtawakgaya**

Tuku wamputun:

Taskujut wantu natlawakgoy
latamanin xla xtakgalhtawakgakan
wantu liskujmaw, naukxilhkan chu
namakgtayayan makgalhtawakgana.

Tu lipawankan:

Nakxpulakni Xlekgalhtawakga wanti
lenkgoy xkatakan min akgnajatsa xla
militlawat akxni kgalhtawakgaya.

N/n

**naakgatakgsa
wantu nakgaxpata**

Tuku wamputun:

Militlawat akxni kgalhtawakgaya
wanti lenkgoy xkatakan nalakgapasa
tamakatsinin akxni nalichiwinankgoy
latamanin.

Tu lipawankan:

Akxni tanks **naakgatakgsa
wantu nakgaxpata** tatsokgni
xlakaskinka tanks nakgaxpata wantu
nalichiwinankgoy latamanin.

ni xatlan xmantika Tuku wamputun:

Mantika wantu xankgalhin liminkgoy xliwat takgalhinin uma malhuwiy kolesterol nakkgalhni (ni xa tlan mantika). Akxni liwakan mapasinan tajatat xalak nakú chu nachuna kgonkan.

Tu lipawankan:

Pi liwakan ni **xatlan xmantika laktlawá** kinmaknika.

ninkunla tajuma Tuku wamputun:

Uma tachiwin xmaklakaskina akxni wanputuna ninkunla tajuma akgtum listat. Tlan natalhkatawilay kramos, kilokramos chu litro.

Tu lipawankan:

Maski xputajun lu lanka, uma **ninkunla tajuma** 1 litro.

Nachuna wankan:

Chiwanit tajuma (Filomeno Mata, Koahuitlan Verakrus).

Tu lipawankan:

¿**Chiwanit tajuma** lichakgan untu tamawa?

***novela* Tuku wamputun:**

Xatitlanka tatsokgni niku talichiwinan wantu akgspulay katiwa lamatinin nakpulatamán tuku ni xaxlikana.

Tu lipawankan:

Petulu Páramo wa akgtum *novela* mejikana talakgtsokgxtunit nak 20 tachiwin.

P/p

***proteinas* Tuku wamputun:**

Wan tuku xlakaskinka tlan nataskuja nakxmakni lataman; wa uma akgatlakga tajatat chu mastaká kiliwatkan.

Tu lipawankan:

Uma *proteinas* xla xtsikit wakax kamakgtaya laktsu kaman lakgtliwekgen chu laklanka nastakgoy.

pulakgatunu Tuku wamputun:

Tipalhuwa xlitlawat takgalhtawakga
xatalakaxtawilan xpalakata
nalakachipina akgtum takatsin tuku
lipulhkanikanita.

Tu lipawankan:

Uma **Pulakgatunu** 1 xla
Xlekgalhtawakga wanti lenkgoy
xkatakan kgalhi 4 xlitlawat
takgalhtawakga.

**Putalhkan
Xlikalanka Kachikin**

Tuku wamputun:

Wa uma pumapagkgsin tiku lakaya
nakalh kay achatunu latamanin
tiku tanumakgo xlikalanka
kimpulatamankan nachuna mejikanos
tiku talamana alakatunki pulatamán,
xpalakata natakgalhi xatalulokgtat
xlatamatakan chu nakamaxkikan
xmakgtakalhnakan, kilhtiyakan
tatsokgni tuku malulokga xatalulokgtat
tiku wa.

Tu lipawankan:

Wa **Putalhkan Xlikalanka Kachikin**
kgalhi paks tuku kililakgapaskan chu
akit mejikano.

S/s

Sédula Profesional Tuku wamputun:

Wa uma kapsnat anta niku malulokga chatum lataman pi tlan naliskuja wantu likgalhtawakganit. Kgalhi akgum liputlakgen tuku manwa litalhkanit chu nila natalakgpiliy.

Tu lipawankan:

Uma xliputlakgen **Sédula Profesional** xla makuchina wa: 0810347.

Sekretaria ti Makgtakgalha Latamanin

Tuku wamputun:

Wa akgum pumapakgsin tiku lhawan lilhan, tamaktay chu kaxlaway akxni min talakaputsin.

Tu lipawankan:

Sekretaria ti Makgtakgalha

Latamanin wa pi ni katitawi takgalhtawakga xpalakata lan senalh.

SIDA Tuku wamputun:

Uma limakgatsokgni waniputun
Síndrome Inmunodeficiencia Adquirida.
Uma tipalhuwa tajatat kachipa
latamanin tiku takgalhi uma VIH
xalipekua.

Tu lipawankan:

Nak Pumakuchin kinpulatamán
kinkalitachiwinankan xpalakata ni
nakinkapasayan uma **SIDA**.

sink Tuku wamputun:

Uma mineral xlakaskinka xpalakata
tlan nataskuja kintiyatliwakan,
maktaya kiakskititkan,
kilakgastapukan, pankreas, lhwakaka
chu kgepistapú; nachuna makgtayay
naxtutunana chu makgtayay
lakchixkuwin xlakat lhuwa nakgalhiy
tuku limalhuwinan.

Tu lipawankan:

Uma **sink** wan tuku lu xlakaskinka
xpalakata tlan namaskujuy pankreas.

T/t

tamakatsinin

Tuku wamputun:

Uma tatsokgni xtaskujut
namakatsininan akgum
tamakatsinin tuku xlakaskinka xla
chalhuwa latamanin.

Tu lipawankan:

Xa puxku makgalhtawakgana
slamawakalh akgum **tamakatsinin**
xlakan malakcha anta niku wan pi ni
kationalh takgalhtawakga.

**tamakatsinin
tatsokgni**

Tuku wamputun:

Chatum lataman tlaway tatsokgni
xlakat chatum tiku makan lakgapas
pi makgat lamachá, xlakata
namakatsiní tuku lama.

Tu lipawankan:

Nak tsokgnuni akgum
tamakatsinin tatsokgni kintala
Beatris.

**tamakatsinin tu
litaxtuy**

Tuku wamputun:

Uma aktsu tatsokgni
taslamatawakani nak akgtum tuku
anan anta niku wi xtakuwaní, tuku
tajuma chu tuku likaxtlawakanit
xapalakata nakatsiya tiku
natamawaya akxni nina
tamawanana.

Tu lipawankan:

Uma **tamakatsinin tu litaxtuy**
kgalhi xtakuwini xstikit wakax.

tamakgaxiwin

Tuku wamputun:

Akgtum tatsokgni tuku chatum
lataman lilakgapaskan. Tsokgkan nak
akgtum kapsnat xla limalulokgan,
litayakan nachuna nalikatsikan tiku
tlawanilh.

Tu lipawankan:

Nak xatatsokgni lakgkaxlat putum
tiku tamakgtanumana xakomite
tatsokgli **xtamakgaxiwin**.

Nachuna wankan:

Tamakgalhwekgni (Tepetsintla,
Puebla).

Tu lipawankan:

Kgotan kuwalilh
kintamakgalhwekgni
nakxakapsnat chuchu.

**taputlakgen akxni
nalaklay**

Tuku wamputun:

Wan kilhtamaku nima awatiya tlan nawakan liwat, likuchun chu akgum tatamaw. Akxni titaxtuy taputlakgen, amá tatamaw tlan nawakgoy latamanin.

Tu lipawankan:

Xa **taputlakgen akxni nalaklay** xla refresco xlialtham xla septiembre xla 2020.

Nachuna wankan:

akxni laklay (Tepetsintla, Puebla).

Tu lipawankan:

Nialha wakan **akxni laklay**.

tatastukut

Tuku wamputun:

Akgum tatastukut anta niku lachipay akgtiy lukut, akgum lukut chu xalhmanka lukut chu tatsan.

Tu lipawankan:

Uma tsokgosni xla akgum **tatastukut** lu xlakaskinka nak kintiyatliwakan.

Nachuna wankan:

tastujkni (Tepetsintla, Puebla).

Tu lipawankan:

Yintsa nitsa **tastujkni** xalhukut nalakchukuya mimpuyu.

tatixtumí Tuku wamputun:

Wa amá tatsokgni ti kaxwili
xatalhman chu xatutsu xtakuwaní
latamanin, tuku anan, liputlakgan,
chu pulakglhuwa.

Tu lipawankan:

Javier tlawalh akgtum **tatixtumí**
xpalakata natamaway xliskujni tuku
namaklakaskin akxni natlaway xchiki.

tatixtumí xpulaktanut Tuku wamputun:

Uma tanuma nakxpulakni
lekgalhtawakga nimatawilay
nakxalakapulh liputlakgan kapsnat
anta namanokglayaw tuku limin
xatatixtumin.

Tu lipawankan:

Kaputsa xlitsukun tatsokgni anta nak
tatixtumí xpulaktanut.

**Tatsokgni
Litalkgnunit
Liputlakgan
Kaxman Mila nak
Minpulatamán (KURP)***

Tuku wamputun:

Wa amá tuku masillay liputum latamanin tiku walakgolh nak Méjiko, nachuna tiku wi alakatunu chu namaxki talakaskin xlitaa kapasni a chatunun latamanin.

Tu lipawankan:

**Xtatsokgni Litalkgnunit
Liputlakgan Kaxman Mila nak
Minpulatamán (KURP)** Malia wa:
MASM920203MDFMNTA6.

**tatsokgni tuku
nalilakgapasnankan**

Tuku wamputun:

Wa takatsinin nikuma talhkay nak kapsnat luxlakaskinka xpalakata xililaksakkan achatunu latamanin chu xililakapaskan tuku xililakchanat.

Tu lipawankan:

Uma lakapun kgalhi **tatsokgni tuku
nalilakgapasnankan**.

titsu tatsokgni

Tuku wamputun:

Uma titsu tatsokgni maxtukan nakakgtum tatsokgni tlak xatlanka xpalakata litamakgtayakan takgalhtawakga xa'akchani nawan xatalakapastaakni.

Tu lipawankan:

Uma **titsu tatsokgni** wanikan
“Petulu Páramo” lu lilakatit kaxmatli.

* xlatatatatsokniy tachiwin español.

Titsu Tatsokgni Nima Kgalhi Kililakgsakni

Tuku wamputun:

Xatatixtumin liputlakgen chu
litsokgni wantu makglakaskin
akxni lakalhtitnankan chu tatixtumí
konsonante nikuma litsuku
tapakuwin chu takuwaní, nakgalhi
taputlakgen akxni talakachinit
litsukuy kata, xalanka pulatamán pi
chixku chu tsumat.

Tu lipawankan:

Nak Kilakapun limin **Titsu
Tatsokgni Nima Kgalhi
Kililakgsakni.**

tu litaxtuy

Tuku wamputun:

Wantuku putum lilakapasa chu
litalakpalikgoy chi chatum puskat
chu chixku.

Tu lipawankan:

Naklakan kuchina chi nakiwaniy **tu
litaxtuy** kiskgata.

tu xatlan limín

Tuku wamputun:

Uma tanuma nak xtamakatsinin tu
litaxtuy xla akgtum listat anta wan
tuku limakgtayay xtiyatliwa lataman.

Tu lipawankan:

Nak chakgen xputajun naukxilha **tu
xatlan limín.**

U/u

Uma xatatsokgni Tuku wamputun:

Wa tachiwin wanputun pi
lu makamastakan tatsokgni
kimakamaxkikan tiku lakgchan.
Naktatsokgni uma tachiwin
nakxtantu xtakuwaní wilikan tiku
lkgchan nachuna makaminan.

Tu lipawankan:

Lawis Ramires Dias

MAPAKGSINA

UMA XATATSOKGNI

Ktsokgniniyan uma liskinin kapsnat
xlakata kmakatsiniputunan pi...

V/v

VIH Tuku wamputun:

Uma xaluwa tajatat tuku laktlaway tiyatliwa chu kalaktlaway lakapalan tuku makgtayama tiyatliwa xlatat ninachipayan tajatat. Uma napasayán akxni natatalakxtuminana chu ni natamakgtakgalha, nachuna akxni namaxkikana kgalhni xatajatatlani, akxni kgalhinampat, akxni tawilama skgata chu akxni matsikiya miskgata pi xatse kagalhi tajatat.

Tu lipawankan:

Kmaktakgalha kilatamat chu xla kintalatamat xpalakata ni nakinkapasayan uma **VIH**.

vitaminas Tuku wamputun:

Uma xmaklakaskinka xpalakata tlan nataskuja kintiyatliwakan.

Tu lipawankan:

Uma **vitaminas** namanokglhayaw anta kiliwatkan.

W/w

wanti lichiwinalh

Tuku wamputun:

Chatum lataman tiku makatsininan tamakatsin nima kantaxtuma lu xlakaskinka.

Tu lipawankan:

Malia litakgalhchiwinankga xkilsukut xpulatamat. **Wanti lichiwinalh** Kutsé Konsales.

Nachuna wankan:

Unti lichiwinalh (Filomeno Mata, Koawitlán Verakrus).

Tu lipawankan:

Amacha **unti lichiwinalh**.

wanti makgestokglh

Tuku wamputun:

Lataman tiku mamakgxtimiy talichiwin chi tatsokgni xla tanu latamanin chu kamamakxtumi nak lekgalhtawakga.

Tu lipawankan:

Wanti makgestokglh

xalekgalhtawakga “Tuku xpalakata wa juki kgalhi pulaktuy xakgalokgot” xla Abad Karrasko.

Nachuna wankan:

Unti makgestokglh (Filomeno Mata, Koawitlán Verakrus).

Tu lipawankan:

Unti makgestokglh nixa launu.

wanti tsokglh **Tuku wamputun:**
Lataman tiku kaxlaway akgum tatsokgni.
Tu lipawankan:
Benjamín Konsales **wanti tsokglh**
“Kiwi ti latalathaway”.
Nachuna wankan:
Unti tsokglh (Filomeno Mata,
Koawitlán Verakrus).
Tu lipawankan:
Kgawasaku **unti tsokglh**.

wanti tsokglhi **Tuku wamputun:**
Lataman tiku tsokgnan chu
malakgacha akgum kapsnat atunu
latamanin tiku makgat lamachá.
Tu lipawankan:
Uma Jesús lakgchi akgum
tamakatsinin tatsokgni. **Wanti**
tsokgnilh xkumpali Petulu.
Nachuna wankan:
Unti tsokglhi (Filomeno Mata,
Koawitlán Verakrus).
Tu lipawankan:
Lakgapasa chixku **unti tsokglhi**.

**wantu litaxtuy
minkgalhnikan
chu RH**

Tuku wamputun:

Wa xlitatistumit kgalhni chu
kiliukxilhatkan tuku xlilakgapaskan
klóbulos xaspinini chu *proteinas* nima
kgalhi lataman.

Tu lipawankan:

**Wantu litaxtuy minkgalhnikan
chu RH** Kalhmen: ORH+.

**Wantu klakpuwan
akxni nak
lekgalhtawakga**

Tuku wamputun:

Wa uma xlitlawat akxni
nakgalhtawakgay lataman tiku lenkgoy
xkatakan putsanan nak tatsokgni
akxni ukxilha liukxilhni, xlilaklanka
limakgatsokgni, chu tuku litamanini
pi chuna tlan nalakapastakchan tuku
limin.

Tu lipawankan:

**Wantu klakpuwan akxni nak
lekgalhtawakga** kamaktaya
latamanin natalakapastakchan tuku
wanputun nak akgtum tatsokgni.

X/x

**xa kapsnat niku
tamasiyu takatsin**

Tuku wamputun:

Wa uma kapsnat namakglhaya
xlisputni nak xlekgalhtawakga
wanti lenkgoy xkatakan anta
makgalhtawakgana tsoklin tuku
katsinikgolha tiku lenkgoy xkatakan
lata akgatunu Pulakgatunu.

Tu lipawankan:

**Xa kapsnat niku tamasiyu
takatsin** makamaxkikan akxni ni
amatsukiya xlisputni xalilhkat min
takatsin.

**xalakgatutu
tatsokgni**

Tuku wamputun:

Uma tamakatsin tatsokgni laktutu
takapsnit. Nalimin xlagakgoxkga chu
tuku makatsininan nachuna xliukxilhni
lakgapuntum.

Tu lipawankan:

Wa kuchina kintayilh makgtum
xalakgatutu tatsokgni niku min
tamakatsinin xla sika.

**xalekgalhtawakga
laktitsu tatsokgni**

Tuku wamputun:

Wa uma xlitlawat akxni
nakgalhtawakgakgoy tiku lenkgoy
xkatakan kuenta tlaway laku
kakaxwilikan tachiwin pi taxtuyacha
laktitsu tatsokgni chu tuku wamputun.

Tu lipawankan:

Nak **xalekgalhtawakga laktitsu
tatsokgni** tlan nak ukxilha tuku
xlakaskinka tamakatsinin limin akgtum
tatsokgni.

**xaliputlakgan
kapsnat**

Tuku wamputun:

Wa uma lakgaputuy kapsnat tuku
tanuma xpulakni lekgalhtawakga.
Naliukxilha liputlakgen tawila
nakxtipakgalhu (xpunaitat nachuna
xpejkana) nakkapsnat.

Tu lipawankan:

Xla xalitakgalhchiwin tuku
lekgalhtawaputuna min **nak
xaliputlakgan kapsnat** 16.

**xasasti
tamakatsinin**

Tuku wamputun:

Wa uma xlitlawat akxni
nakgalhtawakgay tiku lenkgoy
xkatakan makgamakglhtinan tuku
xasasti chu litamaktayay lakaxwili
xtamakatsinin tuku wanputun.

Tu lipawankan:

Laku kilitlawat akgtum
xatalakgtsokxtu xla chatum lataman
akit katsinilh akxni akgataksli
xasasti tamakatsinin tuku min
nak Xlekgalhtawakga wanti lenkgoy
xkatakan.

**xatakatsin
likgalhchiwin**

Tuku wamputun:

Uma likgalhchiwin xla kachikin chu
lamakamaxkitilhakan xatlat chu
xakgawasa chu uma makatsininan
tuku lanilh kinpulatamankan.

Tu lipawankan:

Uma kakgotanun nak
kalikgalhtawakgani kinkaman
“**Xatakatsin likgalhchiwin** xla
Teposteko”.

**xatalakglhkatawilan
tatsokgni**

Tuku wamputun:

Wa uma xlitlawat akxni
nakgalhtawakgay tiku lenkgoy
xkatakan lakapastaka tuku xliwanat
nachuna laku nawan akxni
niamatsukiy akgtum tatsokgni.

Tu lipawankan:

Pi akit nakstalani

xatalakglhkatawilan tatsokgni

tlan naktsokgnuni akgtum
tamakatsinin tatsokgni wa Xiwana.

**xatatsokgni laktitsu
tatsokgni**

Tuku wamputun:

Wa uma xlitlawat akxni
nakgalhtawakgay tiku lenkgoy
xkatakan xlitsoqgnat akgtum laktitsu
tatsokgni xpalakata namakatsininan
tuku lakpuwama.

Tu lipawankan:

Nak **xatatsokgni laktitsu
tatsokgni** tiku lenkgoy xkatakan
tlan namakatsinankgoy xa akgchan
xtapuwan.

**xatatsokgni
lakgkaxlat**

Tuku wamputun:

Uma tatsokgni tlawakan nak akgum tamakgxtumit chu unu tsokgwilikan tuku likgalhchiwinankan, tuku lakaxlat tlaway tiku tamaktakgestokglihi.

Tu lipawankan:

Lakgkaxlat laku nalay sikulan xalak kachikin anta tatsokgtawi nak **xatatsokgni lakgkaxlat**.

xatlanka kapsnat

Tuku wamputun:

Uma lanka kapsnat anta niku tatsokgtawilanit chu taukxilha tipalhuwa tatsokgni xla Xlekgalhtawakga wanti lenkgoy xkatakan.

Tu lipawankan:

Kalekgalhtawakga xmakatsininá kapsnat nak **xatlanka kapsnat** pi tlan naukxilha.

xkauwat Tuku wamputun:

Wa stakuanit tuku nitaukxilha chu makgatatatlanan xla talhuwi kaman naktiyatliwa, wa mastay tipalhuwa tajatat tuku makgninankgoy chu makatatatlax takgalhin chu tachanan.

Tu lipawankan:

Wa **kxkauwat** Chikunkunya mastay xapalha lhkuyat, taakkatsat, takatsanawa nak tatastukut chu takatsanawa nak mimakni.

Nachuna wankan:

Swilina (Kaxwakan, Puebla).

Tu lipawankan:

Wa **swilina** lhuwalh.

**Xlekgalhtawakga
makgalhtawakgana**

Tuku wamputun:

Lekgalhtawakga anta niku liwana wanikan makgalhtawakgana laku namasiyuy tsoknunkgan chu kalhtawakgakan kintachiwinkan tutunaku.

Tu lipawankan:

**Xlekgalhtawakga
makgalhtawakgana** kmaklakaskin tlan nakmakalhtawakganan.

Nachuna wankan:

Xlistalanit makgalhtawakgana (Filomeno Mata, Koawitlán Verakrus).

Tu lipawankan:

Kinkamaxkikan chiyu **xlistalanit
makgalhtawakgana**.

**Xlekgalhtawakga
wanti lenkgoy
xkatakan**

Tuku wamputun:

Lekgaltawakga niku wanti lenkgoy xkatakan nakatsiy kgalhtawakgay chu ktsokgnan xtachiwin tutunakú akxni natsukuy tlaway wantu nalimakgatawakgay.

Tu lipawankan:

Uma **Xlekgalhtawakga wanti
lenkgoy xkatakan** nalikatsiniy kgalhtawakgay chu ktsokgnan xtachiwin.

xlilaktsana Tuku wamputun:

Uma limin nak tamakatsinin tu
litaxtuy xla akgtum listat unu wan
xatapulhkan tuku wapat.

Tu lipawankan:

XLilaktsana 1 tasa xla xtsikit wakax
(240 ml.).

Nachuna wankan:

XLilaklanka poakatunu (Filomeno
Mata, Koahuitlan, Verakrus).

Tu lipawankan:

¿Katsiya chiwani **xlilaklanka
poakatunu** tajuma?

**xlilhuwa
xpumakatunu**

Tuku wamputun:

Xtukuwaní niku limin tamakatsinin tu litaxtuy unu wan xlilanka chu xlilhuwa tu xatlan na makglhtinan chatum latamanin akxni na wa pulaktum liwat.

Tu lipawankan:

Xlilhuwa xpumakatunu xla kalsio xla patum vaso xtsikit wakax xla 6 %.

Nachuna wankan:

1. **Xlilhuwa poakatunu** (Filomeno Mata, Koawitlán, Veracruz).
2. **Xlilhuwa pumakgatunu** (Tepetsintla, Puebla).

Tu lipawankan:

1. Kawanti **xlilhuwa poakatunu**.
2. Xatalhkan **xlilhuwa pumakgatunu namawaiya** miskgata.

**Xlitalakgapasni
tatsokgni**

Tuku wamputun:

Wa uma xlitlawat akxni nakgalhtawakgakgoy tiku lenkgoy xkatakan lakgapasa laku talaknunit, xatalakapastakni chu xatatsokgni akgtum tatsokgni.

Tu lipawankan:

Liwana kaukxilhti nak Xlekgalhtawakga wanti lenkgoy xkatakan **Xlitalakgapasni tatsokgni** nima lekgalhtawakga.

**xlitlawat
takgalhtawakga**

Tuku wamputun:

Wa uma tuku litatastuknit
Xlekgalhtawakga wanti lenkgoy
xkatakan. Anta tanuma
limakgatawakga xpalakat tlan
natakatsiniy tatsokgnun chu
natakgalhtawakgay.

Tu lipawankan:

Anta nak **xlitlawat
takgalhtawakga** 3
lekgalhtawakgakgan aktsu
tamakatsinin.

Nachuna wankan:

Xkilhtsukut takgalhtawakga
(Tepetsintla, Puebla).

Tu lipawankan:

Chuwa natapintilhiya latsa yintilha
xkilhtsukut takgalhtawakga.

**xmaklakaskinka
akxni chiwinanaw**

Tuku wamputun:

Wa uma xlitlawat akxni
nagalhtawakgakgoy tiku lenkgoy
xkatakan, naukxilhgoy liukxilhtin niku
xmaklakaskinka chiwinanaw.

Tu lipawankan:

Wa uma militlawat akxni
kgalhtawakgaya wanikan
“**xmaklakaskinka akxni
chiwinanaw**” uma makgtayay
tiku lenkgoy xkatakan liwana
nalakapastaknan niku xlakaskinka
nachiwinan xatutunakú.

xtajatat kuchu

Tuku wamputun:

Akgtum tajatat nima lhuwa kuchu
nawaputuna.

Tu lipawankan:

Xchixku Xiwana kgalhi **xtajatat
kuchu**.

**xtaputlakgen nima
lakgchanitan**

Tuku wamputun:

Wa amá liputlakgen, tatsokgni tuku
xlakaskinka masiyay amakgapitsin chu
katuwa.

Tu lipawankan:

Xtaputlakgen nima lakgchanitan:
NT8914RTPU.

Y/y

yerro Tuku wamputun:

Wantu tlan kgalhi nakliwat
chu nakxtiyatliwa xla lataman.
Uma maktayanan xpalakata
lhuwa nakgalhiya kgalhni chu
ninatatatlaya.

Tu lipawankan:

Wa xtilan chu lenteja nima wayaw
maxkiy **yerro** kintiyitliwatkan.

Nachuna wankan

Tachiwin	Nachuna wankan	Tu lipawankan	Pulatamat
anta niku pukxilhni	anta niku wakxilhnanka	Anta niku wakxilhnanka tanuma kuchuna.	Tepetsintla, Puebla.
jun	jununu'	Talhuwa xlawakakgo jununu' nakxana.	Tepetsintla, Puebla.
kuchuchu	kuchu'	Stamakalh kuchu' kxlakati minchiki.	Tepetsintla, Puebla.
	kuchu	Kxlakatin minchiki stamakalh kuchu.	Kxlakatin minchiki stamakalh kuchu.
lakachitanita	skgatanita	¿Tuku kilhtamuku skgatanita?	Espinal, Koxkiwi, Verakrus.

TACHIWIN	NACHUNA WANKAN	TU LIPAWANKAN	PULATAMAT
lakasiyu	lakatsuku	Lakatsuku makgatatatlanan yaxkut.	Kaxwakan, Tepetsintla, Puebla.
	lakgasiyu	Lakgasiyu kaskuti.	Koxkiwi, Koyutla, Verakrus.
lalila-kgapas	kintalali- kgapasni	Lakchixkuwin kin- talalikgapasni.	Kaxwakan, Puebla.
	taliman	Kintaliman amakgo lakchixkuwin.	Tepetsintla, Puebla.
likuchun- mininiyan	likuchun tu namatlaniyan	Lanchiyu namaxkikana likuchun tu namatlaniyan.	Tepetsintla, Puebla.
	wantu nalikuchuna	Wantu nalikuchuna xlakaskinka natlawaya.	Kaxwakan, Puebla. Koxkiwi, Veracrus.

TACHIWIN	NACHUNA WANKAN	TU LIPAWANKAN	PULATAMAT
malaka- tunkuwiní	palhna	Lakgani palhna kintsé.	Kaxwakan, Tepetsintla, Puebla.
	takgona	Kinana makg- takgonan.	Koxkiwi, Koyutla, Verakrus.
maluloka	makanalhi	Uma tamakgalhweni makanalhi kinkapsnat.	Tepetsintla, Puebla.
naktiya-tliwa	makni	Nialh ktayini ponkgtum katsama kimakni.	Kaxwakan, Tepetsintla, Puebla. Koxkiwi, Koyutla, Verakrus.
nichi wila	niku minchiki	¿ Niku minchiki?	Kaxwakan, Puebla.
	niku wala	¿ Niku wala?	Sosokolko, Verakrus.

TACHIWIN	NACHUNA WANKAN	TU LIPAWANKAN	PULATAMAT
ponkgtum	xliputim	Xliputim listat.	Filometo Mata, Verakrus.
	xliputum	Xliputum listat.	Koxkiwi, Espinal, Verakrus. Kaxwakan, Puebla.
pulatamán	karastianu	¿Niku mi karastianu?	Tepetsintla, Puebla.
	pulatamat	¿Niku mi pulatamat?	Espinal, Verakrus. Kaxwakan, Puebla.
pulatamán nichi skgatanita	niku pulatamán lakachinit	¿Niku pulatamán lakachinit?	Sosokolko, Verakrus.

TACHIWIN	NACHUNA WANKAN	TU LIPAWANKAN	PULATAMAT
pumapekgsin	pumapakgsin	¿Niku wi pumapakgsin?	Koxkiwi, Veracruz.
	putaskujut	¿Ninu kminpu- taskujut?	Tepetsintla, Puebla.
tsiktsi	spitu	Kilhtlimakgolh spitu.	Koxkiwi, Koyutla, Veracruz.
	spun	Xwamakgo kiyawix spun.	Filomeno Mata, Koawitlán, Veracruz.
takuwaní	tukuwani	Kin tukuwani:	Koxkihui, Veracruz. Kaxwakan, Puebla.

TACHIWIN	NACHUNA WANKAN	TU LIPAWANKAN	PULATAMAT
taputlakgen	taputlakgan	¿Tuku taputlakgan walaw lanchu?	Mekatlán, Verakrus.
xa tatsankgan listakni	anima	Makgat anit xanima.	Koyutla, Verakrus.
xalak kaxlan xla tatsokot	kinputalhkan	Nakkinputal- hkan kawaxilhti nilakxni ktawalhani.	Tepetsintla, Puebla.
xtlankgan	lakapakxnan	Lanchiyu lakapakxnan xpalakat wanit xkuchu.	Kaxwakan, Tepetsintla, Puebla.
	lanka katsan	Kintala lanka katsan.	Koxkiwi, Verakrus.

Notas

[illegible]

Unu natakgsa tachiwin tu namakgtaiyan
lantla nakgatakgsa kgampalhuwa tatsokgni.
Nachuna nakasiya tu wampatun mintachiwin
lakatunu kachikinin. Wa xlakaskinka
nalakgapasa Liputsan.

En este material encontrará las palabras que le ayudarán a comprender significados en los materiales de lectura y escritura que integran su módulo. También descubrirá otras maneras de decir las mismas cosas en los diferentes lugares donde se habla su lengua. Por estas razones, el uso del Vocabulario se considera de mucha utilidad para lograr mejor comprensión de los textos escritos.



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