

Ktsukuy kgalhtawakgay chu  
ktsokgnan kintachiwin. Tutunakú

Empiezo a leer y escribir  
en mi lengua. Totonaco



Totonaco • Tutunaku  
Totonaca • Totonakú  
Tutunakú

Xlekgalhtawakga wanti lenkgoy xkatakan  
Libro del adulto

Kintakuwaní:

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Xtakuwaní kinpulatamán:

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Xtakuwaní kinkachikin:

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# Xtachiwinkan tiku tsokgnankgolh

- ❖ Akit klikatsiniyan chu wix kilikatsiniya chu makxtum lalikatsiyaw.
- ❖ Takgalhtwakga chu tatsokgni lakgpali tuku anan lanchu nachuna kinkamakaxan xla alistalh.
- ❖ ¡Makxtum kakatsiniw!
- ❖ Uma lekgalhtawakga tuku wi kmimakan wix tlawanikanita. Lanka mimaklakaskinat na wan xpalakata nakatsiniya lekgalhtawaya chu natsoknana min tachiwin.
- ❖ Xlihiwakga kintalakapastaknikan taxtuni anta kintakatsinkan.
- ❖ Xalimakgatsokgni kintachiwinkan anta makamastayaw kintatsinkan tiku aku lakstakmakgol.
- ❖ ¡Xankgalhin wi tuku nakatsiyaw!
- ❖ Tlakg lhajay tiku xankgalhin katsinima.
- ❖ Kilitliwekgekan anta minacha kintakatsinkan tuku tlawayaw chali chali. Tlakg kakatsi. Klixakgatliyan xlakata katsokgti mintachiwin.







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# Xlitamakatsinin

Uma lekgalhtawakga wix xlapastakpak akxni lakaxtlawkalh. Anta natakgasa tipalhuwa tatsokgni tuku nalimatliwakglhniya mintakatsitat xla takgalhtawakga chu tatsokgni.

Akxni natalitsakgsa takgalhtawakga, akxni natakgatakgsa tamakatsinin tuku liminkgoy tatsokgni wa tuku nalitakgalhtawakga, nachuna natakgasa liskun tuku tlan nakalitakgsa tamakatsinin tuku lakaskina, lanka natlawaya miliputsan chu tlakg lakapala nalakapastaka.

Tuku nakatsiya xla takgalhtawakga namakgtayayan, lakapala chu tlan natsokga tuku lakaspataka chu lichiwinaputuna chu natsakgsaya nalakputsaya tatsokgni tuku tlakg nalakaskina.

Lekgalhtawakga kgalhi akgtoy pulakgatunu, xliakgtum kgalhi kgampatati xlitlawat takgalhtawakga chu xliakgtuy kgampatutu kgalhi xlitlawat takgalhtawakga.

Pulakgatunu xlitlawat takgalhtawakga nakgalhtawakgaya chu natsokgnana, natalakatsuwiya ktakgalhtawakga chu ktatsokgni kmintachiwin, namakgatawakgaya mintachiwin chu nalakgapasa kgampatunu tatsokgni.

Akxni tatlaway taskujut xla lekgalhtawakga nalakaskina kgampatunu liskujni xla unu tamakinit likgalhtawakga, kalixakgatliyan pi xankgalhi natalatapaya.

**¡Xankgalhin wi tuku nakatsiyaw!**



# Militlawat akxni kgalhtawakgaya

Aktanks kaukxilhti tuku wi nakliukxilhtin, xpalakata nakamaklhatilhaya naklekgalhtawakga chu nawanitilayan tuku taskujut natatlawaya chu tuku litlawat xpalakat tlan natsakgsaya.

## Takgalhtawakga



### **Akxni nak maklakaskin kgalhtawakgay.**

Uma liukxilhtin makatsiniyan pi miliukxilhtit liukxilhtin chu tatsokgni chu nalichiwinana xtayit pi xlakaskinka nalikgalhtawakgaya tatsokgni.



### **Wantu klakpuwan akxni**

**naklekgalhtawakga.** Uma liukxilhtin lixakgatliyan pi nalakapastaka tamakatsinin tuku wix lakpuwana pi tlan natawalay naktatsokgni tuku tamasiniyan, akxni aktanks nalikgalhtawakgaya makgapitsin xpulaktanun tatsokgni.



**Takgalhtawakga tatsokgni.** Uma liukxilhtin makatsiniyan pi xlakaskinka tanks nakgalhtawakgaya. Kalakapastakti ni kaxman makgtum nalikgalhtawakgaya; xlakata tlan nakgatakgsa tachiwin, kaskini mimakgalhtawakgana makglhuwa

nalekgalhtawakganiyan. Akxni miakstu  
nakgalhtawakgaya, makglhuwa  
nalekgalhtawakgaya, nikuntla xlakaskinka.



**Xatakatakgsni amá tatsokgni.** Uma  
liukxilhtin lixakgatliyan pi nalakapastaka chu  
nanalakgapasa tachiwin tuku tlakg xalakaskinka  
wa tuku ukxilhti.



**Xalekgalhtawakga laktitsu tatsokgni.** Amá  
liukxilhtin lixakgatliyan pi aktanks nakgaxmata  
lantla tatixtumikgo tachiwin nak xatitsu  
takgalhtawakga chu tlan nalichiwinana xakchan  
talakapastakni.



**Takgalhtawakga xalaksu tachiwin.** Uma  
liukxilhtin lixakgatliyan pi aktanks nakgaxpata  
lantla tatixtumikgo limakgatsokgni nak tachiwin  
paxlakat tlan nakalekgalhtawakgaya chu  
nakgatakgsa tuku lakgchan.



**Klkgapasma kilimakgatsokgni.** Uma  
liukxilhtin lixakgatliyan pi kalakgapasti chu  
kalaksakxtu milimakgatsokgni xla mintachiwin;  
nachuna nalakgapasa lantla liskukan  
limakgatsokgni xalaklanka chu xalaksu.

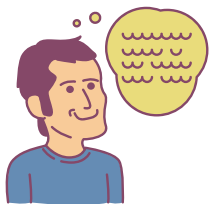


**Xlitalakgapasni tatsokgni.** Uma liukxilhtin  
lixakgatliyan pi kalakgapasti lantla lakgnuy  
tatsokgni, niku laktanuma nak xaliputlakgen  
kapsnat chu tuku tatsokga lakgatunu.



**Kmaklakaskinka tatsokgni.** Uma liukxilhtin lixakgatliyan pi kalakgapasti tuku litaxtuy uma tatsokgni xalikgalhtawakga chu nalakapastaka niku alakatunu natalakaskinkgoy.

## **Talichiwin chu nakgatakgsa wantu nakgaxpata**



### **Xmaklakaskinka akxni chiwinanaw.**

Kaukxilhti amá liukxilhtin chu xatatsokgni chu kalichiwinanti wantu xmaklakaskinka nalichiwinana chu tlan naskina tamakatsinin nachuna kalichiwinanti wantu xtachuna akgspulanitan.



**Xasasti tamakatsinin.** Amá liukxilhtin kawaniman pi kalekgalhtawakga xasasti tamakatsinin pi tlan nalichiwinana, wantu makatsiniputuna tamakatsinin.



**Makglhuwa kawanti mintachiwin.** Amá liukxilhtin kawaniman pi namakgatawakgaya mintachiwin, lakalhuwa nalichiwinana xlakata namatliwekglhniya mintakatsin.



**Nakgatakgsa wantu nakgaxpata.** Amá liukxilhtin kawaniman pi liwana naukxilha xatamakatsinin xla mintakgalhtawakganenin wantu tlawakgolh nak xlimakgatawakga chu kalichiwinantit uyma tamakatsinin wantu lalixakgatlih.





**Liwana naklakapastaka akxni kakgatakgsa tuku kchiwinan.** Amá liukxilhtin kawaniman pi liwana kalakapastakti wantu tlawanita, wantu tlan makgantaxti nachuna nakatsiniya ukxilha liwana wantu ni matlaniya akxni chiwinana namakgatawakgaya xlakata tlan namakgantaxtiya.

## Tatsokgni



**Akxni nak maklakaskin ktsokgnan.**

Amá liukxilhtin kawaniman pi miliukxilhtit xatatsokgni chu liukxilhtin nachuna kalichiwinanti tamaklakaskin tatsokgni.



**Xlitalakgapasni tatsokgni.** Amá liukxilhtin kawaniman pi nalakgapasa chu liwana naukxilha wantu litalakgnunit tatsokgni, niku wi nak xaliputlakgan nachuna tuku tasokgnit chu niku talakgnunit.



**Xatalakglhkatawilan tatsokgni.** Amá liukxilhtin kawaniman pi liwana kalakapastakti paks tuku nalhkawiliya anta nak tatsokgni: tiku natsokgnaniy, tuku waniputun, lantla nawani chu lantla nakaxwili xtatsokgni. Paks uyma xmaklakaskinka liwana natlaway.



**Xatamakgatsokgni tatsokgni.** Amá liukxilhtin kawaniman ni chi nalakgsokxtuya chu natsokgnana lantla kgalhi xatalakglhkatawilan tatsokgni chu tuku wamputun mintatsokgni.



**Kaukxilhti chu kakaxlawata tatsokgni.** Amá liukxilhtin kawaniman pi kalakapastakti pi akxni natlawakgoya mintatsokgni, liwana kaukxilhti lantla tsokgnita mintatsokgni: xmaklakaskinka paks tamakatsinin wantu lakapastakti liwana nalin anta xatalakglhkatawilan tatsokgni, makatsiniputun wantu wamputuna chu nakaxlawaya mintatsokgni akxni natalakaskin.



**Xatatsokgni laktitsu tatsokgni.** Amá liukxilhtin kawaniman pi xmaklakaskinka natsokga xalaktitsu tatsokgni pi tlan nalichiwinana.



**Tatsokgni xalaksu tachiwin.** Amá liukxilhtin kawaniman pi mililakgapasat lantla xtatixtumí limakgatsokgni pi tlan natsokgnana.



**Tatsokgni xla limakgatsokgni.** Amá liukxilhtin waniman pi liwana naukxilha lantla tatlawanit limakgatsokgni chu lantla tatsokga xpalakata uyma nalitlawaya xalaksu tachiwin, xalaktitsu tatsokgni chu tatsokgni wantu maklakaskina.



**Kmaklakaskinka tatsokgni.** Amá liukxilhtin kawaniman pi milikatsit tu xlilat tatsokgni chu nalakapastaka pi tlan namaklakaskina niku liwaya.

## Malakgxtumi tatsokgni



**Malakgxtumi tatsokgni.** Amá liukxilhtin kawaniman pi liwana naukxilha xatuku litalakgnunit tatsokgni xla xlitlawat takgalhtawakga pala nakatsiya pi lakxtum, pi talakgpali xtatixtumí xlichatunu tatsokgni chu tuku wamputun. Amá takatsin namakgtayayan akxni nalaksaka xatatsokgni wanchu nalakgatiya lekgalhtawakgaya chu tsokgnana xatamakatsinin wantu maklakaskina.

### Tanu lekgalhtawakga xmaklakaskinka nima limin xpulakni milekgalhtawakga



**Limakgatsokgni.** Uma liukxilhtin makatsiniyan pi milimakgatawakga tatsokgni chu takgaltawakga xpalakata nakalagapasa limakgatsokgni. Wa limakgatsokgni nalikatsiniya litsokgnana mintachiwin chu laktitsu tachiwin.



**Xalanka kapsnat.** Uma liukxilhtin makatsiniyan pi liwana naukxilha tatsokgni nima limin lekgalhtawakga xliakgatunu xlitlawat takgalhtawakga.



**Lekgalhtawakga.** Uma liukxilhtin makatsiniyan pi milekgalhtawakganat uma tatsokgni wantu skiniyan xkilhtsukut akgatunu xlitlawat takgalhtawakga.



# Limakgatawakga

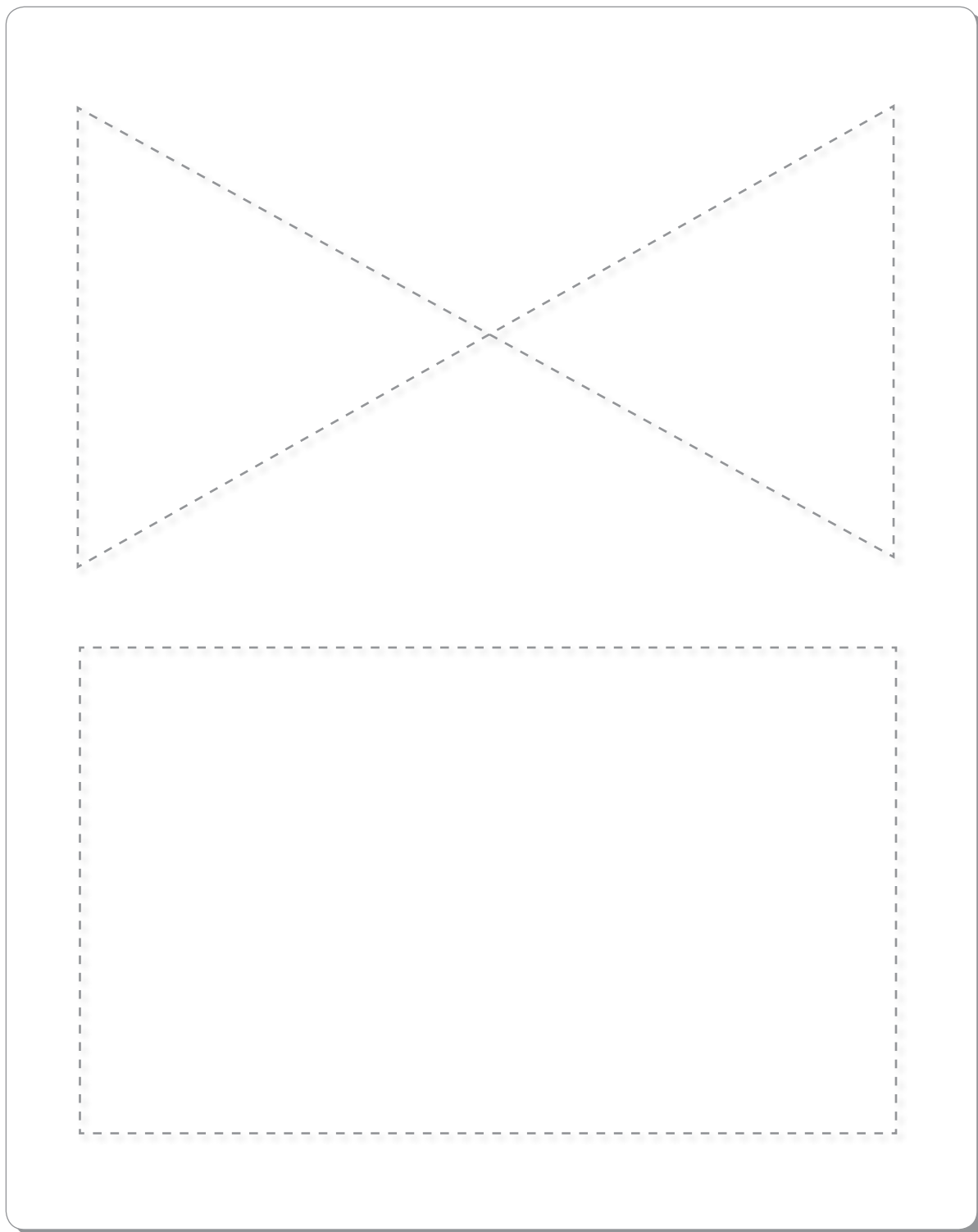


**Akxni namasputuy tamakgatawakga, amá latamanín lakkgawasan chu wanti lenkgoy xkatakan:**

- Kalimachipi militsokgni tatsiklhni xlakata nalakaxlay wantu wi chu wa namatsakgsiya lantla matsuwijikan makan.
- Natlawaya tipalhuwa liukxilhtin wa nastalaniya xlimasiyukan talhtitni chu lantla tasiyukgo.

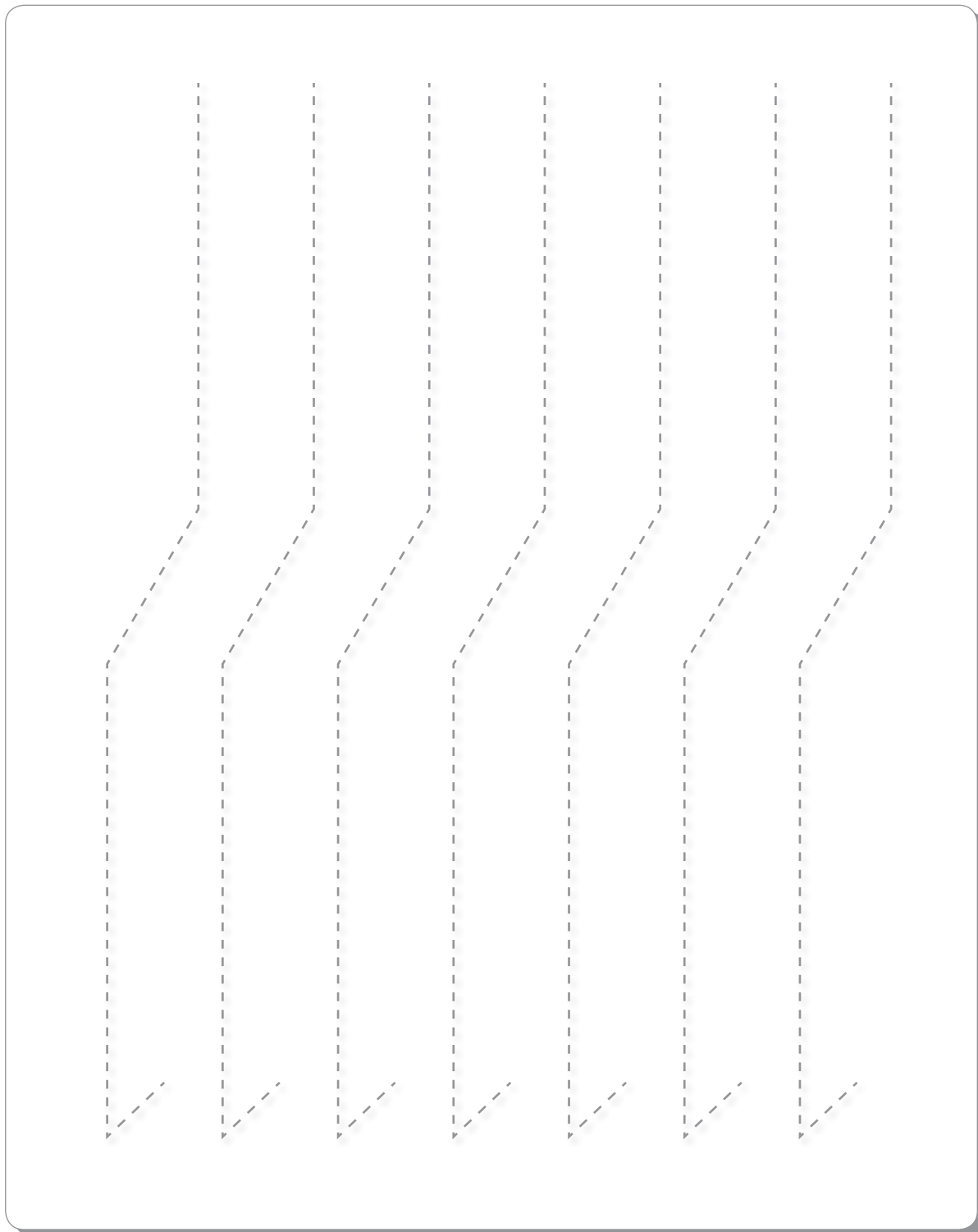
# Tamakgatawakga 1

- Ama tatsiklhni kalalimachipi militsokgni xlakata nalakaxlay wantu litaxtuy.



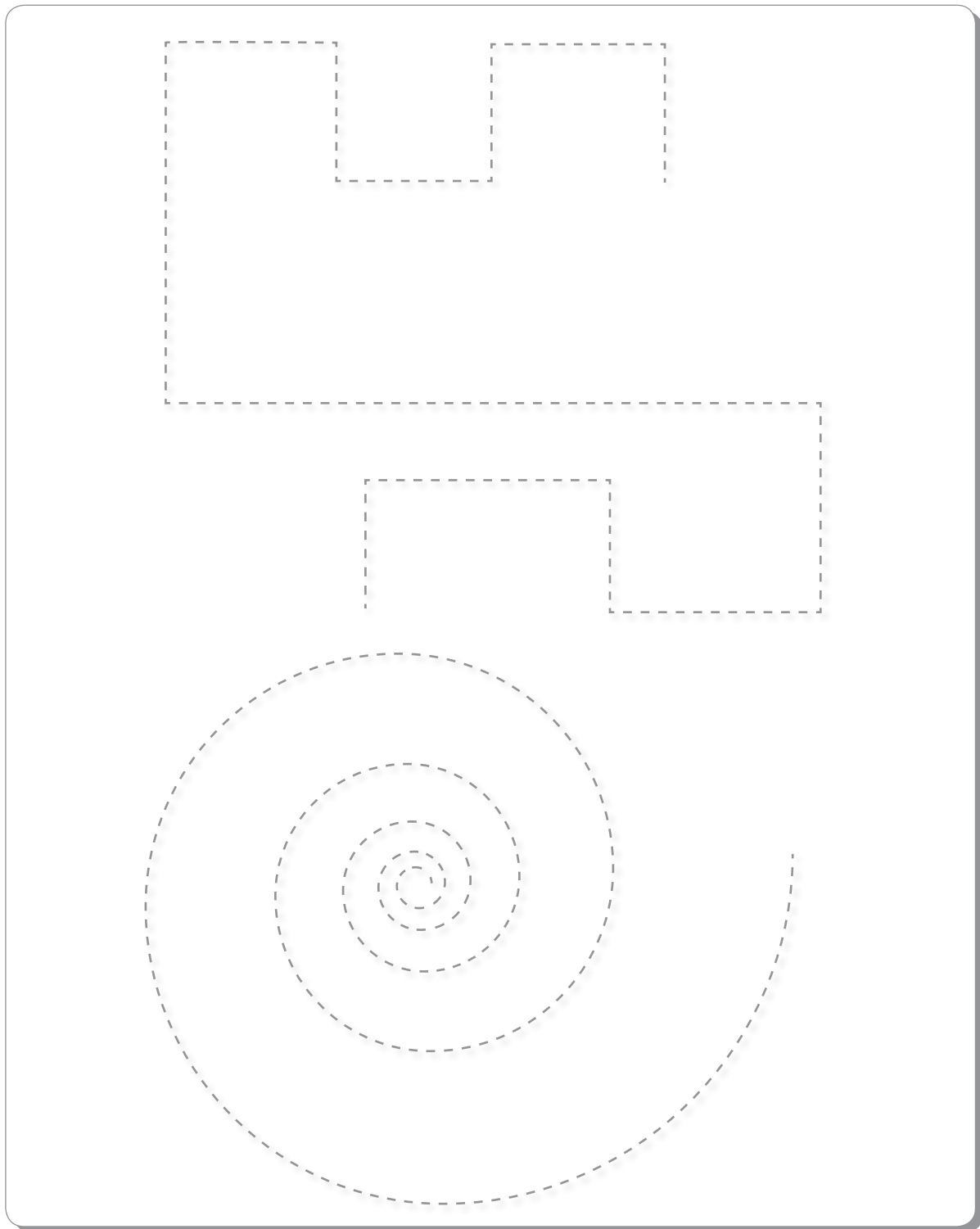
## Tamalgatawakga 2

- Ama tatsiklhni kalalimachipi militsokgni xlakata nalakaxlay wantu litaxtuy.



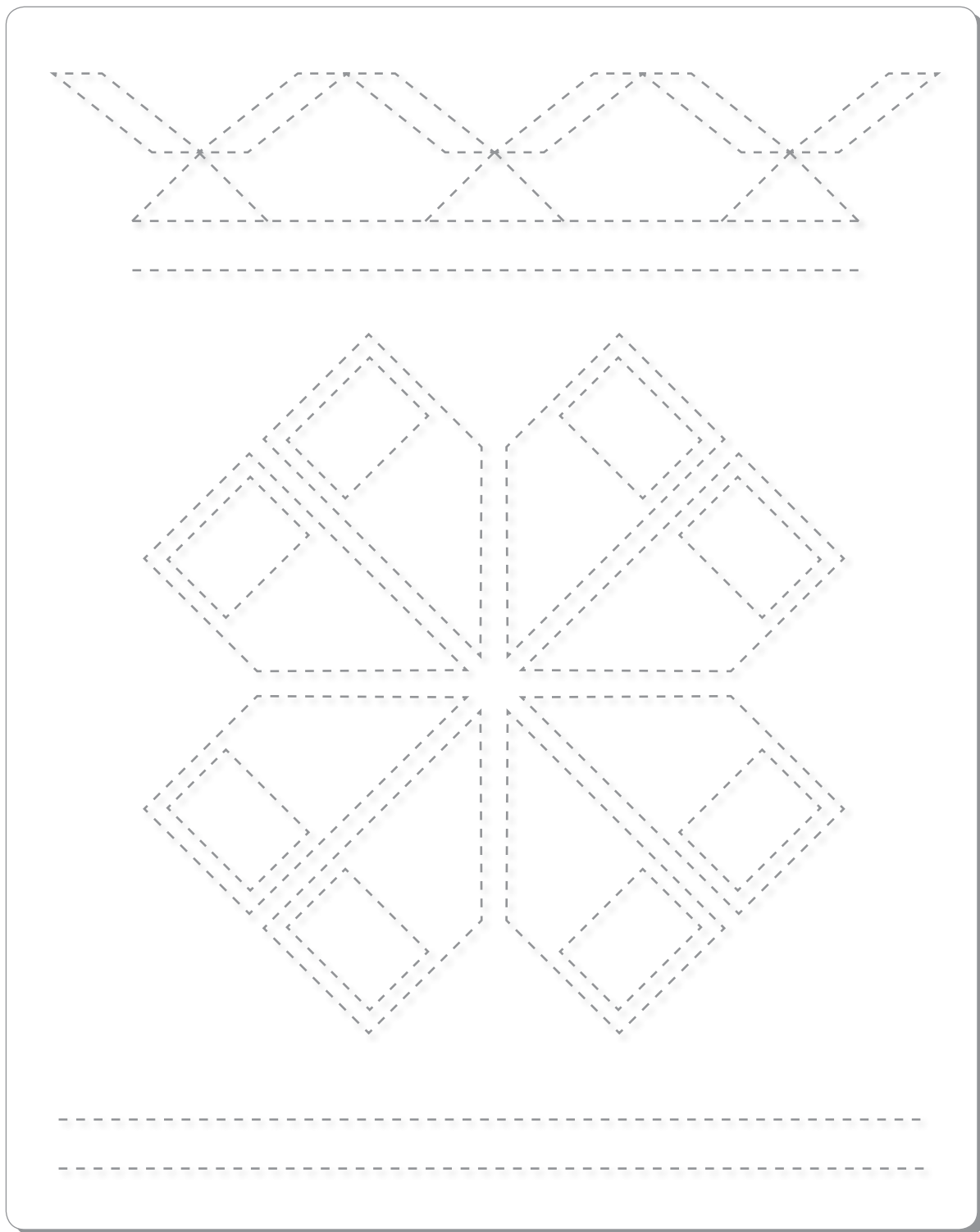
## Tamakgatawakga 3

- Ama tatsiklhni kalalimachipi militsokgni xlakata nalakaxlay wantu litaxtuy.



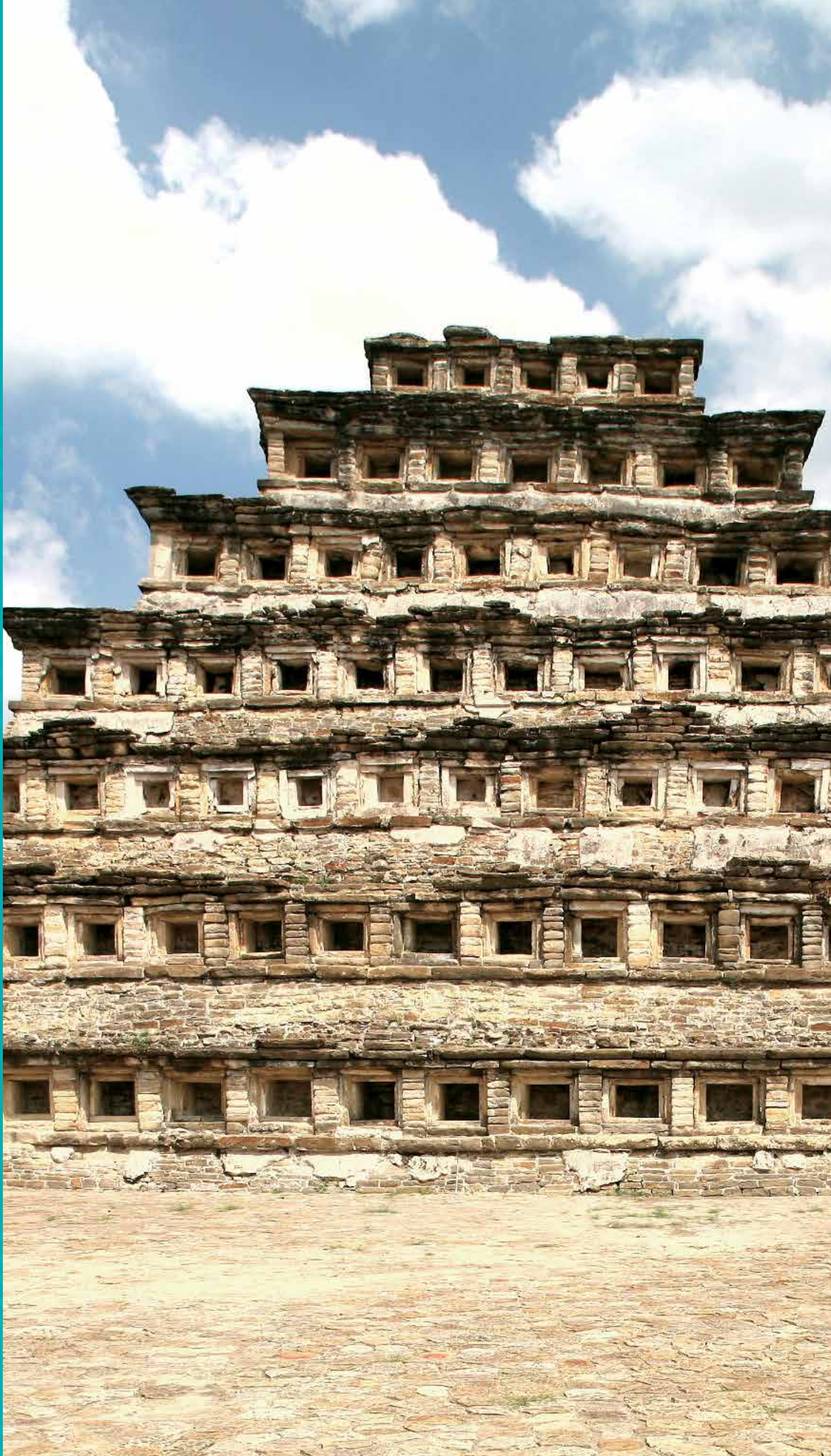
## Tamalgatawakga 4

- Ama tatsiklhni kalalimachipi militsokgni xlakata nalakaxlay wantu litaxtuy.





# Pulakgatuunu 1







## **Akxni namasputuy pulakgatunu, amá latamanín lakkgawasan chu wanti lenkgoy xkatakan:**

- ❖ Nalakgapasa lantla lakaxlanit akgatunu tatsokgni chu nakatsiya lantla xpulaktanut.
- ❖ Nalekgalhtawakgaya chu nakgatakgtsa xliputum xpulaktanu tatsokgni xla pulakgatunu.
- ❖ Akxni naukxila lantla lakaxlanit akgatunu tatsokgni nakatsiya wantu tamakatsinin liminkgoy chu nalichiwinana tuku talakapastakni liminkgoy.
- ❖ Nalakaxtlawayatatixtumítukunastalaniyaxla tatsokgni xpalakata tlan natlawaya akgtum tatsokgni.
- ❖ Namatsukiya tatsokgni, nakaxtlawaya chu namatlanipalaya tatsokgni xla liputum xpalakata tlan nataxtuyacha xkgantaxtut.
- ❖ Nalichiwinana tatixtumí xla tatsokgni, lantla tatsokgni chu nalakkaxwalipalaya tatsokgni xla liputum chu nalhkaxtupalaya.
- ❖ Nalaksakxtuy xtakuwaní chu lantla talakgnunit akgatunu tatsokgni nima nakalekgalhtawakgay chu natsokgnan nak pulakgatunu.
- ❖ Nalichiwinanachunakgatakgsatatsokgniniku talichiwinankgoy latamanín, tuku anan chu pulatamán.
- ❖ Nalakgapasa akgatunu limakgatsokgni xla mintachiwin.

# Xlitlawat takgalhtawakga 1

**Akxni namasputuy xlitlawat takgalhtawakga, amá latamanín lakkgawasan chu wanti lenkgoy xkatakan:**

- ❖ Nalakgapasa mintakuwaní chu xla amakgapitsin nakxatipalhuwa kapsnat.
- ❖ Nalakgapasachunamakgatawakgayalakutsokgkan mintakuwaní.
- ❖ Natsokga kgampalhuwa takuwaní.
- ❖ Nalakgapasa xtakuwiní chu lata laknukgoy kapsnat xla lichatunu.
- ❖ Nalakgapasa niku maklakaskinkan xalanka limakgatsokgni naktatsokgni.
- ❖ Nalakgapasa chu natsokga limakgatsokgni *a, e, i, o, u* xla mintachiwin.
- ❖ Natlaway akgtum liukxilhtin nachuna nalichiwinan laku tasiyuy chu amakapitsin latamanín.

## Takgalhchiwin xla takgalhtawakga



**Kaputsa nak Lekgalhtawakga wa tatsokgni  
“2. Xalitakgalhchiwin xla takgalhtawakga”  
chu alistalh kalitakgalhchiwinanti  
mintakgalhtawakgananin chu  
mimakgalhtawakgana:**

¿Tuku takatsin mastay uma  
takgalhtawakga?  
Pi nachuna xakgspulan la uma  
chixku, ¿wix tlakg xaksakti chiwix?  
La ukxilhti uma xatakatsin xla  
takgalhtawakga, ¿lantla lakpuwana  
wix akxni makgtanuya anta  
minpukgalhtawakga?

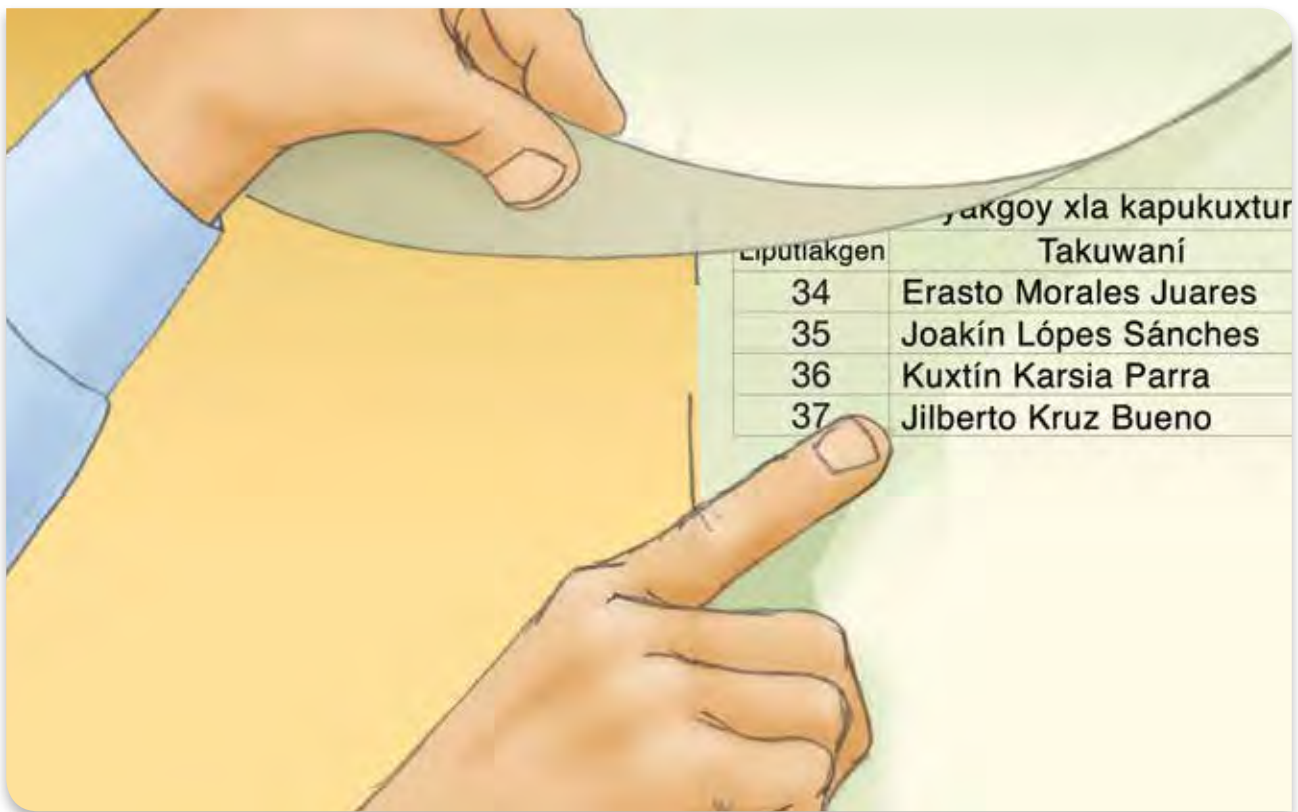






**Kaukxilhti amakgo liukxilhtin chu  
kalekgalhtawakga tuku wankgoy  
amá latamanín kamakgtayan  
mimakgalhtawakgana.**





## Kalitakgalhchiwinanti mimakgalhtawakgana mintakgalhtin.

¿Tuku xpalakat uma chixku lakaskin xlikgalhtawakgat xtakuwaní?

¿Wix likgalhtawakganitata mintakuwaní? ¿Nikú?

¿Tuku xpalakata xlakaskinka likgalhtawakgakan kintakuwanikan?

¿Tuku lilayaw lekgalhtawakgayaw kintakuwanikan?



# Kaukxilhti tatsokgni chu kalitakgalhchiwinanti mimakgalhtawakgana tuku tamakatsinin limin.

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Kpulatamán Chu Taputlakgen Akxni Lakachitanita:  
**Atlixko**  
Pulatamán / Kachikin

**Puebla** **28** **07** **1974**  
Niku tapekgsiy kinpulatamankan Kilhtamakú Papa' Kata



**A35 1464842**



Xtaputlakgen Nima Lakgchanitan  
05091243



Xa putlakgen tuku lilakgapaskan min kapsnat

**PEGM740728MPLZNR01**

## **Xlikalanka Kinpulatamankan Méjiko Kinpulatamankan Puebla Putalhkan**

**Xa likatsin lataman tiku malhkaninamaka**

<b>MALIA WADALUPE</b>	<b>PERES</b>	<b>KONSALES</b>
Takuwaní	Xliakgtum Tapakuwini	Xliakgtuy Tapakuwini
<b>PUSKAT</b>	<b>28/07/1974</b>	<b>ATLIXKO, PUEBLA</b>
Tu Litaxtuy	Taputlakgen Akxni Lakachinita	Pulatamán nichí lakachitanita

**Xa likatsin lataman tiku malhkaninamaka nak mapakgsina**

Ni thühü: Thuspäthühü ni ta: Thuspäthühü ni me:

Ni thühü: Thuspäthühü ni ta: Thuspäthühü ni me:

<i>Xa talhkan</i>	<i>Xatamalulokgna min kapsnat</i>

*Tamakgaxiwin xa elektronika*



*Soy México*

*Xa putlakgen tuku lilakgapaskan min kapsnat*

10400200012008033670



*Xa puxku niku kalhkanukan latamanin*



18 El contenido de esta acta puede ser verificado en la siguiente página web: [www.gob.mx/validar](http://www.gob.mx/validar) capturando el Identificador Electrónico.  
Para su consulta en dispositivos móviles, descarga una aplicación para lectura del Código QR.



## Kalekgalhtawakga tamakatsinin wantu minacha kamakgtayan mimakgalhtawakgana chu kalitakgalhchiwinanti.



### Kalakapastakti pi...

Mintakuwaní nak xalakaskinka kapsnat, xankgalhin xlitatsokgnut lakxtum. Uma likaxlay akgtum chu akgtiy takuwaní akalistalh stalaniy xtapakuwit mintlat chu xtapakuwit mintsé. Laku tsokgkan takuwaní tlan pulakgtiy natlawakan. Xalistalanit:

1. María Guadalupe Pérez González
2. Malia Wadalupe Peres Konsales

## Kalagapasti tuku litaxtuy tatsokgni chu kalitakgalhchiwinanti mimakgalhtawakgana tuku talakgpalikgonit naktakuwaní.



Kintalapaxkin: Xanat  
xatunkuwaní  
Akit kwaniputunan pi...

### Puskat Lupe:

Kmakgaxtakgnilh  
minkgawasa kaswila  
watu xkimasakuaninita.  
Paxtakatsinilh.

1. Pita nalimin chuchut xasekgsi.
2. Lolita nalimin skawawa.
3. Chepina nalimin tatlakgni.

Uku ukxilhti, pi maklakaskinaw kgampalhuwa takuwaní akxni mapakuwiyaw chatum latamanín. Wa nawan niku nalatamay lantla. Takuwiní talakgpali xpalakata nikuntlan lamaw nachuna tiku takgalhchiwinanaw.



**Kalitakgalhchiwinanti  
mimakgalhtawakgana xatamakatsinin  
xla mintaskujut chu alistalh  
namakgatsiya.**

Akit kiwanikan:

.....

Klakgati nakiwanikan:

.....

Akit katsinima kgalhtawakga chu ktsokgna nak:

.....

Xtakuwaní kimakgalhtawakgana:

.....

Kimakgalhtawakgana lakgati namapakuwikan:

.....

## Kalekgalhtawakga laktitsu tatsokgni kamakgtayan mimakgalhtawakgana.



**Kalimakgatawakga wantu limin  
Limakgatsokgni xtakuwanikan  
latamanín tiku kalakgapasa.**



**Kamakgatsi laktitsu tatsokgni  
kamakgtayan mimakgalhtawakgana.**

Xtakuwaní kintsé:

.....

Xtakuwaní kintlát:

.....

Lakgatikgoy nakawanikan:

Lakgati nawanikan kintsé:

.....

.....

Lakgati nawanikan kintlát:

.....

.....



## Kalekgalhtawakga xtakuwanikan latamanín kamakgtayan mimakgalhtawakgana.

Tsepa



Ramun



Tsalio



Martín



## Kaukxilhti lantla tatsokgnan xtakuwanikan latamanín.

Kintachiwinkan, wa takuwaní chu tapakuwit latamanín xlitatsokgat laklanka tatsokgni akxni tsukuy tachiwin. Xlistalanit:

**Florentina Lopes Karsía.**





**Kalekgalhtawakga laktitsu tatsokgni  
chu kalakgachinu amá limakgatsokgni  
kamakgtayan mimakgalhtawakgana.**

**A**

**a**

Amacha chichi xaxkaná.

**I**

**i**

Idalia minini xlhakat.

**U**

**u**

Unu kachikin lu lonkgun.

**E**

**e**

Erasto patilh seen.

**O**

**o**

Olintla lakatsu wi Jopala.



**Kalimakgatawakga wantu limin  
Limakgatsokgni xalaktitsu tatsokgni  
nalikaxtlawaya xalaklanka  
limakgatsokgni.**



**Kalegalhtawakga laktitsu tatsokgni chu  
tanks kaukxilhti laku maklakaskinkan  
xalaklanka limakgatsokgni kamakgtayan  
mimakgalhtawakgana.**

**A**

**a**

Chali nastanankan kpuitat. Akxni natana.

Akxni tantli Rosa talhman linkxa.

**I**

**i**

Kintsé kilalh nak lkstepék.

Kintaskin Irma lu lilakgatit.

**U**

**u**

Otana skujlhi. Uku ni skujma.

Unu stakan liway.



E



e

Kintapuxnimat Enrike kipuxli xukut.

Kintala kitiyalh tantati paxni nak Ensenada.



O



o

Lakchixkuwin nankgoy taskujkgoy nak Oajaka.

Wa xtlat Oskar lu xasitsin.

Nak xatachiwin tutunakú, limakgatsokgni “o” chu “e” kaxman kamaklakaskinkan akxni tsokgakan xalaklanka limakgatsokgni nachuna akxni sakguaxtukan akgtum tachiwin xalakatunu tachiwin unu wan akxni maklakaskinkan:

1. Akxni tsukuy xtakuwaní chatum latamanín.
2. Akxni tsukuy xtakuwaní aktum pulatamán.

Xlistalanit:

- Ernesto
- Eloxochitlán
- Oliva
- Oajaka



**Kalimakgatawakga wantu limin  
Limakgatsokgni xasasti laktitsu  
tatsokgni nalikaxtlawaya xalaglanka  
limakgatsokgni.**

Wantu ukxilhti, žnikukxni maklakaskinkan xalaglanka  
limakgatsokgni?

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**Tanks kagaxpati xatakgalhtawakga uma tatsokgni  
chu kalitakgalhchiwinanti mimakgalhtawakgana  
tuku talichiwinan.**

Wa xalaglanka limakgatsokgni tlakg laklanka chu  
talakgpaliy akxni tsokgaw laktsu limakgatsokgni.  
Xalaglanka limakgatsokgni litatsokgnan la unu:

- Akxni tsokga xtakuwaní latamanín. Xlistalanit:

Makgalhtawakgana **A**lejandro naan kamapaxalhni lakgtsu kaman.

- Akxni tsokga xtakuwaní pulatamán. Xlistalanit:

Nak **V**erakrus lipekua chichinan.

- Akxni tsukuy xalakhman tachiwin. Xlistalanit:

**K**in tlat chu akit chanaw kuxi anta katuwan.

- Akxni natapapitsiy kintapuwankan. Xlistalanit:

Ama chixku kgalhagaxmatninalh. **T**akilhputalh, saklhi pumakatum chiwix chu mujulh xtantipuxtokg.

**Kalekgalhtawakga, kalichiwinanti wantu  
akgatakgasti akxni nalitsoknanaw xalaklanka  
limakgatsokgni.**

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## Kalekgalhtawakga chu kalichiwinanti liukxilhtin kamakgtayan mimakgalhtawakgana.





Kintakuwaní  
Jilberto,  
kminitancha nak  
Filomeno Mata,  
akit kstanan.  
Kintalilakgapasni lu  
lhuwa.



Chixku xapuxku  
makgalhtawakgana  
klakgayawayan chixku  
Braulio Martines, naan  
tiya kxpulatamán wi.  
Wanti kinkamakgtayan  
makgtum akxni  
klakaxlawaw kapsnat.

## Kalitakgalhchiwinanti mimakgalhtawakgana mintakgalhtin.

¿Tu xpalakata puwana pi wa latamanín maklakaskinkgoy  
lakatiyawanankgoy?

¿Nikú maklakaskinita lakatiyawanana anta niku wilakgolh  
amakgapitsi latamanín?

¿Nikú maklakaskinita lakatiyawanana amakgapitsi latamanín?

¿Tuku tamakatsinin lakaskinaw nakamaxkiyaw makgapitsin?



## Kakaxwili tamakatsinin wantu namaklakaskina naktamasiyu chu kamakgtanu wantu nalekgalhtawakga mimakgalhtawakgana.



¿Laku nawana akxni natayayapi kpuchiwin chu lakgtsokiputuna akgtum kapsnat xpalakata makgatsangka minkapsnat xla mimpukuxtu?

¿Lantla nalakatiyawanana mintapuxnimat nima makgasa yaniukxilha chu xla nialhkatsi tiku wix?



## Kalitakgalhchiwinanti mimakgalhtawakgana mintakgalhtin.

¿Uma xalalikatitayan lakxtum katlawaka?

¿Tuku takasin makglhuwa mikgoy nak lakatitayan?

¿Tuku xpalakat wix lakpuwana pi ni lakxtum?

¿Wix lakpuwana pi tlan titamaknukan tanu tamakatsinin?

Kawanti nikuma.

Kalichiwinanti mintakatsin xatlan chu wantu ni xatlan akxni anan lalikatitayan.



## Kakgaxpati chu kalitakgalhchiwinanti mimakgalhtawakgana tamakatsinin wa tuku minacha.



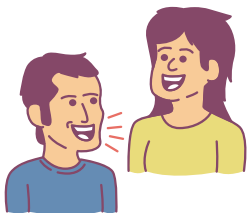
### Kalakapastakti pi...

Akgtum lamalakatitayan xla latamanín xtachuna tatsokgni tuku ka talichuwinan anta lin xlakaskinka tamakatsinin xla chatum latamanín xpalakata nalakgapaskan. Nachuna uma lalakatitayan maklakaskina xpalakata nakatakgalhchiwinanaw makgapitsin latamanín, akxni namakilhtsukiyaw takgalhchiwin.

Xankgalhin xlilinat xlitamakatsinin:

- **xtakuwaní latamanín,**
- chu nalin **xalhuwa tamakatsinin,** tuku nalilakgapaskan xtachuna unu talhkakgonit: xatakatsin xla latamanín, xatakatsin xla kintalilakgapasni, laku xtayit chu tuku lakgatiy.

Litalakgapasni chu laku kaxtlawakan xlitamakatsinin xlatat tuku lama, pulatamán chu latamanín tiku katalalengan. Lakgachuntin, kajman wankan xapulana takuwaní chu xliakgtuy takuwaní (pi kgalhiyaw); anta niku xlakaskinka aktanks chuwinankan, pulh makgachipanankan chu awatiya xtapakuwit, xtachuna akxni takgalhchiwinanaw chatum latamán tiku lin kata nachuna ti wi kpumapakgsin.



## Kakgaxpati chu kaukxilhti lantla mimakgalhtawakgana tlaway amá tamasiy.



Kgatlen, Kintakuwaní Rosa Peres Komes, kinpulatamán wa Alvarado, kwi unu xpalakata katsiputun kkgalhtawakgay chu ktsokgnamputum.



Kintakuwaní Eloisa Rios Jimenes, klakgati nakiwanikan "Elo", 37 kata kgalhi, kskuja nak pustan'. Klakgati ktli. Nachuna klakgati kamakgtaya makgapitsin latamanín.

**Kakaxwili chu aktanks kamatixtupi mintamasiyu niku kgalhtawakgaya.**



**Tanks kagxapati tuku lichiwinakgoy makgapitsin latamanín akxni lichiwinankgoy xlitamakatsinin.**

Kakgalhskinti xpalakata tlan namakikgoy tamakatsinin.

**Kagxapati chu kalitakgalhchiwinanti mimakgalhtawakgana tamakatsinin wa tuku minacha.**





## **Kalakapastakti pi...**

Akxni namasiyunikana chatum latamanín, aktanks nakgaxmat xatamakatsinin chu pi nialh lakapastaka, natlan nakgalhaskininan tuku anankgo la ama: ¿laku kiwani wanikana?, ¿nikú tlan nakmanokglhayan?, ¿nikú kgalhlit minkaman?, chu amakgapitsi.

**Katlawa akgtum tamasiy xlakatin tanu kgalhtawakganin chu kawani mimakgalhtawakgana kamamaxtumilh tu wankgolh.**





**Kalichiwinanti chu liwana  
kalakapastakti wantu katsi xpalakata  
natlawaya aktum tamasiy.**

¿Lakpuwana wix pi tlan tlawa lakatiyawana xlakatin  
makgapitsin?

¿Tuku xlakaskinka namatlaniya xpalakata aktanks natakगतakgsa  
tamakatsinin xla milakatiyawanán?



**Kaukxilhti amakgo liukxilhtin  
chu kagaxpati xlekgalhtawakga  
mimakgalhtawakgana wantu wankgoy  
latamanín.**



Tlan pi chuna kiwanikgoy,  
klakgatilh xla akxni  
ukxikgolh tatsokgni,  
nakatsikgoy chu anta  
nakimanoklhakan.

Kaukxilhti lu tlan taxtucha xasasti  
mimpustan. Kwaniyan, ¿tuku  
xplakata nama xatakuwaní?



xlikana tu kilhwampat,  
chuna ni katiangolh  
tiku makgtamawananan.



Tlan... ¡Maa!  
Kgotanuma. Kakintapi  
kilatamakglhtinana  
kilakapun xla lilaksakni,  
nina malakchuwakan.

Chuna ktapakuwiy.  
Putum wi chu  
tlan tatsokgnit,  
maski xtakuwaní  
kinatlatni.

¿Lu lhuwa takuwani?



Chuna xlilat, xpalakata  
wa makatsininan tiku wix,  
wanchu lilakgapasnankan.



Unu wi milakapun xla lilaksaknat.  
Katlawá litlan, kawakxilhti  
mintakuwaní pi aktanks tatsokgnit.

## Kalitakgalhchiwinanti mimakgalhtawakgana mintakgalhtin.

- ¿Tuku xpalakat unu tatsokgnit xtakuwaní puskat nilaxtum?
- ¿Tuku talakgpali akxni tsokgaw chu lantla lakgatiyaw nakinkawanikanan chu aktanks tatsokga kintakuwanikan?
- ¿Nikú lakaskinaw akgtum chu xliakgtuy?
- ¿Tuku xpalakat xlakaskinka tlan natsokgkan kintakuwanikan?
- ¿Tuku lilayaw tsokgaw kintakuwanikan?



**Makglhuwa kalekgalhtawakga tatsokgni kamakgtayan mimakgalhtawakgana.**



### **Kalakapastakti pi...**

**Kintakuwanikan** wa litalakgapasaw, kgalhi xtalakgchan chu lu xlakaskinka, xpalakata wa kinkalilakgapaskanen chu akinin litalakgapasaw. Kintakuwanikan wa litalakapasaw chu lakgalhuwa lakaskinaw, akxni chiwinanaw chu nachuna akxni tsokgnanaw.

Kintakuwanikan wa xlitatsokgtat:

- Akgtum chu akgtuy takuwaní.
- Xtapakuwit mintlat. Wa xtakuwaní xtalalilakgapasni kintlatkan.
- Xtakuwaní mintsé. Wa xtakuwaní xtalalilakgapasni kintsetkan.

Paks uma tatsokgni lakaxtlawakgo kintakuwanikan.

## Tanks kagxapati xatakgalhtawakga uma tatsokgni chu kalitakgalhchiwinanti mimakgalhtawakgana tuku talichiwinan.

Xlakaskinka aktanks tsokgan kintakuwanikan, nachuna akxni tsokgaw nak kapsnat xamagatliwakga, lachu lakapun xla lilaksakni. Anan kapsnat niku talakgpali xpalakata ni aktanks tatsokga kintakuwanikan.

Pi lu xlakaskinka kintakuwanikan liwana kilitsoqgnikan pi luxlakaskinka, liwaka akxni natsokgaw nak kapsnat xalimakgatliwekge xpalakata ni nakgalhiya takglhuwit.

Nak Méjiko, anan limapakgsin tiku makgtayay kintakuwanikan, akxni win tiku makamaxkiyaw, xlakata niti lixkanti namaskujuy. Uma limapakgsin, wan pi niti tlan naakgskgawamakglhtinan mintakuwaní chu nila ti katililaktlawayawan.

## Kalitakgalhchiwinanti mimakgalhtawakgana mintakgalhtin.

¿Tuku xpalakata tanks kilitsoqgnatkan kintakuwanikan?

¿Tuku xpalakata naukxilhaw niku natsokgaw kintakuwanikan?



### Katlawa tatixtumí tiku kichinkgolh mintakgalhtawakgananin. Militlawat wantu skin:

1. Kaskini mimakgaltawakgana chu mintakgalhtawakgananin xtakuwaní.

2. Kaskini mimakgaltawakgana xtakuwaní latamanín tiku ni chinkgolh.
3. Tlan kakatsi xliputun takuwaní.
4. Kalitsokgnanti limakgatsokgni.

**Kalhkaxtu xtakuwaní mimakgalhtawakgana chu xla mintakgalhtawakganin. Kalakapastakti pi akxni tsokga takuwaní litsukuy xalaklanka limakgatsokgni. Kaukxilhti listalanit.**

Takuwaní	Tiku chinkgolh
Malia Lopes Peres	



**Kalekgalhtawakga takuwaní nima lhkaxtu chu liwana kaukxilhti mintatsokgni wa kamaklakaskinti liukxilhtin. Kalaklhtit "✓" xalaklhman tachiwin nima matlanikgolh chu wantu kitsankgalh.**

<b>Takuwaní:</b>	<b>Chuna</b>	<b>Ni chuna</b>
Limin liputum limakgatsokgni.		
Xlitsuku limin xalaklanka limakgatsokgni.		
Nikuma pulh wi limakgatsokgni lhakg laklanka ni chuna amakgapitsin.		

**Pi nitlan kgalhtinalh lakatum ktakuwaní, unu kalakkaxtlawa.**

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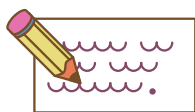
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**Kalekgalhtawakga takuwaní nima tsokgti nak tatixtumí wanti chinkgolh kamakgtayan mimakgalhtawakgana. Kalaklhtit "✓" xtakuwaní wanti chinkgolh nakputamastokni chu nachuna kalhtiti — wanti ni chinkgolh.**



**Kalimakgatawakga wantu limin limakgatsokgni xtakuwanikan latamanín nima xtachuna takgaxmata la mila.**



**Kalekgalhtawakga laktsu tachiwin chu  
katsokgti makgstitutu laktitsu tatsokgni.  
Kaukxilhti listalanit.**

**Elena**



**xaskujni.**

**Kutsé**

**xakgatina.**

**Leobardo**

**lkgati kgalhtawakga.**

**Markarita**

**xasmalala.**

Listalinit:

Elena xaskujni.

**Liwana kaukxilhti chu kalakkaxtlawa laktitsu  
tatsokgni nima tsokgti. Kalakapastakti pi  
xkilhtsukut laktitsu tatsokgni tatsokga xalaklanka  
limkgatsokgni chu nachuna akxni tsokgnanaw  
takuwaní.**





**Kalimakgatawakga wantu limin  
Limakgatsokgni xalaktitsu tatsokgni  
nalikaxtlawaya xalaklanka  
limakgatsokgni.**



**Katsokgti xtakuwaní chatuy latamanín  
chu kalaklhkawili tuku kalilakapastaka.**

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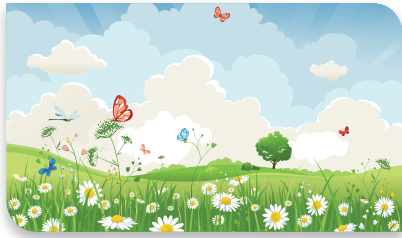
.....



**Kalimakgatawakga wantu limin  
Limakgatsokgni xalaktitsu tatsokgni  
nalikaxtlawaya xalaklanka  
limakgatsokgni.**



**kamaklakaskinti uma tamakatsokgni a,  
e, i, o, u.**



pat ..... kgtokg



p ..... tama



lapan ..... t



xpipil ..... kg



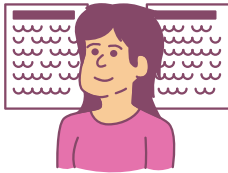
kg ..... lo



kul ..... ntu



**Kalimakgatawakga wantu limin  
Limakgatsokgni xasasti laktitsu  
tatsokgni nalikaxtlawaya xalaklanka  
limakgatsokgni chu limakgatsokgni nima  
lekgalhtawakgapat.**



## Kamalakxtupi pakgtuy tatsokgni.

**A35 1464842**

Xtaputlakgen Nima Lakgchanitan  
05091243

Xa putlakgen tuku lilakgapaskan min kapsnat  
PEGM740728MPLZNR01

**Xlikalanka Kinpulatamankan  
Méjiko  
Kinpulatamankan Puebla  
Putalhkan**

**Xa likatsin lataman tiku malhkaninamaka**

<b>MALIA WADALUPE</b>	<b>PERES</b>	<b>KONSALES</b>
Takuwani	Xliakgtum Tapakuwini	Xliakgtuy Tapakuwini
<b>PUKAT</b>	<b>28/07/1974</b>	<b>ATLIXKO, PUEBLA</b>
Tu litaxtuy	Taputlakgen Akxni Lakachinita	Pulatamán nichí lakachitanita

**Xa likatsin lataman tiku malhkaninamaka nak mapaksina**

Ni thühü: \_\_\_\_\_ Thuspäthühü ni ta: \_\_\_\_\_ Thuspäthühü ni me: \_\_\_\_\_

Ni thühü: \_\_\_\_\_ Thuspäthühü ni ta: \_\_\_\_\_ Thuspäthühü ni me: \_\_\_\_\_

**Xa talhkan** \_\_\_\_\_ **Xatamalulokgna min kapsnat** \_\_\_\_\_

Tamagaxiwin xa elektronika

**Soy México**

**Xa putlakgen tuku lilakgapaskan min kapsnat**  
10400200012008033670

**Xa puxku niku kalhkanukan latamanin**

**QR Code**

**MÉJIKO**

**Xapumapeksin Xlikalanka Pulakgsakni  
Napuxkun  
Lakapun**

**Takuwani**  
Peres Konsales  
Malia Wadalupe  
**Nichi Wiia**  
Makuchina Lawis Sanches Dominkes 102  
Xitawil Sentro 74250 Atlxko, Puebla  
**Xtaputlakgen Nima Lakgchanitan**  
0920002419863  
**Ttsu Tatsokgni Nima Kgalhi Kililakgsakni**  
PRGZMR74072809M300  
**Tatsokgni Litakgnunit Liputlakgan**  
**KaxmanMila Nak Minpulatama**  
(KURP): PEGM740728MPLZNR01  
**Xalanka**  
pulutamán 21  
Pulatamán 0001

**Taputlakgen akxni lakachinita**  
28/07/1974  
**Tu litaxtuy** Puskat

**Xkaka axni lhkaka**  
1992 03

**Xtapitsit**  
pulutamán 4311  
**Tu kilhtamaku**  
lakgloy 2026

**Akxni**  
maxkikanita  
2016

Kapsnat akxni lakachitanita

Lakapun

## Kalitakgalhchiwinanti mimakgalhtawakgana mintakgalhtin.

- ¿Lantla wanikan akgatunu tatsokgni?
- ¿Lantla talhkanit xtakuwaní lataman?
- ¿Tuku lilayaw akgatunu?

## Xlitlawat takgalhtawakga 2

Akxni namasputuy xlitlawat takgalhtawakga, amá latamanín lakkgawasan chu wanti lenkgoy xkatakan:

- ❖ Nalakgapasa tamakatsinin wantu limin akgtum **tamakatsinin tu litaxtuy** chu lantla tlawakanit.
- ❖ Nalakgapasa tamakatsinin xla **tamakatsinin tu litaxtuy** chu nalichiwinana tuku xpalakata lu xlakaskika tuku wan xkgantaxtut.
- ❖ Nalichiwinana tamakatsinin tu xlilianat **tatixtumí** akxni tsokgkan liputum.
- ❖ Nalichiwinana talakapastakni xla laku natatsokga, liwana ukxilhkan chu laku nalakkaxwalikan **tatixtumí** xpalakata natalakgtsokgxtu.
- ❖ Nalakgapasa xtakuwiní, lata laknukgoy chu lata xmaklakaskinka **tamakatsinin tu litaxtuy** chu nachuna **tatixtumí** wantu nalekgalhtawakgaya chu natsokga nakxlitlawat takgalhtawakga.
- ❖ Nalakgapasa niku maklakaskinkan xalanka limakgatsokgni naktatsokgni.
- ❖ Nalakgapasa chu natsokga limakgatsokgni *k, t* xla mintachiwin.
- ❖ Nalichiwinana lantla likatsikgoy latamanín chu nalaksaka tamakatsinin wantu lu xlakaskinka akxni namaklakaskina.
- ❖ Nalakgapasa tamakatsinin akxni lichiwinkgokan latamanín.

## Takgalhchiwin xla takgalhtawakga



**Kaputsa nak Lekgalhtawakga wa tatsokgni “8. Taskujut xalak kinpulatamán nawatl” chu alistalh kalitakgalhchiwinanti mintakgalhtawakgananin chu mimakgalhtawakgana:**

¿Tuku tlakg katsiputuna xla wantu taskujut tlawakgoy uyma nahuas?

Anta kminpulatamán, ¿tuku talismanín tlak lhakgatiya?, ¿nikú makgtanuya?







## Kaukxilhti amakgo liukxilhtin chu kalekgalhtawakga tuku wankgoy amá latamanín kamakgtayan mimakgalhtawakgana.



Makuchina, klakgmiman xpalakata kinkgawasa ni tlan makgkatsi. Nikatsi tuku kgalhi.

uku nak ukxilha. Kakiwani, ¿tuku wanit minkgawasa?



Kaxman kgotnalh xsikit wakax wantu ktamawalh nak pustan chu kauxilhti tuku lama.



Puskat, minkgawasa natatlani, pi lu xlakaskinka naukxilha xatamakatsinin tu litaxtuy akxni tamawanana. Xla kgalhi xlitalakgamanin xpalakata ni tlan xwanit xsikit wakax nikuma likgotnalh.

## Kalitakgalhchiwinanti mimakgalhtawakgana mintakgalhtin.

¿Tuku akgsapulalh akgsukgawasa?

¿Wix, nachuna akgsupulanitan?

¿Liwana ukxilha tamakatsinin tu litaxtuy akxni tuku waya? ¿Tuku xpalakata?

¿Tuku xpalakata xlakaskinka nalekgalhtawakgaya?



## Kaputsa tamakatsinin tu litaxtuy nak xalanka kapsnat chu kaukxilhti.



**Xa aksu wakax**

**¡Ka aksu kgalhi xmantal!**

**Xakgchan xtsikit wakax**

**Xatamatliwekghni kgalhi yerro, sink, asido fólico chu vitaminas**

**Ninkunla tajuma: 1 litro**  
1000 gramos (35.27 onzas)

Xilixhuwa xumakatunu		% Wantu xlakaskinka nawaya xankgalhin*
Xiliputum xmantika	8 k	12%
Ni xantun xmantika	7k	35%
Kolesterol	25 mk	8%
Xiliputum karboidrato	10 k	3%
Fibra dietética	0 k	0%
Limasakgin	10 k	15%
Proteínas	8 k	12%
Vitamina A 90%	Vitamina C 30%	
Kalsia 6%	Yero 6%	
Asido fólico 60%	Sink 50%	
Vitamina B6 30%	Vitamina D 10%	
Vitamina B12 25%		

\* Wantu Xlakaskinka Nawaya Xankgalhin Wantu wanikana kgalhtakgana xilixgalhit 2,000 kloria.

Tu lin: Xachuchutwa tsikit wakax chu xa xtopakg tsikit wakax, chuchut, limasakgin, proteínas xla tsikit wakax, mtsat, ni tu kgalhi xilixkalewakan.

Tiku tlawant: Krupa Kanadero xla Norte S.A. xla K.V., Korretora Nueva Monterrey ipigaligen 3512, xilawil Alamos, Monterrey, Nuevo León.

Talakgixut chu tsatxayaw: (800) 11 22 33 44.

## Kalitakgalhchiwinanti mimakgalhta wakgana mintakgalhtin.

¿Tuku liukxilhtin kgalhi chu tuku lichiwinan xpulaktanu?

¿Tuku tamakatsinin xlikgalhit?

¿Lantla puwana tatixtuminit tamakatsinin?

¿Tuku listat amá tamakatsinin tu litaxtuy?

## Tanks kkgaxpati xatakgalhtawakga mimakgalhtawakgana xla tamakatsini tu litaxtuy.



## Kalakgachinu nak tamakatsinin tu litaxtuy wantu lu xlakaskinka lekgalhtawakgay chatunu latamanín.



Luisa katsiputun tuku kilhtamaku  
lhanku wanitnawan xtsikit wakax.



Jose litakglhuwiputun pi wa xtsikit  
wakax lixkanti takgalhwanan.

**Xakgchan xtsikit wakax**

**Xatamatliwekglhni  
kgalhi yerro, sink,  
ásido fóliko chu  
vitaminas**

**Ninkunla tajuma: 1 litro**  
Taputlakgen akxni nalaklay:  
19 xla oktubre xla 2020

**Tu xatlan limín:**  
Xlilaktsana: patum tasa (240 ml)  
Xputajun xlilaktsana: 4 nalikgotnana  
**Xlitlewakga tu namaxkiyan xlilaktsana:**  
140 kaloria (kkal)

Xlilhuwa xpumakatunu		% Wantu xlakaskinka nawaya xankgalhin*
Xliputum xmantika	8 k	12%
Ni xatlan xmantika	7k	35%
Kolesterol	25 mk	8%
Xliputum karboidrato	10 k	3%
Fibra dietética	0 k	0%
Limasakgsin	10 k	15%
Proteínas	8 k	12%
Vitamina A 90%		Vitamina C 30%
Kalsio 6%		Yerro 6%
Ásido fóliko 60%		Sink 50%
Vitamina B6 30%		Vitamina D 10%
Vitamina B12 25%		

\* Wantu Xlakaskinka Nawaya Xankgalhin Wantu wanikana  
likgalhtakgnana xlikgalhit 2,000 kaloria.

Tu lin: Xachuchutwa tsikit wakax chu xa xtapokg  
tsikit wakax, chuchut, limasakgsin, proteínas xla tsikit  
wakax, matsat, ni tu kgalhi xlilakkaxlawakan.

Tiku tlawanit: Krupo Kanadero xla Norte S.A. xla K.V.,  
Karretera Nueva Monterrey liputlakgen 3512, xlitawil  
Álamos, Monterrey, Nuevo León.

Talakgsiyut chu tastakyaw: (800) 11 22 33 44.

**Kalitakgalhchiwinanti mimakgalhtawakgana  
tuku atanu tamakatsinin maklakaskina nima  
namakgtayayan akxni nalekgalhtawakgaya  
tamakatsinin tu litaxtuy.**

**Kalekgalhtawakga laktitsu tatsokgni chu kalaklhtit  
“X” wantu tlan kamakgtayan mimakgalhtawakgana.**

1. Xlipaks tuku tajuma unu klistat:

**2 litro**

**1 litro**

2. Amá listat tiku tlawanit:

**Krupo Kanadero xla Norte**

**Krupo Kanadero xla Sur**

3. Amá kalorias xla listat:

**140 kaloria**

**160 kaloria**



**Kakilhstalani mimakgalhtawakgana  
akxni natsukuy kgaltawakgay xalaktitsu  
tatsokgni chu nalaksaka nikuma tlan  
takgaxmata mintachiwin.**

1. Chali chali tsisá lekgotnunaw xtsikit wakax.
2. Uma limakgatsokgni nak tamakatsinin tu litaxtuy xla tsikit wakax laktsu tasiyu.
3. Nak bote tajuma akgtum litro xtsikit wakax.
4. Xiwana tamawalh xtsikit wakax xala katsisni taway.
5. Santiako makchitli wakax kakgotanun.
6. Patuy litro xtsikit wakax takgota kintalilakgapasni chali chali.

**Kalitakgalhchiwinanti mimakgalhtawakgana  
mintakgalhtin chu kawanti tanu xalaktitsu tatsokgni  
nikuma natalakxtumi anta tamakasinin tu litaxtuy.**



**Kalimakgatawakga wantu limin  
Limakgatsokgni xalaktitsu tatsokgni  
nalikaxtlawaya xalaklanka  
limakgatsokgni.**





**Kalekgalhtawakga amá  
xalaktsu tachiwin kamakgtayan  
mimakgalhtawakgana chu nalimachipiya  
kgantum talhtitni amá liukxilhtin chu  
xalaktsu tachiwin nikuma lakgchan.**



kuxi

kiwi



spitu

tumín



**Kalimakgatawakga wantu limin  
Limakgatsokgni xalaktitsu tatsokgni  
nalikaxtlawaya xalaklanka  
limakgatsokgni.**



**Kalekgalhtawakga amá xalaktsu  
tachiwin chu kamakgtayan  
mimakgalhtawakgana kalakgachinu  
amá limakgatsokgni *k*, *t*.**

kiwi

kuku

kuyuj

**k**

**t**

mastiliy

itat

tiyat



**Kalimakgatawakga wantu limin  
Limakgatsokgni xalaktitsu tatsokgni  
nalikaxtlawaya xalaklanka  
limakgatsokgni.**

**Kalekgalhtawakga laktitsu tatsokgni chu  
tanks kauxilhti laku maklakaskinkan  
xalaklanka limakgatsokgni kamakgtayan  
mimakgalhtawakgana.**

**K**

**k**

Xkatuwan Kamilo lu makgat.

Kakgaxpat xtapeksit mintlat.

**T**

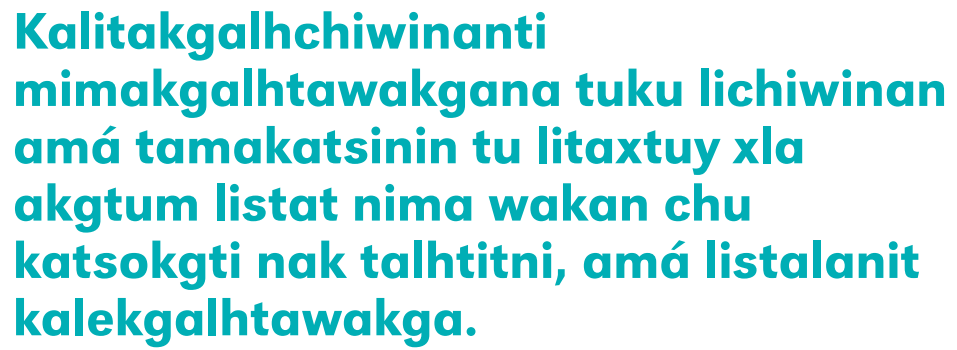
**t**

Chali nakan kuayan nak Tepetsintla.

Tlawalh wantu wanika. Takilhputalh chixku chu  
saklhi chiwix.



**Kalimakgatawakga wantu limin  
Limakgatsokgni xalaktitsu tatsokgni  
nalikaxtlawaya xalaklanka  
limakgatsokgni.**



## Kalekgalhtawakga tamakatsinin wantu minacha kamakgtayan mimakgalhtawakgana chu kalitakgalhchiwinanti.



### **Kalakapastakti pi...**

**Tamakatsinin tu litaxtuy** wa akgtum tatsokgni namakglayaw anta xpumujun chu xputajun amakgapitsin wantu tamawayaw. Amá xkgantaxtut tamakatsinin wantu lu xlakaskinka nakatsi tiku tamawanan.

Ama **tamakatsinin tu litaxtuy xla liwat** kgalhi:

- **Liukxilhtin tuku nalilakgapasa.** Liukxilhtin tuku pala nalilakgapasa akgtum listat.
- **Xtakuwaní listat.** Xtakuwaní nikuma lilakgapaskan tuku nalikatsiya pi ni lakgxtum listat.
- **Taputlakgen akxni nalaklay.** Awatiya kilhtamakú tlanna wayaama liwat.
- **Nikunla tajuma.** Lantla tsinkan xlipaks liwat.
- **Tu xatlan limín.** Lakgtsokgxtu tuku xatlan limin liwat chu nikuntla limin.
- **Tu lin.** Wantu litlawakanit liwat.
- **Tiku tlawanit.** Tamakatsinin xla tiku tatlawanit liwat.
- **Talakgsiyut chu tastakyaw.** Tamakatsinin xpalakata natalakgsiyaya chu nawana tu lakapastaka.

Nachuna tlan namaklayaw **tamakatsinin tu litaxtuy** nak lhakgat, likuchin chu amakapitsin tuku tamawayaw.



**Tanks kagxapati xatakgalhtawakga mimakgalhtawakgana xla xalakhman tachiwin chu kalaklhtit “X” wantu xlikana chu ni xlikana.**

Xalakhman tachiwin	Xlikana	Ni xlikana
Xatamakatsini tu litaxtuy nitu kgalhi liukxilhtin.		
Akxni nalekgalhtawakgay xatamakatsinin tu litaxtuy nakatsiya tuku litlawakanit.		
Anta xatamakatsinin tu litaxtuy wan nikunla tajuma.		
Nak tamakatsinin tu litaxtuy nimakatsininan akxni nalaklay liwat.		
Nakatsi tiku tlawanit amá listat akxni nalekgalhtawakgay xatamakatsinin tu litaxtuy.		

# Katsokgti xtakuwaní tuku litalakgnunit amá tamakatsinin tu litaxtuy kamakgtayan mimakgalhtawakgana.

Liukxilhtin tuku nalilakgapasa	Xtakuwaní listat
Taputlakgen akxni nalaklay	Nikunla tajuma
Tu lin	Tu xatlan limín
Talakgsiyut chu tastakyaw	Tiku tlawanit

**Xa aktsu wakax**

**¡Ka aktsu kgalhi xmanta!**

**Xakgchan xtsikit wakax**

**Xatamatliwekglhni kgalhi yerro, sink, ásidó fóliko chu vitaminas**

**Ninkunla tajuma: 1 litro**  
Taputlakgen akxni nalaklay: 19 xla oktubre xla 2020

**Tu xatlan limín:**  
 Xlilaktsana: patum tasa (240 ml)  
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Kolesterol	25 mk 8%
Xliputum karboidrato	10 k 3%
Fibra dietética	0 k 0%
Limasakgsin	10 k 15%
Proteinas	8 k 12%
Vitamina A 90%	Vitamina C 30%
Kalsio 6%	Yerro 6%
Ásidó fóliko 60%	Sink 50%
Vitamina B6 30%	Vitamina D 10%
Vitamina B12 25%	

\* Wantu Xlakaskinka Nawaya Xankgalhin Wantu wanikana likgalhxtakgnana xlikgalhit 2,000 kaloria.

Tu lin: Xachuchutwa tsikit wakax chu xa xtapokg tsikit wakax, chuchut, limasakgsin, proteinas xla tsikit wakax, matsat, ni tu kgalhi xlilakxlawakan.

Tiku tlawanit: Krupo Kanadero xla Norte S.A. xla K.V., Karretera Nueva Monterrey liputlakgen 3512, xlitawil Álamos, Monterrey, Nuevo León.

Talakgsiyut chu tastakyaw: (800) 11 22 33 44.



**Kalalimachipi akgtum talhtitni tuku  
lama chu tuku amá xmaklakaskinka  
nalekgalhtawakgay chatunu latamanín  
anta tamakatsinin tu litaxtuy.**

### **Kmaklakaskinka**

Xiwan liwana katsiputun  
pi wa liwat nitu limin  
kgalhwat, xpalakata amá  
lixkanti litamakgkatsi.

Fransisko tamawaputun  
akgtuy kilu arus ukxilha pi  
ni lakgxtum putajun.

Chinta litaklhiwaputun  
xpalakata akgtum ka  
aktsu xtajuma.

Kalhmen katsiputun  
lantla limin xlipaks  
kalorias akgtum liwat.

### **Xlakaskinka nalekgalhtawakgaya**

Xatamakatsin xla  
tu xatlan limín  
namakatsiniyan tuku chu  
nikunlha namaxkiyan  
xlitliwekge liwat.

Tuku lin pi nakatsiya tu  
litlawakanit liwat.

Tamakatsinin niku  
nakilhpina chu  
natalakgsiyuya.

Nikunla tajuma,  
xlanalikatsiya lantla  
limin xlipaks amá liwat.



## Kalekgalhtawakga chu kalichiwinanti liukxilhtin kamakgtayan mimakgalhtawakgana.



Kputsama puskat tiku  
wanikan Nieves, wankan  
pi unu wi, aktsu puskat,  
tlan likatsi, xpulaka xchixit,  
kgalhi kgalhatutu xkaman,  
chatum wanikan Pilipi.



Amá kintsumat xastanku,  
wanikan Ankila, akitku  
kintawi; kgalhtawakgamaku,  
wa xtachuna kintsé,  
tsutsokgo xchixit chu  
xlagastapu lakstalankga.



Lario kgawasaku  
chixku xwanit amá  
akgtsasawata xwanit,  
laktsu xlagastapu  
chu makgsmalala  
xtasiyu, xankgalhin  
xwali xastatijua  
xtamakgnun. Lu  
xapaxawa xwanit chu  
xtlhi, katuwa xwan tu  
lilitsiyankan.

## Kalichiwinanti mintakgalhtin kamakgatayan mimakgalhtawakgana.

¿Tuku tlawamakgolh latamanín? ¿Nikú wilakgolh? ¿Tuku wankgoy? ¿Kgaxpatnintit chu makglakaskinitantit likgalhchiwinankan amakapitsin latamanian chu la wix? ¿Nikú chu tuku xpalakata litlawayaw?



**Kalakapastakti tiku lakgapasa chu kalitakgalhchiwinanti latamanín laku xla.**

**Kakgaxpati chu kalitakgalhchiwinanti mimakgalhtawakgana tamakatsinin wa tuku minacha.**



### **Kalakapastakti pi...**

Wa amá tuku akutlawa chu kgaxpatti litaxtuy xtalakgtsokgxtu **chatum lataman.**

Akxni lakgtsokgwaliya latamanín nawana lakutasiyu chu kalakgapasti tu kgalhi.

- Nak kilatamatkan makglakaskinaw talakgtsokwanin kilakan chu amakgapitsin:
- Lakatitum nawana lantla xla.
- Nalakatiyawaya atunu.
- Tlan nalikgalhchiwinana, naputsaya chu natakgasa latamanín.
- Nalichiwinana laku limalhkatsiya chatum lataman.



# Kakgaxpati chu kalitakgalhchiwinanti mimakgalhtawakgana wantu tamakatsinin xlianat nakxtalakgtsokgxtu chatum lataman.

**1. Xlitalakgapsni xmakni.** Lakan:  
lakgastapu, chixit, lakpichixit, kankan,  
kilhni, mun, kilhtun, takgan, lantla  
makuan.  
Lantla xmakgni: kgatsu, kgalanka,  
kalhtutsu.  
Tuku kgalhi xlichatuminika: tsitsekgs,  
xtuto, xatalakgtsokgni makni,  
xalaklhukun makni, chu amakgapitsin  
litalakgapasni.

**2. Tamakatsinin xlichatun  
latamanín.** Kata, niku xkachikin, niku  
wi, tu liskuja, tapuchawanita.

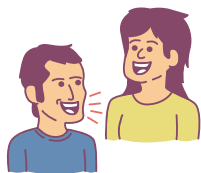
**3. Lantla likatsiya.**  
Mintayat, wantu lakgatiya,  
tuku tlan matlaniya.

**4. Xtalhakgan.**  
Tu lhakgat, tuku kolor xlhakgatt,  
lantla kaxlawakanit, tu tatantunut.

**5. Lantla wi chu tuku  
tlawama.** Ka wi,  
kgamanama, lhtatama,  
tsapanama.

**6. Niku wi.** Katuwan,  
kachikin, pulhawat  
pumakuchin.





**Katalimakgtaya amá tamakatsinin  
nikuma titaxtulh xpalakata  
namakgasputuya talakgtsokgxtu  
nikuma tlawa.**

- ¿Tuku amakgapitsin nalichiwinana niku lakgtsokgxtunanti?
- Kakaxlawá chu kawanpala amá talakgtsokgni lataman.

**Kakgaxpati chu kalitakgalhchiwinanti  
mimakgalhtawakgana tamakatsinin wa tuku minacha.**



### **Kalakapastakti pi...**

Akxni natlawaya akgtum talakgtsokgxtu xla latamanín pulana **liwana naukxilha** xpalakata:

- Nawana **tikú amá** lataman, listalinit: (“**Rosa chatum** lataman, chatum **puskat**, chatum **tsumat**, chatum **nana**, **makgalhtawakgana**” chu amakgapitsi.) Pi ni katsiya xtakuwaní tlan nawana: “**Ama (Wa)** chatum **lataman**, chatum **chixku (puskat)**, chatum **tsumat (kgawasa)**”, chu amakgapitsi. Na tlan nalitsukuya: “**Ama puskat...**”
- Kawanti tu tamakatsinin katsiya xlichatum lataman.
- Nalichiwinana litalakapasni wantu puwana lu talakaskin, xla chatum lataman, wantu wan xkgantaxtut talakgtsokgni lata xlitantuminika xmakgni, xtayat, xtalakatin, amakgapitsi, wantu wan xkgantaxtut.

Ama talakgtsokgxtu tlan nalixakgatlikgoya xlilakgapasni xtachuna laku tasokgkgonit uynu:

- Mincha makgasa kilhtamaku, listalanit: Amá puxkat lu xaskujni **xwanit**.
- La uku, listalanit: Wa amá **chatum** latamán xaskujni.
- Na minkilhtamaku, listalanit: Wa amá chatum latamán xaskujni **nawan**.

**Kakgaxpati xtalakgtsokgxtu mimakgalhtawakgana chu kalaklhtit “✓” xla tiku lichiwinan.**

¿Tiku talichiwinama?



○ Tonia



○ Elena



○ Rafael



○ Silvia



☐ Miliu



☐ Lupe



☐ Klaudia



☐ Sesar



**Kalichiwinanti chu liwana  
kalakapastakti tuku katsi lantla  
kalaktsokgxjukan latamanín.**

¿Matlanilh lantla tlawakan xatalakgtsokgxtu latamanín?  
¿Tuku xpalakata malaktlani mintalakgtsokgxtu? ¿Nikú matlanilh?  
¿Puwana pi tlakg milimatlani akxni nalixakgalhikana  
amakgapitsin latamanín?





**Kaukxilhti amakgo liukxilhtin  
chu kagxapati xlekgalhtawakga  
mimakgalhtawakgana wantu wankgoy  
latamanín.**







Latamanín tiku masakuaninankgolh  
xliskujni

Takuwaní	Liskujni
1. Xiwana Ernandes Martines	2 pala
2. Kutsé Lopes Juares	2 piku
3. Petulu Konsales Sanches	1 karretiya
4. Malia Lopes Juares	1 malhtiya



**Kalitakgalhchiwinanti  
mimakgalhtawakgana mintakgalhtin.**

¿Tuku xpalakata amá latamanín maklakaskinkgolh  
natsokgnankgoy?

¿Tuku wanikan tatsokgni nikuma tsokgnalh amá puskat?

¿Ukxilhnitata akgtum tatsokgni wantu xtalakxtum? ¿Nikú?

¿Tuku xlilat uma tatsokgni?

## Kaukxilhti amá tatixtumí.

Tatixtumí listat		
LISTAT	LANTLA TASTALH	XTAPALH
Limasakgsín	2 kilu	\$24.00
Kgalhwat	3 kilu	\$48.00
Xtsikit wakax	1 litro	\$15.00
Lentejas	Itat kilu	\$12.00
Arus	2 kilu a itat	\$45.00
Stapu	5 kilu	\$100.00
Sopa	2 putajun	\$16.00
Xa vinakri pin	3 lata xalaktsu 2 lata xalaklanka	\$42.00
Lichakgan xla lhakgat	1 putajun	\$18.00
Keso xasnapapa	100 kramu	\$14.00
Ponkgtum listat		\$334.00

### Tatixtumí liskujni

Kgantum litasna

Kgantutu pala

Kgantutu piku

Akgtum karretiya

Patum kubeta

Kgantum malhtiyu

Akgtum

xlichukunkan likan

Akgtum lixilin

Kgantum lilhkan

Patuy bote xla likan

Akgtum lixilin

xlichukukan variya

### Tatixtumí tuku litamawat

2 kilu xla chu

1 kilu sanaoria

1 kilu xtilan

2 litro xtisikit wakax

1 kuartu pin

Itat kilu pakglhcha

1 axux pixtum

kulantu

## **Kalitakgalhchiwinanti mimakgalhtawakgana mintakgalhtin.**

¿Tuku tamakatsinin anan naktatixtumí?

¿Lantla tamasiyu tamakatsinin nak tatixtumí?

¿Tuku xpalakata puwana tsokgkan amá tatixtumí?

## Makglhuwa kalekgalhtawakga tatsokgni kamakgtayan mimakgalhtawakgana.



### Kalakapastakti pi...

Uma **tatixtumí** wa akgtum tatsokgni niku liwana tatsokgnit xatipalhuwa tu anan.

Uma xankgalhin xlitalhkat:

- Kaxman nalhkaya wa tuku nalakaskina.
- Kaxman nalhkaya tuku tlan namatixtumiya tamakatsinin.

Amá **tatixtumí** likaxtlawakan xkgantaxtut xlakat namasiyu laku maklakaskikan tamakatsinin, listalinit, tatixtumí tiku tatsokgkgoy talhkay lantla litsukuy limakgatsokgni nachuna talhkani nikuntla chintilhakgoy kpukgalhtawakga.



### Kalaksakti akgtum kgantaxtut xpalakata natsokga akgtum tatixtumí.

Xpalakata nakatsiya  
tukuna tamawaya

Xpalakata nakatsiya  
tiku natawaya

Xpalakata nalhkaya tiku chinit  
kpokgalhtawakga

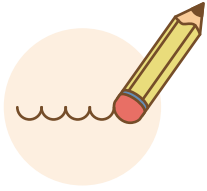
# Kalitakgalhchiwinanti mimakgalhtawakgana mintakgalhtin.

## ¿Tuku tatixtumí tlawaputuna?

## ¿Tuku tamakatsinin nalin?

**Kawani mimakgalhtawakgana wantu tamakatsinin kgalhi tatixtumí xpalakata wa natsokga chu alistalh natsokgxtuya unu:**





## Liwana kaukxilhti mitatixtumí, kuenta katlawá:

- Nakgalhi tamakatsinin wantu akchani.
- Liwana xlitalakgaxtawilat chi nalimatsukiya chu pi akxni naakgasputa.
- Kamakgantaxti tuku laksaknita
- Nakgalhi xtakuwiní tatsokgni.
- Pi limin xtakuwaní latamanín, ¿maklakaskinti xalaklanka limakgatsokgni?

## Kakaxtlawa tatixtumí unu pi xlakaskinka.

.....

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.....

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## Kamatatixtumí laktsu tachiwin xpalakata natlawaya laktitsu tatsokgni. Kaukxilhti listalanit.

tatixtumí.

Patsankgalh

Patsankgalh tatixtumí.

tatixtumí

Xapa

listat.

xla

tatixtumí.

Kakaxtlawa

xla

tatixtumí

tatama.

Katlawawa

## Kamalagxtupi mintakgalhtin.

1. Patsankgalh tatixtumí.
2. Xapa tatixtumí xla listat.
3. Kakaxtlawa tatixtumí.
4. Katlawawa tatixtumí xla tatama.

## Kalekgalhtawakga milaktitsu tatsokgni chatum mintakgalhtawakgana.



**Kalimakgatawakga wantu limin  
Limakgatsokgni xalaktitsu tatsokgni  
nalikaxtlawaya xalaklanka  
limakgatsokgni.**



**Kalekgalhtawakga tatsokgni  
kamakgtayan mimakgalhtawakgana  
chu kalakgachinu xalaktsu tachiwin  
nima litsuku *k, t*.**

**Tatixtumí** masta tamakatsinin (takuwaní xla latamanín, takgalhin, xlilhuwa, katuwa) kgalhi xkgantaxtut. Xlistalanit:

Tatixtumí xlitamawat nak xalanka pustan kgalhi paks tuku xlitamawat chu xlilhuwa:

- **1 litro** xla **tsikit wakax**
- **2 mansana**
- **1 kilu** xla **xtilan**

Tatixtumí tiku chinkgolh nak pukgalhtawakga tatixtumí nikunla wi limakgatsokgni nachuna tlan natatixtumí lanla chimakgolh:

1. **K**abriel Karsia Peres
2. **M**alia Komes Lopes

**Nima tatsokgni tuku lekgalhtawakga natsokgnana  
akgkitsis xalaktsu tachiwin nima lenkgoy  
limakgatsokgni k, t.**

k	t

**Liwana kaukxilhti pi tlan tatsokgnit akgatunu  
tachiwin chu pi tlan tatistuminit.**



**Kalimakgatawakga wantu limin  
Limakgatsokgni xalaktitsu tatsokgni  
nalikaxtlawaya xalaklanka  
limakgatsokgni.**

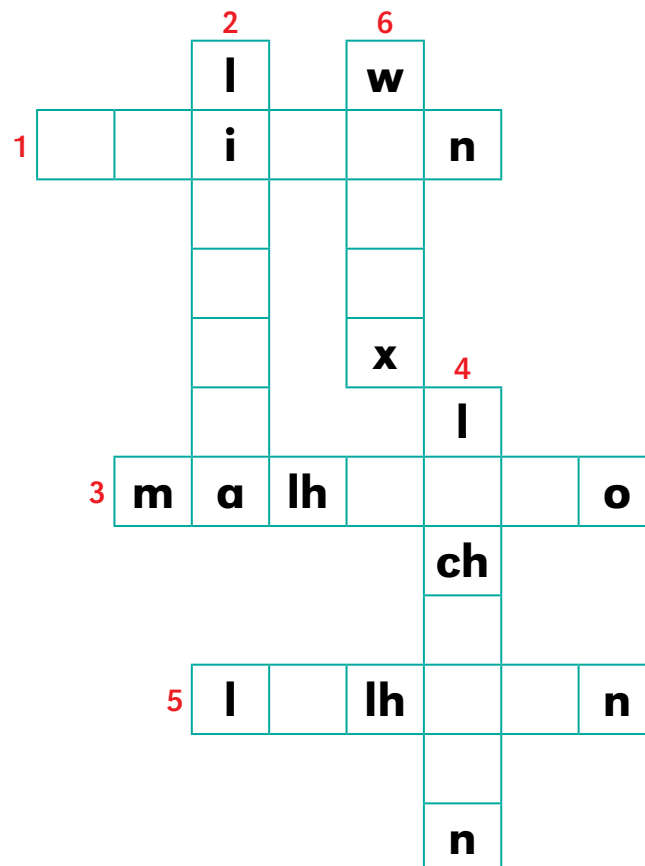


**Pixlanka kalekgalhtawakga  
laktsu tachiwin kamakgtayan  
mimakgalhtawakgana.**

1. xtilan
3. malhtiyo
5. lilhkan

2. litasna
4. lichukun
6. wakax

**Kalhkaxtu xalakxtum tachiwin niku talakaskin.  
Kuenta katlawa pi kaman akgtum limakgatsokgni  
lakchan akgatunu kstatijwa.**



**Kalimakgatawakga wantu limin  
Limakgatsokgni xalaktitsu tatsokgni  
nalikaxtlawaya xalaklanka  
limakgatsokgni.**





**Tanks kagaxpati tuku nalikgalhtawakga mimakgalhtawakgana xlakata xkmaklakaskinka chu kalaklhtit “X” niku wi **Chuna/Ni chuna**, xpalakata natsokga akgum tatixtumí.**

Kmaklakaskinka	Xlakaskinka natsokgnana akgum tatixtumí	
	Chuna	Ni chuna
Pi wix katsiputuna tu taputlakgen akxni natatsoknukan anta xpukgalhtawakga.		
Pi wix katsiputuna nikuma kapsnat nalipina tuku nalikaxtlawakgan wantu maklakaskina.		
Pi wix lakaskina nalakgapaskana anta niku makikan tumin xpalakat tlan namaxkikana mintumin.		
Pi wix katsiputuna tuku namaklakaskin xpukgalhtawakga minkgawasa chu natamawaniya.		
Pi wix lakaskina sokgnan tu lin akgum liwat tuku tlan natlawaya.		

**Kalitakgalhchiwinanti mimakgalhtawakgana amakgapitsin kmaklakaskinka niku tsokgnakan akgum tatixtumí.**



## Kamalaxtupi pakgtuy tatsokgni.

**Xa aktsu wakax**

**¡Ka aktsu kgalhi xmanta!**

**Xakgchan xtsikit wakax**

**Xatamatliwekghni kgalhi yerro, sink, asido fólico chu vitaminas**

**Ninkunla tajuma: 1 litro**  
Taputálgan akni nalaklay: 19 xla oktubre xla 2020

**Tu xatlan limin:**  
Xilaktsana: patum tasa (240 ml)  
Xputajun xilaktsana: 4 nalikgotnana  
Xitlewakga tu namaxkiyan xilaktsana: 140 kaloria (kcal)

Xilihuwa xpumakatunu		% Wantu xlakaskinka nawaya xankgalhin*
Xliputum xmantika	8 k	12%
Ni xatlan xmantika	7k	35%
Kolesterol	25 mk	8%
Xliputum karboidrato	10 k	3%
Fibra dietética	0 k	0%
Limasakgsin	10 k	15%
Proteinas	8 k	12%

Vitamina A 90%  
Kalsio 6%  
Ácido fólico 60%  
Vitamina B6 30%  
Vitamina B12 25%

Vitamina C 30%  
Yerro 6%  
Sink 50%  
Vitamina D 10%

\* Wantu Xlakaskinka Nawaya Xankgalhin Wantu wanik likgalhtakgnana xilakghit 2,000 kaloria.

Tu lin: Xachuchutwa tsikit wakax chu xa xtapokg tsikit wakax, chuchut, limasakgsin, proteínas xla tsikit wakax, matsot, ni tu kgalhi xilakxawakan.

Tiku tlawonit: Krupo Kanadero xla Norte S.A. xla K.V., Karretera Nueva Monterrey liputlakgen 3512, xlitawi Álamos, Monterrey, Nuevo León.

Talakgsiyut chu tastakyaw: (800) 11 22 33 44.

Tatixtumí listat		
LISTAT	LANTLA TASTALH	XTAPALH
Limasakgsin	2 kilu	\$24.00
Kgalhwat	3 kilu	\$48.00
Xtsikit wakax	1 litro	\$15.00
Lentejas	Itat kilu	\$12.00
Arus	2 kilu a itat	\$45.00
Stapu	5 kilu	\$100.00
Sopa	2 putajun	\$16.00
Xa vinakri pin	3 lata xalaktso 2 lata xalaklanka	\$42.00
Lichakgan xla lhakgat	1 putajun	\$18.00
Keso xasnapapa	100 kramu	\$14.00
Ponkgtum listat		\$334.00

Tamakatsinin tu litaxtuy

Tatixtumí

**Kalitakgalhchiwinanti mimakgalhtawakgana mintakgalhtin.**

¿Tuku tatsokgni uma?

¿Tuku wanikan pulakgatunu?

¿Tuku litalakpalikgoy?

¿Tuku lilayaw akgatunu?

## Xlitlawat takgalhtawakga 3

Akxni namasputuy xlitlawat takgalhtawakga, amá latamanín lakkgawasan chu wanti lenkgoy xkatakan:

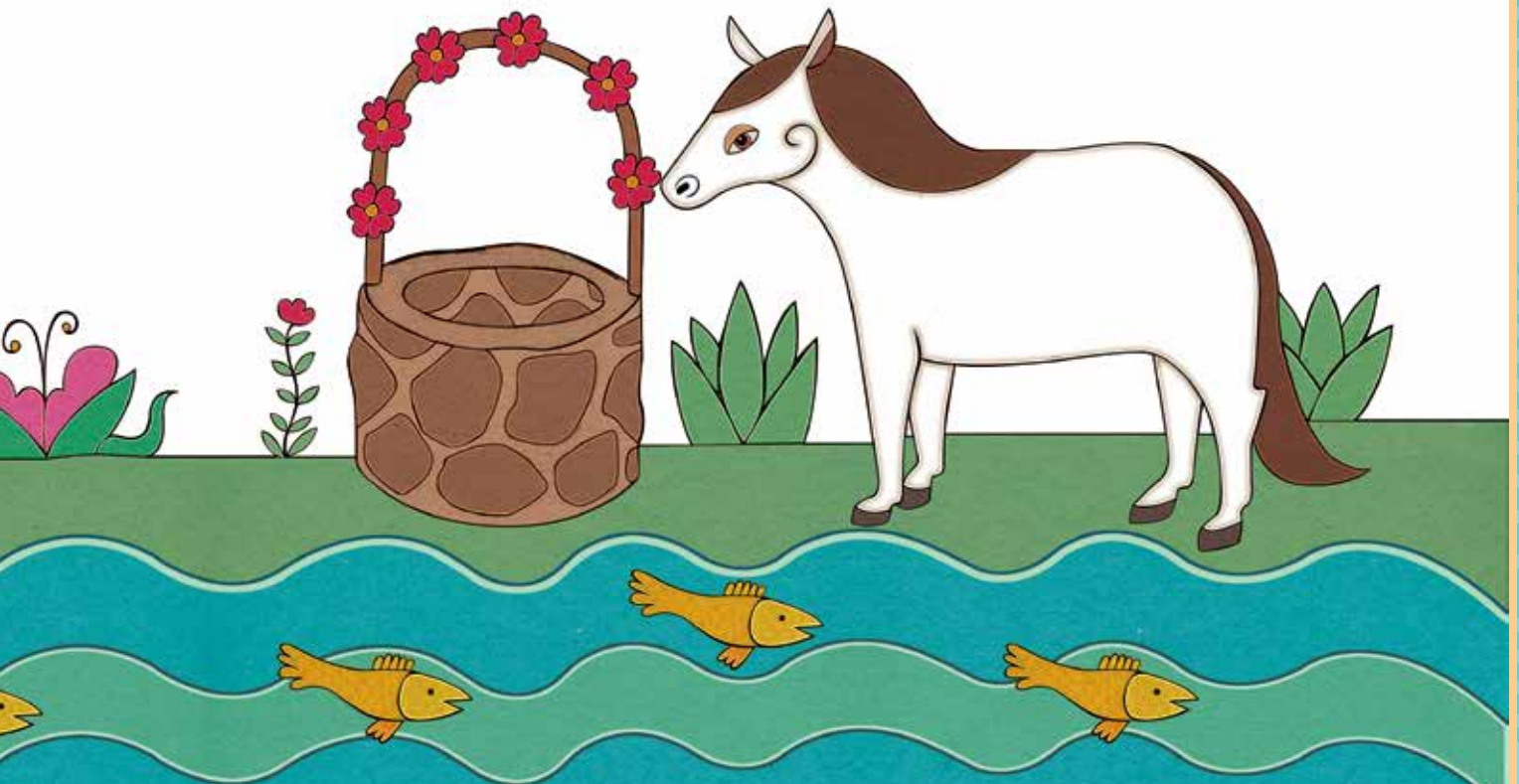
- ❖ Nalakgapasa tiku tsokgnani **tamakatsinin** chu tuku makgatsininanputun akxni nauxilha uma kapsnat.
- ❖ Nalekgalhtawakgaya chu nalakgapasa talakapastakni xla **tamakatsinin**.
- ❖ Nalichiwinana tamakatsinin tu xlilianat **aktsu tamakatsinin** akxni tsokgkan liputum.
- ❖ Nalichiwinana talakapastakni xla laku natatsokgnan, liwana ukxilhkan chu laku nalakkaxwilikan **aktsu tamakatsinin** xpalakata natalakgtsokgxtu.
- ❖ Nalakgapasa xtakuwiní, lata laknukgoy chu lata xmaklakaskinka uma **tamakatsinin** chu **aktsu tamakatsinin** wantu nalekgalhtawakgaya chu natsokga nakxlitlawat takgalhtawakga.
- ❖ Nalakgapasa niku maklakaskinkan xalanka limakgatsokgni naktatsokgni.
- ❖ Nalakgapasa chu natsokga limakgatsokgni *x, m* xla mintachiwin.
- ❖ Nalichiwinana tuku anan klatamat.
- ❖ Nalakgapasa tamakatsinin akxni lichiwinkgon tuku anankgoy.

## Takgalhchiwin xla takgalhtawakga



**Kaputsa nak Lekgalhtawakga wa  
tatsokgni “13. Kawayu xalak chuchut”  
chu alistalh kalitakgalhchiwianti  
mintakgalhtawakgananin chu  
mimakgalhtawakgana:**

¿Lantla lakapastakti uma pulatamán?  
Anta kminpulatamán, ¿anan pulatamán  
niku makgtakgalhnan chatum listakgni?  
Kakalitakgalhchiwianti tuku lanit.







## Kaukxilhti amakgo liukxilhtin chu kalekgalhtawakga tuku wankgoy amá latamanín kamakgtayan mimakgalhtawakgana.



Unu chilh kgalhtuchokgo, wa xpalakata tatapukglh tiji. Ni katsi laku nak tlaway chali kilianat nak pumapaksin, awan chali tlan nakmaxtuya kapsnat.

¿Pini ukxilhti tamakatsinin?

Ni, ¿nikuma?

Katat, nalekgalhtawakgaya.

¡Ah, kalaktsi!  
Chu ni xaklekgalhtawaka ni xakatsilh. Lu tlan.



Xalakaskinka tamakatsinin  
Kachikin kamakatsiniy  
ximatun latamanin pi  
xasli kilhtamaku  
xatukan kapsnat  
xalakot lipekua senalh.



## Kalitakgalhchiwinanti mimakgalhtawakgana mintakgalhtin.

¿Tu xpalakata uma chixku xlakaskinka lekgalhtawakay tatsokgni?  
¿Tuku wanikan tatsokgni wantu likgalhtawakga?  
¿Ukxilhnitata akgtum tatsokgni wantu xtalakxtum? ¿Nikú?  
¿Túkú xlilat uma tatsokgni?



### Kaukxilhti tamakatsinin chu kalitakgalhchiwinanti mimakgalhtawakgana.



**XALAKASKINKA  
TAMAKATSININ**



**SECRETARÍA  
DE EDUCACIÓN**  
ESTADO DE CHIAPAS

Sekretaria ti Makgtakgalha Latamanin chu Sekretaria xla Pukgalhtawakga xla Mapakgsina Kinpulatamankan Chiapas, kamakatsiniyan xliputum pulatamán, pi nitu kationalh takgalhtawakga anta pulatamankan Nak Markaritas, Jikotal, Chichikapachu Koxoliko, xpalakata lipekua senalh tatapokgolh tiji chu kgalhwaskgolh kgalhtuchokgo.

Uma tamakgatsinin ni xankgalhin nawilipalayáw xasasti tamakatsinin, wa xpalakata kaskiniyan putum latamanin cuenta natlawayatit xasasti tamakatsinin. Uma Sekretaria ti Makgtakgalha latamanin chu Sekretaria xla Pukgalhtawakga, nakamaxkiyan tastakgyaw chu wantu xlakaskinka tamakatsin.

Tukstla Kutierres, Chiapas, 10 xla akosto xla 2020.



## **Kalitakgalhchiwinanti mimakgalhtawakgana mintakgalhtin.**



¿Tuku pumapekgsin tsokgnankgolh amá  
tamakatsinin?

¿Tikú xlilakgchanat?

¿Tuku tamakatsinin mastay uma pumapeksin?

¿Uma tamakatsinin xmaklakaskinka putum  
latamanín?

¿Tuku lakpuwana lichiwinan uma tamakatsinin.

## **Makglhuwa kalekgalhtawakga uma tamakatsinin kamakgtayan mimakgalhtawakgana.**

## **Kalikgalhti takgalhasinin amá tachiwin tuku min nak tamakatsinin chu alistalh kalitakgalhchiwinanti mimakgalhtawakgana.**

¿Nikú akxni tamakgaxtakga tamakgalhtawakgenin?

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¿Tuku xpalakata nitu analh takgalhtawakga?

---

---

¿Nikú nitu analh takgalhtawakga?

---

¿Tikú mastay tamakatsinin?

---

**Kalekgalhtawakga xalakghman tachiwin kamakgtayan mimakgalhtawakgana chu kalaklhtit “✓” nima xlikana chu ni xlikana.**

<b>Xalakghman tachiwin</b>	<b>Xlikana</b>	<b>Ni xlikana</b>
Tamakgxtakga takgalhtawakga xpalakata sputli kata chu natsukuy xtajaxni kaman.		
Takgalhtawakga kilhtsukupala nak 11 xla akosto xla 2020.		
Sekretaria ti Makgtakgalha latamanin chu Sekretaria xla Pukgalhtawakga namastay talichiwin xamaklakaskinka.		
Uma tamakgxtakghi takgalhtawakga xlilakatum pukgalhtawakga xla Mapakgsina Kinpulatamankan.		
Xliputum tiku maklakaskin uma tamakatsinin akgsgalalh katatawi.		



## Kalekgalhtawakga laktitsu tatsokgni kamakgtayan mimakgalhtawakgana.

- Nitu kationalh takgalhtawakga xpalakata lipekua senalh.
- Nitu kationalh takgalhtawakga anta pulatamankan Markaritas, Jikotal, Chichikapa chu Koxoliko.
- Sekretaria ti Makgtakgalha latamanin chu Sekretaria xla Pukgalhtawakga mastakgolh tamakatsinin.



**Kalimakgatawakga wantu limin  
Limakgatsokgni xalaktitsu tatsokgni  
nalikaxtlawaya xalaklanka  
limakgatsokgni.**



## Kalekgalhtawakga xalaktsu tachiwin kamakgtayan mimakgalhtawakgana.

**x**

**m**



**makan**



**tamakatsinin**



**chixku**



**kuxi**



## Kalimakgatawakga wantu limin Limakgatsokgni xalaktitsu tatsokgni nalikaxtlawaya xalaklanka limakgatsokgni.





**Kalekgalhtawakga amá xalaktu  
tachiwin chu kamakgtayan  
mimakgalhtawakgana kalakgachinu  
amá limakgatsokgni *x, m*.**



**malakcha**



**pútama**



**xawat**



**pukgaman**



**xtilan**



**Kalimakgatawakga wantu limin  
Limakgatsokgni xalaktitsu tatsokgni  
nalikaxtlawaya xalaklanka  
limakgatsokgni.**

**Kalekgalhtawakga laktitsu tatsokgni chu tanks kaukxilhti laku maklakaskinkan xalatlanka limakgatsokgni kamakgtayan mimakgalhtawakgana.**

**X**

**x**

Xxpukgalhtawakga Xiwana kalilakgatit.

Xlichali nawapalaya milikuchun.

**M**

**m**

Xakpun sipi wi Mekatlán.

Akxini xan xkaxawatni xkilhtutlawan xtiji puxkga.

Makgtum tsisa taxtulh.



**Kalimakgatawakga wantu limin Limakgatsokgni xalaktitsu tatsokgni nalikaxtlawaya xalatlanka limakgatsokgni.**



## Kalitakgalhchiwinanti mimakgalhtawakgana mintakgalhtin.

¿Tuku lichiwinan tamakatsinin?

¿Tikú malakchani?

¿Tikú makgpitsí?

¿Tu xpalakata lakpuwana amá tamakatsinin chuna masiyukan  
chu nila amakgapitsi?

**Katsokgti kamakgtayan mimakgalhtawakgana,  
¿tuku lichiwinan amá tamakatsinin?**

## Kalekgalhtawakga tamakatsinin wantu minacha kamakgtayan mimakgalhtawakgana chu kalitakgalhchiwinanti.



### **Kalakapastakti pi...**

Amá **tamakatsinin** wa akgtum tatsokgni wantu lichiwinkan chu takawani latamanín wantu lan lanit.

Amá **tamakatsinin** kalakgchan chalhuwa latamanín chu lin xtakuwiní tapekgsin amá tiku tlawalh chu tiku makgpitsilh.

Akgtum **tamakatsinin** xankgalhin xlekgalhit tuku lichiwinan:

- **Lankalikilhtsukun.** Takuwaní chu liukxilhtin xla pumapekgsin naxla latamanín tiku makgpitsi amá tamakatsinin.
- **Tatsokgni, tamakatsinin wantu xliwanit.** Tachiwin tuku takamakatsini liputum latamanín litachiwinan wantu xlikatsitkan.
- **Taputlakgen.** Akni tamakpitsi tamakatsinin. Amá taputlakgen xankgalhin xlianat xtakuwiní pulatamán, kilhtamaku, papa' chu kata.



## **Kalekgalhtawakga chu kakatampilhtiti anta niku tamaklakaskin ktamakatsinin kamakgtayan mimakgalhtawakgana.**

1. Amá pukgalhtawakga kamakatsiniputun xliputum xanatlatni xpalakata natawalay taskujut a mixtujun.
2. Amá Mapakgsina xalak Kachikin Ajomulko malakapastakaputun xtsumat pi natitaxtuy kachikin akxni nakitaspita nak kxpukgalhtawakga.
3. Sekretaria Kpukuchin kamakatsiniputun liputum kachikin pi amá Xamana Nasional xla Vakunasi3n natawalay anta kxplasa kachikin.
4. Dora lakaxtlawaputun xtakuwaní xliputumkan xlimakgalhtawakgat xpalakata nakatsi lantla xlimaklit likgalhtawakga naskin.
5. Amá tiku Mapakgsi Xpaxkuakamakatsiniputun xliputum tuku skaglanankgoy, xpalakata tlan natitaxtuy paxkua uma kata.

## **Kalitakgalhchiwinanti mimakgalhtawakgana mintakgalhtin.**





## Kalekgalhtawakga chu kalichiwinanti liukxilhtin kamakgtayan mimakgalhtawakgana.

¿Tse, tuku amá kgaxi?



Xtachuna amá niku chakganankan, anan xla semento chu xla kiwi, na tlan anta chakgakan lhakgat, ni kgalhi xpuwilika chuchut.

¿Tuku nakmaxkiyan?



Makgtum kukxilh lu xalilakgatit kamixa. Xasnapapa xwanit xamakalhman, xkgalhi xanat xaxkayiwa xtampán.

¿Pi ukxilhnita kinchichi? Xasmukuku chu maklhtimpuku, kgalhi xatsitsakga nak xlagastapu.



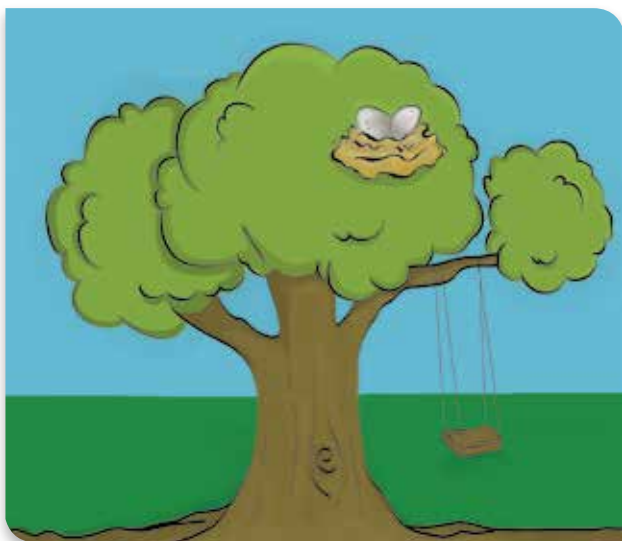
## Kalitakgalhchiwinanti mimakgalhtawakgana mintakgalhtin.

¿Tuku tlawamakgolh latamanín? ¿Nikú wilakgolh? ¿Tuku wankgoy?

¿Tuku xpalakata lichiwinkgoy katuwa?

¿Nikú akxni maklakaskinti lichiwina lakuntla xtayitkan takgalhin chu tuku katuwá anan?

## Kaukxilhti, kalaksakti chu kalichiwinanti amá tuku anan.





## Kakgaxpati chu kalitakgalhchiwinanti mimakgalhtawakgana tamakatsinin wa tuku minacha.



### Kalakapastakti pi...

Uku kgaxpatkgo akgtum **talakgtsokgxtu** xla tuku **katuwa anan**.

Xlakata nalakgtsokgxtuya tuku anankgo, xlakaskinka aktanks naukxilha laku taukxilha. Akxni nalakgtsokgxtuya, tlan namapakuwiya chu stalanikan uma limatixtumit:

- ¿Tuku liatxtuy **amá** chu tuku wanikan?
- ¿Tuku **lilakan**?
- ¿Tuku **xtapulakpitsit** kgalhi?
- ¿Tuku **xlitalakgapasni** (nikuntla, xlilanka, xlimanin, laku tamakglhkatsi, xkankalat, xlikgama, amakgapitsin)?
- ¿Tuku **litlawakanit**?
- ¿Laku **maklakaskinkan**?
- ¿Lantla **walikanit** chu tuku anankgo akxtum tawi?

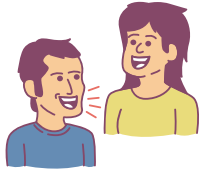
Makglakaskinaw xatalakgtsokgxtu tuku anankgo, akxni: kamakaxtliwinanaw katuwa anankgo; akxni putsananaw; akxni lichiwinanaw tuku anankgo chu ni katsiyaw xtakuwiní; akxni lichiwinanaw chu makatsininanaw xlakata tuku anankgo tini lakgapasa, xlakata lilakaxtlawakan tu lekgalhlakgchan, chu amakgapitsi.



## Kakgaxpati xatalakgtsokgxtu nima nawan mimakgalhtawakgana.

Wantu lu xlakaskinka xwanit nak kaxanatni wa tapuwaxni. Xkgalhi xakgayiwa xkilhtun chiwix chu xaaksmut niku xkgalhi xpulhtanka xalikan katuwa. Uma xpulhtanka xakiwi xtachuna tasay akgapupalhna. Uma xpulhtanka chuchut naxakiwi xwanit, xlitalakgchini xakgastili likan, chu lu tsinka xwanit. Uma tapuwaxni lu pulhman xwanit chu lu xastalanka xwanit xachuchut.

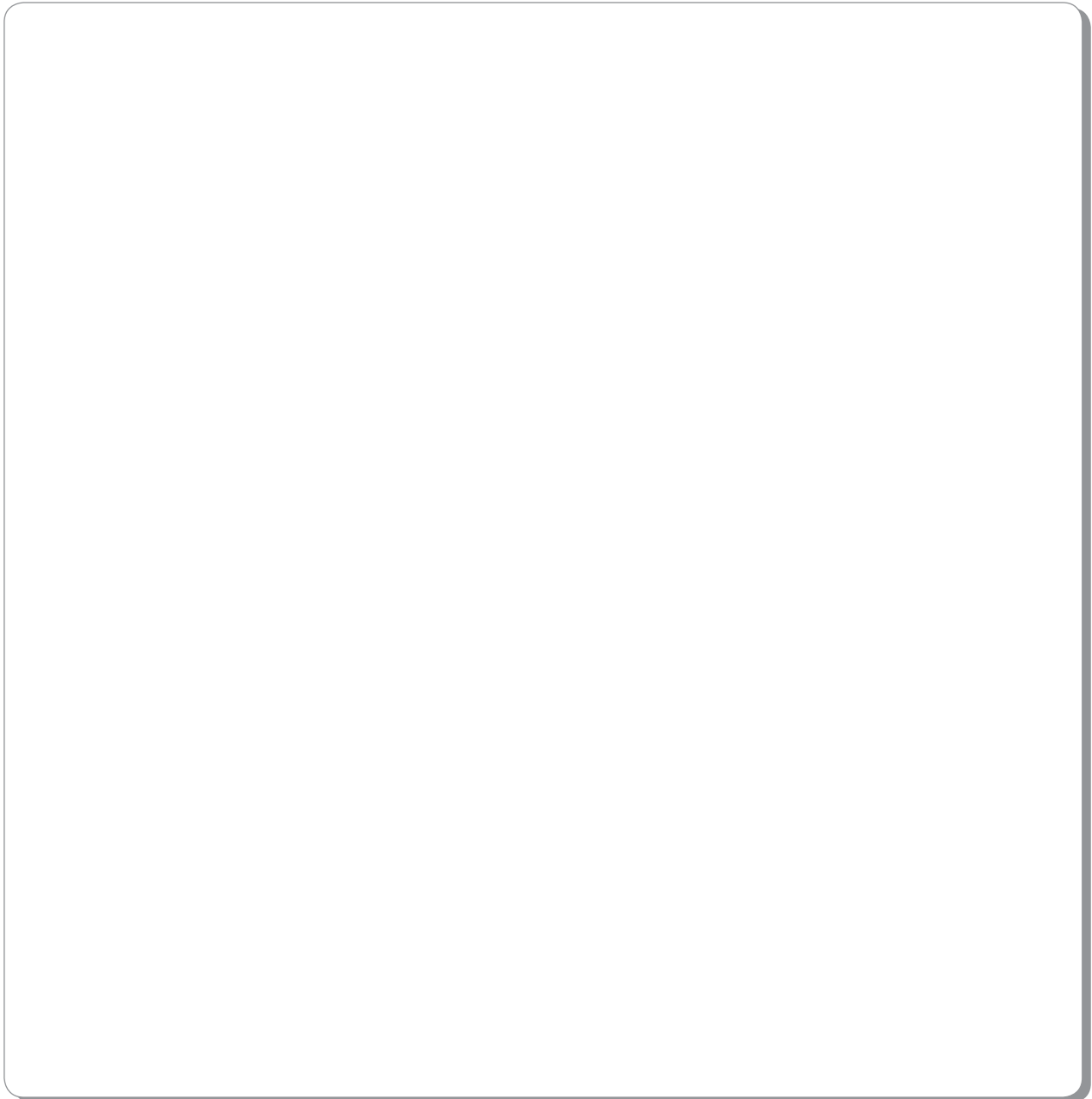




**Kalaksakti chu kaukxilhti tipalhuwa  
tuku anan, kakaxwili xatalakgtsokxtu,  
kamakgtayan mimakgalhtawakgana chu  
kalichiwinanti.**

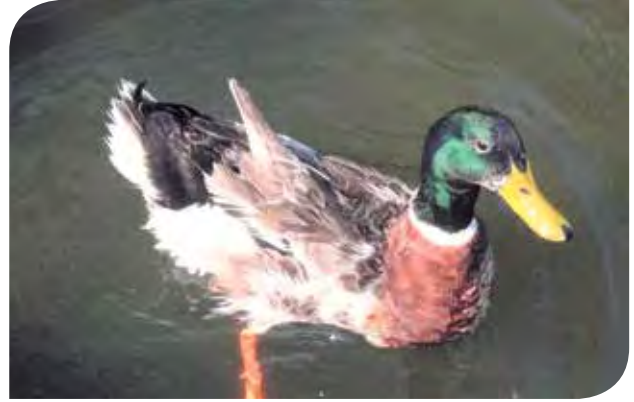
Kakaxwili tamakatsinin tuku namastaya xla tuku anankgo.

Kalaklhkawili unu tuku anankgo.





## Kalichiwinanti umakgo takgalhin.



## Kakgaxpati chu kalitakgalhchiwinanti mimakgalhtawakgana tamakatsinin wa tuku minacha.



### Kalakapastakti pi...

Kkatsilh pi wix wamputu **xatalakgtsokgxtu tantum takgalhin**, nama lichiwinalh:

- ¿Tuku wanikan amá takgalhin?
- ¿Lantla xla?
- ¿Lantla xmakgni?
- ¿Tuku wakgoy?
- ¿Lantlatlawan?
- ¿Nikú xpulatamán?



## **Kakgaxpati amá talakgtsokgxtu xla takgalhin nima nalichiwinan mimakgalhtawakgana.**



Tantum xalanka chichi xwanikan “Tsitseke”. Xmakchixit tsitseke chu lhuwa. Lakhman chu lakhman xtantunin. Lakhman xtakgen, stakaka xkilhni. Nak xakgxakga akwi xasnapapa xchixit. Leen xpixtawak xaspuponkgo. Lakgati way xtilan.

## **Kakaxwili chu kakgaxpati xatalakgtsokgxtu tuku anan chu xla takgalhin.**

Kalakhkawili unu.

**Kaukxilhti uyma liukxilhtin chu katlawá likilhchanat niku nalakgtsokgxtuya tuku katuwa takgalhin chu anan.**



**Kalitakgalhchiwinanti laku tlawakan talakgtsokgxtu xla tuku anankgo chu xla takgalhin chu kamakgtayan mimakgalhtawakgana.**





**Kalichiwinanti chu liwana  
kalakapastakti tuku katsi lantla  
kalaktsokgxtukan tuku takgalhin chu  
anankgo.**

¿Matlanilh lantla tlawakan xatalakgtsokgxtu takgalhin chu katuwa?

¿Tuku xpalakata malaktlani mintalakgtsokgxtu? ¿Nikú matlanilh?

¿Tuku wix lakpuwana xlakaskina namaktlanikan chu wix tlakgliwana nakgaxmata akxni natsokgxtunukana wan tuku takgalhin chu anankgo?



**Kaukxilhti amakgo liukxilhtin  
chu kagaxpati xlekgalhtawakga  
mimakgalhtawakgana wantu wankgoy  
latamanín.**





Ni kwani, xpalakat niti wi  
xlakata nak tsoknuniya  
xla nakatsiy.

¡Ah, xlikana!  
Ni chuna  
xaklakgapastakni.



Kilakgapaxialhnaw mintata.  
Kakgotanun nak minaw. Katlawá  
litlan natlawayata miliwat.



## Kalitakgalhchiwinanti mimakgalhtawakgana mintakgalhtin.

- ¿Tuku xpalakata lakaskilh amá puskat tsokglhi tatsokgni?
- ¿Tuku wanikan amá tatsokgni nima tsokglhi?
- ¿Ukxilh nitata akg tum tatsokgni wantu xtalakxtum? ¿Nikú?
- ¿Tuku xlilat uma tatsokgni?



## Kalekgalhtawakga aktsu tamakatsinin kamakgtayan mimakgalhtawakgana.

15 xla akosto xla 2020

Nana:

Akit kanit anta xpukgalhtawakga Jaime, xpalakata wi akg tum tamakxtumit xla lantla an xtakgalhtawakga chuna kimastay kintamakgaxiwín. Makgxtakgniyan milikutchun anta xakgspun mesa, ni napatsankgaya nawaya, xpalakata awatiya uku nalisputa mintakuchin. Kalakapastakti lantla wanín makuchina pala nakutchuna:

1. Kamakgkawitu tisa nawaya akg tum kuchara milikuchun xatsutsokgo amá xpalakata mintakujun.
2. Kamakgtuy kakgotanun, namujuya xasmukuku milikuchun naitat vaso chuchut, nakgalhkgalhiya chu akxni liwana nalakgsputa putum nawakgoya.

Ni tlakg nawaya likuchun. Nak kitaspita akxni kiliwayanatkan chu nak titiyay anta kplasa tu nawayaw kiliputumkan.

Mintanat, Laura

## Kalikgalhti takgalhskinin kamakgtayan mimakgalhtawakgana.

¿Tuku tamakatsinin kgalhi?

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¿Nikú wi tamakatsinin?

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¿Lantla liminin tachiwin tamakatsinilh?

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**Kalaklhtit “X” amá tamakatsinin wanti ni xlitsankgat nak aktsu tamakatsinin.**

taputlakgen

kata

tuku liskuja

tamakachipat

tamakgaxiwin

xtakuwaní tiku  
malakgachanimaka

tastakyaw

tachali

xtakuwaní tiku  
tsokgna

tamakatsinilh

**Kalitakgalhchiwinanti mimakgalhtawakgana mintakgalhtin.**

## Makglhuwa kalekgalhtawakga tatsokgni kamakgtayan mimakgalhtawakgana.



### Kalakapastakti pi...

Akgtum **aktsu tamakatsinin** xla tatsokgni anta niku makgaxtakgkan xlakaskinka akgtum tamakatsinilh xalakapala tanu latamanín wintu natakatsi.

Nakakgtum **aktsu tamakatsinin** nixlitsankgat uma tamakatsini:

- **Wanti tsokglihi.** Xtakuwiní latamanín tiku tsokgnun aktsu tamakatsinin.
- **Wanti nalakgchan.** Xtakuwiní latamanín tiku makgxtakgnikan aktsu tamakatsinin.
- **Tamakatsinilh.** Tamakatsinin tuku waniputuna amacha latamanín.
- **Taputlakgen.** Akxni namakgxtakga aktsu tamakatsinin.

Akatunu, naxlakaskinka xlitatsokgti chi kgamaklit makgxtakga aktsu tamakatsinin.

Amá aktsu tamakatsinin maklakaskinkan akxni chatum latamanín lakaskin makatsinina atunu amá ti ni xakgatliya katilaktsi kalakaniya; akxni ni lakaskina napakgtsankgaya akgtum talakapastakni; nachuna akxni lakaskina chalhuwa latamanín wi tu natakatsi.

# Katsokgti mimakgalhtawakgana xtakuwaní wantu lilakaxlanit aktsu tamakatsinin, anta niku wi amá tamakatsinin.

Wanti nalakgchan

Tamakatsinilh

Wanti tsokglihi

Taputlakgen

15 xla akosto xla 2020.

Nana: ←

Akit kanit anta xpukgalhtawakga Jaime, xpalakata wi akgtum tamakxtumit xla lantla an xtakgalhtawakga chuna kimastay kintamagxiwín. Makgxtakgniyan milikutchun anta xakgspun mesa, ni napatsankgaya nawaya, xpalakata awatiya uku nalisputa mintakuchin. Kalakapastakti lantla wanín makuchina pala nakutchuna:

1. Kamakgkawitu tsisa nawaya akgtum kuchara milikuchun xatsutsokgo amá xpalakata mintakujun.
2. Kamakgtuy kakgotanun, namujuya xasmukuku milikuchun naitat vaso chuchut, nakgalhkgalhiya chu akxni liwana nalakgsputa putum nawakgoya.

Ni tlakg nawaya likuchun. Nak kitaspita akxni kiliwayanatkan chu nak titiyay anta kplasa tu nawayaw kiliputumkan.

Mintanat, Laura.





## Kalekgalhtawakga uma kmaklakaskinka kamakgtayan mimakgaklhtawakgana.

Xalakapala xlianat nak Santa Krus chu katsi pi xlakaskinka nakxchiki namakaxa xpalhka chu kskitit nakxchiki xtalakatsu. Namakgxtakni akgtum aktsu tamakatsinin, chatum xtalilakgapasni ti naskini kalelh wan tuku skinini xtalakatsu.

## Katsokgti tamakatsinin wantu xlianat nak aktsu tamakatsinin kamakgtayan mimakgalhtawakgana.

Taputlakgen:

Wanti nalakgchan:


Talakpuwan xla latamakatsini:

-

-

-

Wanti tsokglhi:

Xlekgalhtawakga wanti lenkgoy xkatakan  115



## Liwana kaukxilhti aktsu tamakatsinin, kuenta katlawawa:

- Xlikgalhit xtakuwiní xla latamanín tiku tsokgnunimaka.
- Xlikgalhit mintakuwiní.
- Amá tamakatsinilh xlikgalhit wanti maklakaskin wa tiku nalakchan tatsokgni.
- Amá tamakatsinin wi: pulana wi taputlakgen, alistalh xtakuwaní wanti nalakgchan, tamakatsinilh, chu awatiya xtakuwaní ti tsokglhi.

## Kakaxtlawa miaktsu tamakatsinin pi chuna xlakaskinka.

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## Kalixakgatli mintakgalhtawakganani tuku tatsokgti.



**Kakalekgalhtawakga xalaktsu tachiwin  
chu katsokgti xalaktitsu tatsokgni.  
Kaukxilhti listalanit.**

liwat

chiki

*xiwan taspitli naxchiki xpalakata pi nawayan.*

pukgalhtawakga

likuchun

wayama

minkuku

liskujni

ni ti xwila



**Kalimakgatawakga wantu limin  
Limakgatsokgni xalaktitsu tatsokgni  
nalikaxtlawaya xalaklanka  
limakgatsokgni.**



## Kamakgatsi tachiwin niku tsankgay kakamaklakaskinti limakgatsokgni.



pa ..... ni **x**



pas ..... a **m**



..... alu **x**



tu ..... in **m**



la ..... ux **x**

**Kamalaxtupi mintakgalhtawakgana chu kaukxilhti pi antiya wilakgolh limakgatsokgni niku xlianat.**



**Kalimakgatawakga wantu limin  
Limakgatsokgni xalaktitsu tatsokgni  
nalikaxtlawaya xalaklanka  
limakgatsokgni.**





**Kalekgalhtawakga tachiwin chu  
kalhkaxtu xtakuwaní nima kgalhti  
liukxilhtin.**

**xuwa**

**mokgxni**

**xukut**

**makan**



**Kamalaxtupi mintalhkaxtun nima wi tachiwin nak  
xastatijwa.**



**Kalimakgatawakga wantu limin  
Limakgatsokgni xalaktitsu tatsokgni  
nalikaxtlawaya xalaklanka  
limakgatsokgni.**



## Kalalimachipi akgum talhtitni tuku talakgchan uma aktsu tamakatsinin.

### kmaklakaskinka

Jairo taspitlhi nak  
xchiki mincha  
xpukgalhtawakga, pi  
niti xtawilana xtlatkan.

Kutsé kila xchiki Petulu  
xlakgani liskujni tuku  
xmasakuanima, pi niti  
makatawe.

### Aktsu tamakatsinin

11 xla akosto xla 2020

Petulu:

Kilachi nak minchiki  
xkitiyamacha liskujni pi niti  
xwila. Chali nakmimpala.

Kutsé

10 xla abril xla 2020

Jairo:

Kanitaw xchiki minkuku, pi  
kinkatawayaputun, anta  
naki lamataxtuka.

Min tlatkan

## Kalitakgalhchiwinanti mintakgalhtin mimakgalhtawakgana.

¿Nikú xlakaskinka natsokga akgum aktsu tamakatsinin?



## Kamalaxtupi pakgtuy tatsokgni.

### Tamakatsinin



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#### XALAKASKINKA TAMAKATSININ

Sekretaria ti Makgtakgalha Latamanin chu Sekretaria xla Pukgalhtawakga xla Mapakgsina Kinpulatamankan Chiapas, kamakatsiniyan xliputum pulatamán, pi nitu kationalh takgalhtawakga anta pulatamankan Nak Markaritas, Jikotal, Chichikapa chu Koxoliko, xpalakata lipekua senalh tatapokgolh tiji chu kgalhwaskgolh kgalhtuchokgo.

Uma tamakgatsinin ni xankgalhin nawilipalayaw xasasti tamakatsinin, wa xpalakata kaskiniyan putum latamanin kuenta natlawayatit xasasti tamakatsinin. Uma Sekretaria ti Makgtakgalha latamanin chu Sekretaria xla Pukgalhtawakga, nakamaxkiyan tastakgyaw chu wantu xlakaskinka tamakatsin.

Tukstla Kutierres, Chiapas, 10 xla akosto xla 2020.

### Aktsu tamakatsinin

15 xla akosto xla 2020.

#### Nana:

Akit kanit anta xpukgalhtawakga Jaime, xpalakata wi akgtum tamakxtumit xla lantla an xtakgalhtawakga chuna kimastay kintamakgaxiwin. Makgxtakgniyan milikutchun anta xakgspun mesa, ni napatsankgaya nawaya, xpalakata awatiya uku nalisputa mintakuchin. Kalakapastakti lantla wanin makuchina pala nakutichuna:

1. Kamakgkawitu tsisa nawaya akgtum kuchara milikuchun xatsutsokgo amá xpalakata mintakujun.
2. Kamakgtuy kakgotanun, namujuya xasmukuku milikuchun naitat vaso chuchut, nakgalhkgalhiya chu akxni liwana nalakgsputa putum nawakgoya.

Ni tlakg nawaya likuchun. Nak kitaspita akxni kiliwayanatkan chu nak titiyay anta kplasa tu nawayaw kiliputumkan.

Mintanat, Laura.

## Kalitakgalhchiwinanti mimakgalhtawakgana mintakgalhtin.

¿Tuku tatsokgni uma?

¿Tuku wanikan pulakgatunu?

¿Tuku litalakgpaliy akgatunu tatsokgni?

¿Tuku lilayaw akgatunu tatsokgni?

# Kpulhká kintakatsin

**Tanks kalekgalhtawakga tuku makatsinikana chu kakgalhtinanti tuku skinikana nak pulakatunu.**

1. Katsokgti xatakgatsin mintakuwaní.

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2. Katsokgti xtakuwaní kgalhatutu latamanín tiku kgalakgapasa.

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3. Katsokgti akgtutu xtakuwaní pulatamán nima wix lipekwa lakgatiya chi niku kipaxialhnanita.

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4. Kalakgtsokgxtu chatum mintakgalhtawakganin.

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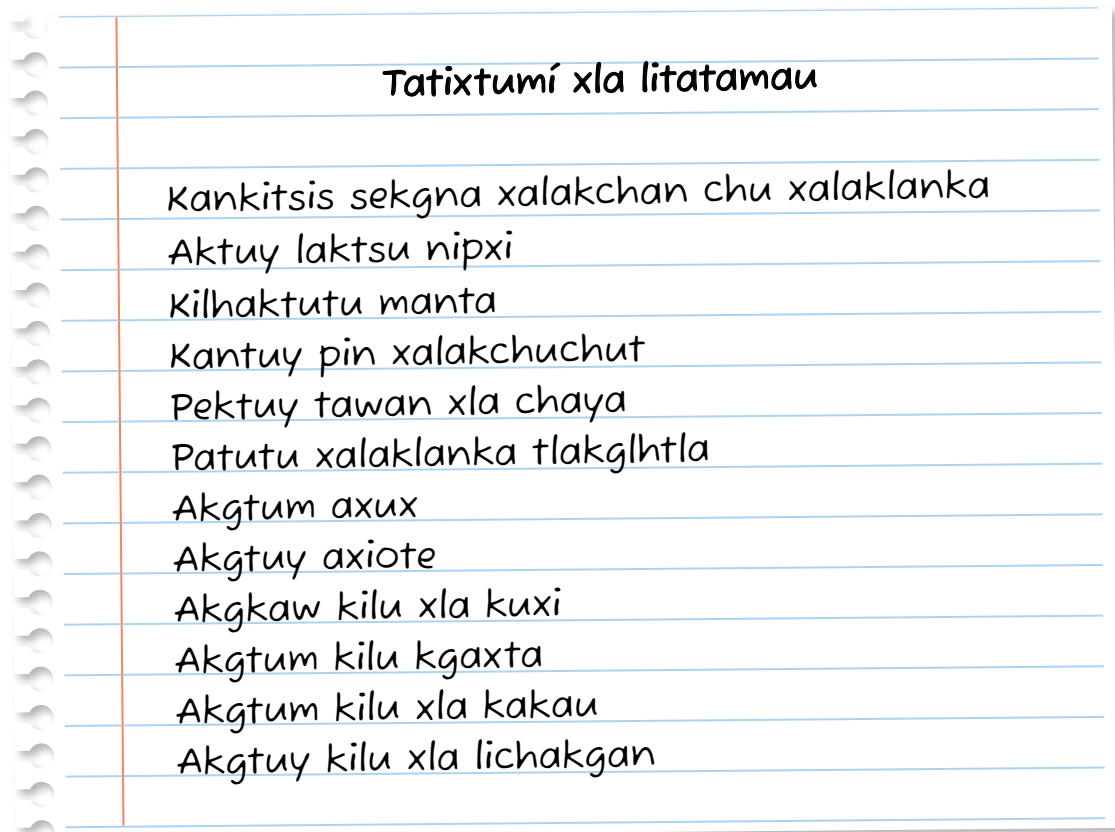
.....

5. Kalaklhtit akgtum “X” nakxalaklhman tachiwin nima maukxilhninkgoy tuku tlawa pi nakatsiy tuku likgalhchiwinan akgtum tatsokgni axni nina lekgalhtawakgay.

Paks uma tatsokgni liwana lakatitum kalekgalhtawakga.	
Kaukxilhti xlistsukún tatsokgni chu xaliukxilhtin.	
Katiwa kakakgalhaskinti tuku lichiwinan uma tatsokgni.	
Liwana kaukxilhti xlakatin chu xchakgen naktatsokgni.	
Kaukxilhti laku kaxwilikanit xatamakatsinin nakxatatsokgni.	
Pixlanka kalekgalhtawakga pi nachipina akgtum nichu akgspu chu katakgalhchiwinanti mimakgalhtawakgana.	



## 6. Kauxilhti tatixtumí chu kalikgalhtinanti takgalhskinin.



Katampilhtit anta niku wan nikuntla pulaklit tapapitsinit xatatsokgni nikuma ay titaxtu.

- a) Xlitsukún tatsokgni chu limakgaxiwin.
- ch) Xlitsukún tatsokgni, xaliputlakgen ninla limin chu listat.
- e) Xlitsukún tatsokgni chu xtapalh.

Pi uma tatixtumí nitu xkgalhil xlitsukún tatsokgni žtu takuwaní xwilini?

Tatixtumí xla .....

¿Tuku xpalakata xlakaskinka xkitsokgti xlitsukut tatsokgni?

## ¿Tuku xpalakat katlawakan tatixtumí?

## 7. Liwana kalekgalhtawakga tamakatsinin.



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### XALAKASKINKA TAMAKATSININ

Sekretaria ti Makgtakgalha Latamanin chu Sekretaria xla Pukgalhtawakga xla Mapakgsina Kinpulatamankan Chiapas, kamakatsiniyan xliputum pulatamán, pi nitu katianalh takgalhtawakga anta pulatamankan Nak Markaritas, Jikotal, Chichikapa chu Koxoliko, xpalakata lipekua senalh tatapokgolh tiji chu kgalhwaskgolh kgalhtuchokgo.

Uma tamakgatsinin ni xankgalhin nawilipalayáw xasasti tamakatsinin, wa xpalakata kaskiniyan putum latamanin kuenta natlawayatit xasasti tamakatsinin. Uma Sekretaria ti Makgtakgalha latamanin chu Sekretaria xla Pukgalhtawakga, nakamaxkiyan tastakgyaw chu wantu xlakaskinka tamakatsin.

Tukstla Kutierres, Chiapas, 10 xla akosto xla 2020.

Katsokgti tamakatsinin nima skinikana.

¿Nikú chu akxni makatsikan uma tamakatsinin?

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¿Nikú akxni tamakgaxtakga tamakgalhtawakgenin?

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8. Kalalimachipi akgum talhtitni xtakuwaní tatsokgni chu tuku limaklakaskinkan lakgatunu.

**Tatixtumí**

**Uma tatsokgni kauxilhaw  
nak xputajun tuku  
katamawayaw.**

**Tamakatsinin tu  
litaxtuy**

**Uma tatsokgni anta niku  
makgaxtakgkan xlakaskinka  
akgum tamakatsinilh  
xalakapala tanu latamanín  
wintu natakatsi.**

**Aksu tamakatsinin**

**Uma tatsokgni  
kakaxwilikan tuku  
tsokgnunkan. Uma  
tatsokgni kaxwilikan  
xpalakata tuku litlawakanit  
chuna ukxilhkan tuku  
talakaskin namakatsininan.**

9. Kalekgalhtawakga tatsokgni chu katsokgti tuku skinikana.

**Chatum tlat xliwanit xtsumat, pi naan maklhtinan  
xlikuchun nak Pumakuchin nima ni maxkikanit chu  
lakaskin kamakgtayalh pala namawi xpaxni.**

Katsokgti tuku tamakatsinin ni xlistsankgat nak aktsu tamakatsinin.

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Katsokgti aktsu tamakatsinin.

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**10.** Katsokgti milimakgatsokgnit nima lakgapasa.


11. Katsokgti aktuy xalaktitsu tatsokgni namaklakaskina tachiwin xaktipakgalhu.

chiki

chichí

.....

.....

.....

.....

.....

12. Katsokgti akgkitsis tachiwin nima nalen:  $k$ ,  $m$ .

.....

.....

.....

.....

.....



## Xlitlawat takgalhtawakga 4

Akxni namasputuy xlitlawat takgalhtawakga, amá latamanín lakkgawasan chu wanti lenkgoy xkatakan:

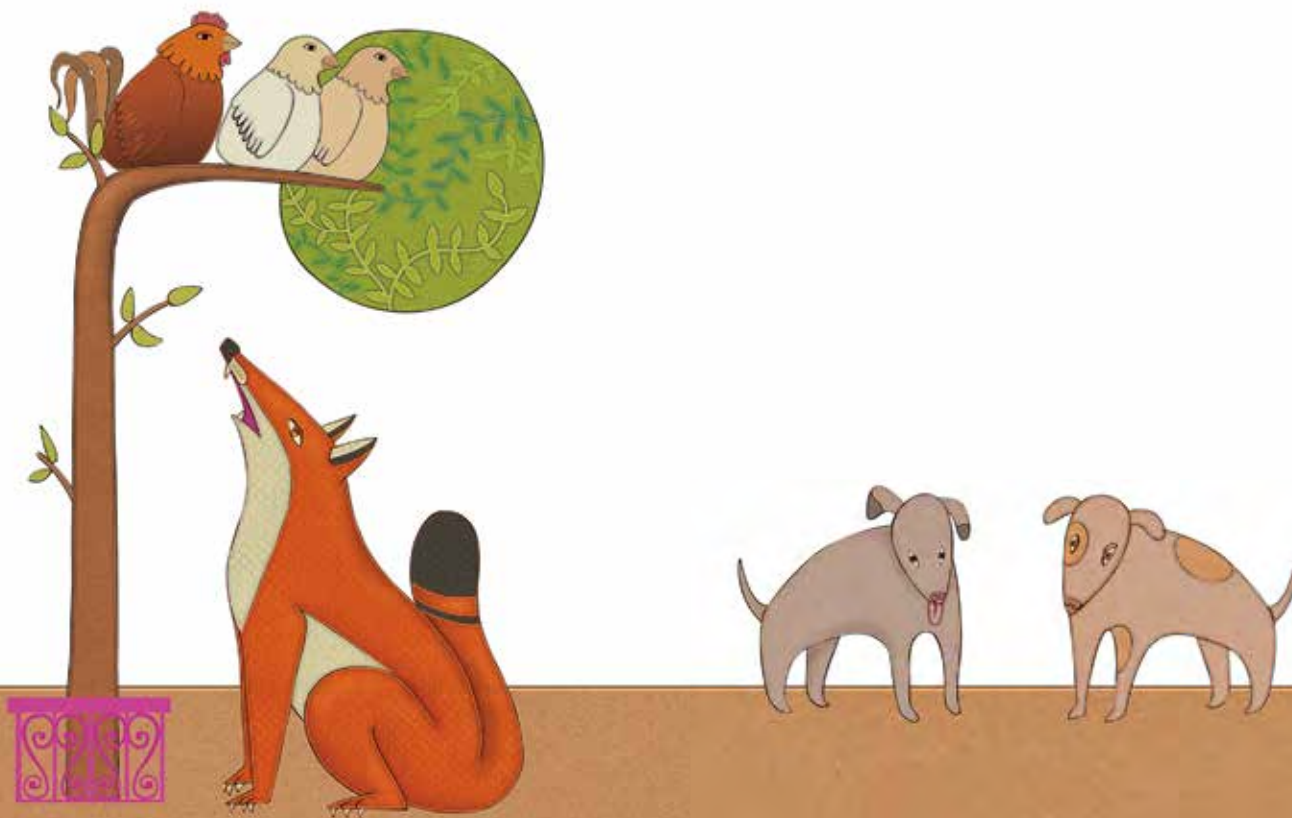
- ❖ Nalakgapasa tuku lichiwina amá makatsininá kapsnat lata wi liukxilhtin chu takgalhtawakga xtakuwaní tatsokgni.
- ❖ Nalekgalhtawakgaya chu nalichiwina tuku talakapastakni min **makatsininá kapsnat**.
- ❖ Nalakgapasa tipalhuwa wantu xmaklakaskinka tamakatsinin xpalakata natalhkay **makatsininá tatsokgni**.
- ❖ Natsokgnana, liwana naukxilha chu nalakkaxwali **makatsininá tatsokgni** xlitipalhuwa xkgantaxtut.
- ❖ Nalakgapasa xtakuwaní, lata laknukgoy chu lata xmaklakaskinka tamaklakaskin uma **makatsininá kapsnat** chu **makatsininá tatsokgni** wantu nalekgalhtawakgaya chu natsokga nakxlitlawat takgalhtawakga.
- ❖ Nalakgapasa niku maklakaskinkan xalanka limakgatsokgni naktatsokgni.
- ❖ Nalakgapasa chu natsokga limakgatsokgni *n*, *ch*, *s* xla mintachiwin.
- ❖ Nalichiwina tuku anan kminpulatamán chu tuku ukxilha.
- ❖ Nalakgapasa pulatamán akxni nakgaxpata nakalichiwinkan.

## Takgalhchiwin xla takgalhtawakga



**Kaputsa nak Lekgalhtawakga wa tatsokgni “15. Wa wakgní, puyu chu chichí” chu alistalh kalitakgalhchiwinanti mintakgalhtawakgananin chu mimakgalhtawakgana:**

¿Tuku takatsin mastay uma takgalhtawakga?  
Axkni nachuna akspulanitan, chi puyu, ¿wix liwana lakapastaka tu lixakgatlikana?



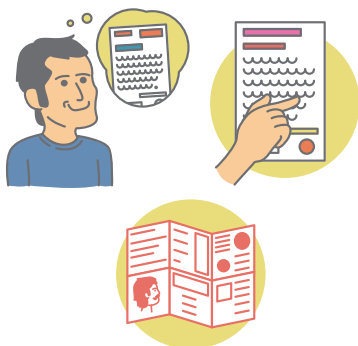


## Kaukxilhti amakgo liukxilhtin chu kalekgalhtawakga tuku wankgoy amá latamanín kamakgtayan mimakgalhtawakgana.



## Kalitakgalhchiwinanti mimakgalhtawakgana mintakgalhtin.

- ¿Tuku wanikan amá tatsokgni nima wi nak kiwi?
- ¿Ukxilhnitata akgum tatsokgni wantu xtalakxtum? ¿Nikú?
- ¿Tuku wankgoy amá tatsokgni wantu ukxilhnintit?
- ¿Tuku xlilat amá tatsokgni?



**Kaputsa makatsininá kapsnat nak xalanka kapsnat, kaukxilhti liukxilhtin chu kalekgalhtawakga xlitsukún tatsokgni kamakgtayan mimakgalhtawakgana.**



## Kalitakgalhchiwinanti mimakgalhtawakgana mintakgalhtin.

- ¿Tuku liukxilhtin kgalhi chu tuku lichiwinan xpulaktanu?
- ¿Tuku tamakatsinin xlikgalhit?
- ¿Lantla puwana tatixtuminit tamakatsinin?
- ¿Tuku lichiwinan amá makatsininá kapsnat?

**Makglhuwa kalekgalhtawakga makatsininá kapsnat kamakgtayan mimakgalhtawakgana.**





**Kalalimachipi kgantum talhtitni laktitsu tatsokgni tuku makgatsi tamakatsinin xla makatsininá kapsnat, kauxilhti listalanit.**

**Wa tajatat**

**palha lhkuyat.**

**Akgtum  
xlimaktujukan  
lalimapasin  
chikunkunya wa:**

**kaxman mapasiyan  
akxni na stokgoyan  
xuy xatajatatlani.**

**Uma xkauwat tuku  
mastay tajatat**

**sliya tapasanan.**

**Akgtum nitlan  
tamakglhkatsin xla  
amá tajatat wa:**

**nakatlapaya  
mimakxpan chu  
minchaxpan  
xpalakata ni  
nastokgoyan.**

## Kalikgalhti takgalhskinin amá tachiwin tuku min ktamakatsini nak makatsininá kapsnat.

Katsokgti tuku lay akxni chatum latamanín stokgoy xatatalha xuy.

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Katsokgti akgtuy tu xalitlawat xpalakata namaktujuy xalalimapasin chikunkunya.

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Katsokgti nikunla takatsí pi litatatlay chikunkunya.

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## Kalekgalhtawakga laktitsu tatsokgni kamakgtayan mimakgalhtawakgana.

Xpalakata nataktujuy  
lalimapasin ni kamakstokti  
chuchut.



Akgtum nitlan tamakglhkatsin  
lu xatliwakga limakglhkatsin  
pi lipekua nakatsanawanana  
kmin tatastukut.



Xpalakata nakatsiya pi  
tatatlay, xlakaskinka napina  
Kpumakuchin.



**Kalimakgatawakga wantu limin  
Limakgatsokgni xalaktitsu tatsokgni  
nalikaxtlawaya xalaklanka  
limakgatsokgni.**



**Kalekgalhtawakga xalaktitsu tatsokgni  
chu xalaksu tachiwin kamakgtayan  
mimakgalhtawakgana chu katsokgti  
tachiwin nikuma liwana makgatsi  
tapuwan.**

**litalhtukun**

**tajatat**

Xalhkuyat chikunkunya wa .....

**namakgtlakona**

**wantu nalikuchuna**

Wa ..... akgtum nitlan tamakglhkatsin xla  
tajatat.

**lamapasi**

**tokgoyan**

Ama tajatat lamapasikan akxni ..... xuy.



**Kalimakgatawakga wantu limin  
Limakgatsokgni xalaktitsu tatsokgni  
nalikaxtlawaya xalaklanka  
limakgatsokgni.**



**Kalekgalhtawakga laktitsu tatsokgni  
chu kalakgachinu amá limakgatsokgni  
kamakgtayan mimakgalhtawakgana.**

**n**

Xa tajatat kitasiyuy xli akgtati chu akgtsayán  
kilhtamakú akan aya xtokgonit xuy.

**ch**

Mi litlawat pala natakgtsuwi xli pasat ama  
tajatat, wa nakatlapaya mimaxpan chu  
michaxpan xpalakata ni nastokgoyan.

**s**

Lantla nakuchuya amakgapitsin nitlan  
tamakglhkatsin.



**Kalimakgatawakga wantu limin  
Limakgatsokgni xalaktitsu tatsokgni  
nalikaxtlawaya xalaklanka  
limakgatsokgni.**

**Kalekgalhtawakga laktitsu tatsokgni chu  
tanks kaukxilhti laku maklakaskinkan  
xalaklanka limakgatsokgni kamakgtayan  
mimakgalhtawakgana.**

**N**

**n**

Nakxchiki Noelia tsisa wayankan.

Xlikana suku wa. Nak lin xkilhapan pupunú.

**Ch**

**ch**

Nak Chilokoyo chiwinankan tutunakú.

Chali kama kakiwin.

**S**

**s**

Sikulan lustlan.

Xtaskujut Simón tuwa.



**Kalimakgatawakga wantu limin  
Limakgatsokgni xalaktitsu tatsokgni  
nalikaxtlawaya xalaklanka  
limakgatsokgni.**



## Katsokgti tuku xlilinat makatsininá kapsnat kamakgtayan mimakgalhtawakgana.

¿Lantla ama?

---

---

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¿Tuku lichiwinan?

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---

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¿Lantla tamasiyu tamakatsinin anta makatsininá kapsnat?

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## Kalekgalhtawakga tamakatsinin wantu minacha kamakgtayan mimakgalhtawakgana chu kalitakgalhchiwinanti.



### **Kalakapastakti pi...**

Amá **makatsininá kapsnat** wa pakgtumakgtum tatsokgni wantu limin liukxilhtin chu tachiwin xpalakata makatsiy tamakatsinin nima lu xlakaskinka na chuna xpalakata tlakg nakgatsikgoy latamanín xtakatsinkan.

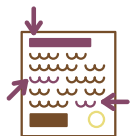
Amá **makatsininá kapsnat** mastay talakaskin pi amá tamakatsinin nalakgchan lkuwa latamanín niku lamakgolh chu xlitawilat niku tlan nataukxilha liputum.

### **Amá makatsininá kapsnat:**

- Kamana lichiwinan akgum tatsokgni.
- Kgalhi akgum xmitsukún.
- Kgalhi tamakatsinin lu xlakaskinka.
- Kgalhi liukxilhtin nikuma likgalhti wa tu wan makatsininá kapsnat chu namastay tamakatsinin.
- Xatipaluwa limakgatsokgni nalakaskina pala tlakg natasiyu tamakatsinin nima lu xlakaskinka.
- Kakaxwali tamakatsinin lantla wix lakaskina.
- Kgalhi talakputsan pi tlak katsiputuna tamakatsinin.

## Kalekgalhtawakga xalakglhman tachiwin kamakgtayan mimakgalhtawakgana chu kalaklhtit “X” nima xlikana chu ni xlikana.

Xalakglhman tachiwin	Xlikana	Ni xlikana
Amá makatsininá kapsnat ni kgalhi liukxilhtin.		
Amá makatsininá kapsnat maklakaskin tipalhuwa limakgatsokgni, xpalakta nilakxtum natsiyu.		
Amakgo liukxilhtin mastakgoy tamakatsinin.		
Kgalhi tipalhuwa xtakuwaní tatsokgni.		
Kgalhi xlitsukún tatsokgni.		
Xlimanin chu xlilanka limakgatsokgni nima lakgatikgoy ti ukxilhkgoy.		



**Stili kalakgachinu pulatamanín chu niku liwaya tamaklakaskin makatsininá kapsnat.**



**Xpulakni chiki**



**Pumakuchin**



**Xpukgalhtawakga kachikin**



**Plasa xalak kachikin**

**Kalitakgalhchiwinanti mimakgalhtawakgana mintakgalhtin.**



## Kalekgalhtawakga chu kalichiwinanti liukxilhtin kamakgtayan mimakgalhtawakgana.

Kgantum aktsu  
kgalhtuchokgo stalangka  
titaxtu anta Kebrada xa  
Kafayate.\* Xlistalangka  
mastay talakaskin  
natasiyu laktsu chiwix  
nima wilakgolh xtampun.  
Xtangkapanin wilakgolh  
chiwix chu laktsu tawan,  
tiku xtum talakgoy. Kasipijni  
matseakgoy chu maliwiki  
lata lilakgatit tasiyu [...]



Ama spupuku akgapun ta tlaway lu lilakgatit kakiwin niku ni ti  
namatsankgeyan chu tlan natitaxtuya kgotanut.\*\*

## Kalichiwinanti mintakgalhtin kamakgatayan mimakgalhtawakgana.

- ¿Tuku wi anta?
- ¿Lantla wi aktsu kgalhtuchokgo, chiwix, kasipijni chu akgapun?
- ¿Nikú wilakgolh laktsu chiwix, laklanka chiwix chu palhma?
- ¿Amá tatsokgni maxkin talakaskin nalakgapasa amá pulatamán?
- ¿Nikuxni maklakaskinaw uma talakgtsokgxtu?

\* Kebrada xa Kafayate, wilacha nak norte xa ArKentina.

\*\* “Descripción y retrato” (fragmento), consultado en línea el día 29 de septiembre de 2016, a las 2:48 p.m.,  
recuperado de <http://www.escolar.com/lengua/11descr.htm>

## **Kalixakgatli amakgapitsin latamanín lantla niku wix lu lakgatiya.**

Kalakhkawili pulatamán nima nalakgtsokgxtuya.

## **Kalichiwinanti mintakgalhtin kamakgatayan mimakgalhtawakgana.**

- ¿Tuku tamakatsinin xlin minlakgtsokgxtu wantu lichiwinianti?
- ¿Lantla stalanilh matixtumit akxni mastalh tamakatsinin?
- ¿Puwana pi tlan natamaknuya tlakg tamakatsinin? ¿Nikuma?





## Kakgaxpati lantla nawanilinan mimakgalhtawakgana chu kalitakgalhchiwinanti.



### Kalakapastakti pi...

Akxni lekgalhchiwinankan lantla alakatunu latamat wanikan **xatalakgtsokgxtu pulatamán**.

Wa **xatalakgtsokgxtu pulatamán** nalichiwinana liwana tuku kgalhi, lantla talakgapasa chu niku nataksaw.

Uma xalakgtsokgxtu pulatamán mastay talakaskin nakatsiyaw chu namakatsininaw amakgapitsin latamanín ¿lantla alakatunu pulatamán?

Maklakaskinaw xatalakgtsokgxtu pulatamán xpalakata nakatsiyaw tuku kgantaxtulh, lakgachunin, liwana tatlaway pi nakanajliya chu tlakg nakatsiputuna, lantla akxni wi tiku litakgalhchiwinanan:

- **Xlikana**, xalistalanit tuku okgspulalh kakilhtamaku, xkiltsukut kachikin, lichiwinanaw lakatum pulatamán nima lakgapaxalhnanitaw, xalikatsit niku amaw xpalakata tlan nachanaw, chu amakgapitsi.
- **Nixlikana**, xalistalanit: xalitakgalhchiwin, skgalala takgalhchiwin chu takatsin likgalhchiwin.

Na tlan nalakgtsokgxtuya pulatamán naukxilhtiliya xaliukxilhtin chu wanti kgaxmata lakapastaka lantla amá liukxilhtin chu ni pala lakgapasa.

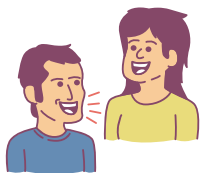
Amá xatalakgtsokgxtu pulatamán mastay talakaskin pala wa latamanín tlak namatlanikgoy xtaukxilhtinkan.

## Kakgaxpati lantla nawanilinan mimakgalhtawakgana chu kalikgalhchiwinanti ¿tuku tlak xlilianat akxni lakgtsokxtu akgtum pulatamán?

1. **¿Nima pulatam  
nalakgtsokgxtuya?**  
Akgtum kachikin, lanka  
kachikin, kakiwin,  
xwastat, mantapu,  
katuwan, kasipijni, chu  
amakgapitsi.
2. **¿Nikú wilakgolh?**  
Nak Méjiko, Puebla, lakatsu, makgat,  
chu amakgapitsi.
3. **¿Lantla kawan pulatamán?**  
Lanka, aktsu, lilakgatit, kachichin,  
ni tiku lama, lipuwan, paxaway,  
lulilakgatit, xapikua, chu amakgapitsi.



4. **¿Tuku anan?**  
Puxkga, kgalhtuchokgo, xwastat  
chuchut, kasipijni, kiwin, katachanan,  
kachiwixni, chikinin, takgalhin,  
kaxanatni, chu amakgapitsi.
5. **¿Nikú wilakgolh amakgapitsi  
wantu anan?**  
Talhman, tutsu, makgapakgxik,  
makgapakgstakat, xpaxtun, xtampun,  
xchekgan, xlakatin, chu amakgapitsi.
6. **¿Lantla ukxilha?**  
Laktsu, laklanka,  
lakgstalangan,  
lakgswan, lakxkayiwán,  
lakgsnapapan,  
laklixkanit, lakswan,  
xapaxawa, lhuwa,  
xalakskakni, xastaja, chu  
amakgapitsi.



**Kaskini mimakgalhtawakgana kalichiwinalh akgtum pulatamán nima lakgapasa. Kalichiwinanti:**

¿Tuku takgasti nak talakgtsokgxtu?

¿Tuku tlakg katsiputuna xatalakgtsokgxtu?

¿Tuku tachiwin mastay talakaskin nalakpuwana pulatamán?

**Katlawa talakgtsokgxtu xla pulatamán wantu lakgatiya. Kaskini tamakgtay mimakgalhtawakgana.**

Kamatixtumi xatamakatsin wantu nawan chu stalanikan amá takgalhskinin:

- ¿Nima pulatamán chu nikú wi? Wa akgtum kachikin, plasa, aktsu kachikin, putawilh, xtankilhtin chiki, amakgapitsi.
- ¿Lantla xla? Lilakgatit, lanka, xapaxuwan, kawan.
- Kawanti tuku anan, ¿lantla tasiyu chu nikú wi?
- Kalitsakgsa lantla xtlawaya lakgtsokgxtu chu alistalh nalichiwinana.

**Kalixakgatli mintalakgtsokgxtu chu kagxapati amakgapitsin.**



**Kagxapati amá talakgtsokgxtu xla pulatamán nima tlaway mimakgalhtawakgana chu kalakgatakgti tuku pulatamán talakgtsokgxtuma.**



1



2



3





**Katlawa xatalakgtsokgxtu pulatamán chu tanu latamán nalekgatakgsa.**



**Kalichiwinanti chu liwana kalakapastakti tuku katsi lantla laktsokgxtukan pulatamán.**

¿Matlanilh lantla tlawakan xatalakgtsokgxtu pulatamán?

¿Tuku xpalakata malaktlani mintalakgtsokgxtu? ¿Nikú matlanilh?

¿Puwana pi tlakg milimatlani akxni kgaxpata tu lichiwinkan xliputum pulatamán?





## Kaukxilhti amakgo liukxilhtin chu kagxapati xlekgalhtawakga mimakgalhtawakgana wantu wankgoy latamanín.

Lata xliputum makgskujnin  
tiku tlawakgoy chiki unu  
titaxtukgoy, lhuwa stanana.

Chuna, tlan  
wa kintapuwan  
kaxtlaway taway pala  
nakastamaxkikgoy.

¿Ay katsikgoy pi  
staya taway?

Kawanilh  
amakgapitsi.

Kalhkawali xpalakata  
liputum nakatsikgoy.

¡Chuna lhuwa  
naminkgoy  
latamanín!

¡Ta stama kgama  
taway kchiki  
takaxlawanit!  
Kakgalhwananti lu  
xakgama



## Kalitakgalhchiwinanti mimakgalhtawakgana mintakgalhtin.

¿Tuku xpalakata amá lakpuskatin tsoknankgolh tatsokgni?  
¿Tuku wanikan amá tatsokgni wantu tsokgnankgolh?  
¿Ukxilhnitata akgum tatsokgni wantu xtalakxtum? ¿Nikú?  
¿Tuku xlilat uma tatsokgni?



## Kalekgalhtawakga amá makatsininá tatsokgni kamakgtayan mimakgalhtawakgana.

Kalipi xtisikit wakax xa  
la katuwan!  
\$12.00 akgum litro

UNÚ KATOKGLHTI

Xpustan "Tsikan Juanita"

¡Tipalhuwa kgalhi xlistat  
chu aktujuy listanan!

Pustan 59

Tlawakan taskujut  
xalimanit chiki chu  
patsapnsan  
Xiwan Ernandes Karsia  
Pukgalhchiwin:  
55 11 22 33 44

## Kalitakgalhchiwinanti mimakgalhtawakgana mintakgalhtin.

¿Lantla lichiwinan tamakatsinin nak makatsininá tatsokgni?  
¿Tuku laktitsu tatsokgni makglakaskinti xpalakata lhuwa  
nalakgatkoy?

¿Tuku malaknu chu tuku lichiwinan xlistat?

¿Tuku ni xlistsankgat nak makatsininá tatsokgni xpalakgata tlan natastanan?

## Makglhuwa kalekgalhtawakga tatsokgni kamakgtayan mimakgalhtawakgana.



### Kalakapastakti pi...

Pekgtum **makatsininá tatsokgni** xaakgtsu tatsokgni nima mastay tamakatsinin pala natakatsi xliputum latamanín akgtum pulatamán, taskujut, chu xatuku listat.

Amá **makatsininá tatsokgni** xlikatsitkan putum lataminin chu kgalhi xtapakgsit nakawani latamanín naankgoy ukxilhkgoy akgtum pulatamán, nalhawakgoy akgtum taskujut chi naankgoy tamawakgoy xmakglakaskinatkan.

Akgtum **makatsininá tatsokgni** xankgalhin kgalhi:

- **Tamakatsinilh.** Anta niku wan niku wi, taskujut nachuna malaknu xlistat wantu xatamaklakaskinat.
- **Anta nikuwi amá tuku malaknu xlistat wantu tamakglakaskinat.** Lakgachunin, lu xmaklakaskinka natawani latamanín tiku maklakaskin nikuwi pala na'an.
- **Xalaktitsu tatsokgni chi tachiwin pala tlak nakatsiputuna chu namakgpuwantininan.** Tamaklakaskinxpalakata putum latamanín nakatsikgoy niku wi akgtum pulatamán, taskujut chu wantu listat tamaklakaskin chu lakgachunin wi nak xpulakni tachiwin.

Wi tanu **makatsininá tatsokgni** amá xliilat pala namakatsinikana chu ni tawa tanks nalakgapasgaya pulatamán, nikunla nakatsiya pi tlan chi ni tlan naxkuliya niku stakan taway, chi katsiputuna niku ankan kgalhpajan.



**Kalaksakti akgtum tachiwin xpalakata natsokga akgtum makatsininá tatsokgni.**

Xpalakata  
namalakgnuya  
akgtum listat nima  
tamaklakaskin

Xpalakata  
namalakgnuya  
akgtum  
taskujut

Xpalakata  
namalaknuya  
akgtum putawilh

**Katsokgti tuku xliinat makatsininá tatsokgni kamakgtayan mimakgalhtawakgana.**

¿Tuku listat wantu tamaklakaskin, taskujut chu putawilh malakgnuputuna?

.....

.....

¿Tuku litalakgpali minlistat, taskujut chu putawilh pi ni xtanana amakgapitsin?

.....

.....

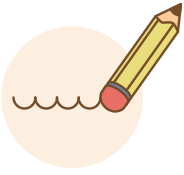
¿Tuku tlakg lakgatigoy latamanín wantu kgalhi amá listat nima  
maklakaskinkgoy, taskujt chu putawilh nima wix lakgsakti?

¿Tuku tlakg tamakatsin talakaskin natatsokg?



**Katsokgti akgum makatsininá tatsokgni  
kamakgtayan mimakgalhtawakgana.**

A large, empty rectangular area with a white background and a light gray border, intended for writing or drawing. The left side of the rectangle has a series of small, white, semi-circular shapes, resembling a spiral binding or a series of tabs.

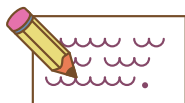


## **Liwana kauxilhti amá makatsininá tatsokgni, kuenta katlawá:**

- Kamalaknu listat wantu tamaklakaskin, putawilh chu taskujut wantu laksakti.
- Nakgalhi xalaktitsu tatsokgni chi tachiwin xpalakata nalakgati latamanín.
- Pi tsokglhi xtakuwaní latamanín chi pulatamán, ¿litlawá xalaglanka litsokgni?

**Katalalakgpali mimakatsininá tatsokgni chu liwana kauxilhti. Kalitakgalhchiwinanti tu ukxilhti.**

**Pi mimakatsininá tatsokgni kgalhilh limatlanit, katsokgti unu chu katamakgnu.**



**Katsokgti xalaktitsu tatsokgni  
xpalakata wi tiku nalakgati amá listat  
nima tamaklakaskin.**



.....

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**Kalimakgatawakga wantu limin  
Limakgatsokgni xalaktitsu tatsokgni  
nalikaxtlawaya xalaklanka  
limakgatsokgni.**





**Katsokgti xtakuwaní listat nikuma  
malaknupat akgatunu makatsininá  
tatsokgni.**

**Kalipi minkaxlanchu  
xasakgsi aku  
tlawakanit.**

**¡Na wi buliyu!**

**Tsapakan lhakgat  
wantu lakaskina.**

**Stakan xtilan chu  
tajna lata wix  
lakaskinaxalaktsu  
chu xalaklanka.**

**¡Stakan kiwi  
lu xaskakni  
nalimalhkuyuya!**



**Kalimakgatawakga wantu limin  
Limakgatsokgni xalaktitsu tatsokgni  
nalikaxtlawaya xalaklanka  
limakgatsokgni.**



**Katsokgti amá limakgatsokgni nikuma  
makgatsi tachiwin.**



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**Kalimakgatawakga wantu limin  
Limakgatsokgni xalaktitsu tatsokgni  
nalikaxtlawaya xalaklanka  
limakgatsokgni.**

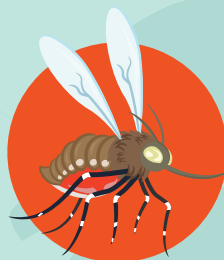


**Kalekgalhtawakga akgatunu  
tamaklakaskinat kamakgtayan  
mimakgalhtawakgana chu kalaklhtit  
“X” niku xalakaskinka tsokgkan akgtum  
makatsininá tatsokgni.**

Kmaklakaskinka	Xlakaskinka natsokga akgtum makatsininá tatsokgni	
	Chuna	Ni chuna
Pi lakaskina pi minchixku nalakgapastaka tuku mamakini nak lanka kachikin.		
Pi lakaskina pi wa latamanín natakastsikgoy pi kxpustan anan paks tuku xlakaskinka.		
Pi lakaskina mitsumat nakatsi pi anita stananka nak plasa chu makgxtakninita xliwat.		
Pi lakaskina nakatsikgoy latamanín tuku tlawaya chu kaxlawaya tipalhuwa talhakgan.		
Pi lakaskina latamanín nakatsikgoy pi wix staya xastakgna xtilan anta minchik.		



## Kamalaxtupi pakgtuy tatsokgni.



¿Chikun tuku...  
**¡Chikunkunya!**



### 🚫 ¿Tuku uyma lhkuyat Chikunkunya?

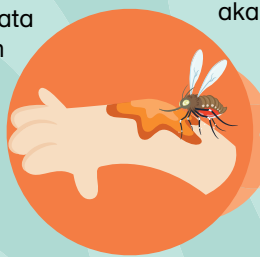
Wa tajatat afrikano kasliya napasayán. Ama xtakuwaní, Chikunkunya, wamputun “ama ti takgpustuka”, chuna tasikgoy ti tatlatlakgoy, takuluskgo xpalakata lipekua nakatsanawanana kmin tatastukut.

### 🚫 ¿Laku lamapasikan?

Uma xkauwat tuku mastay tajatat, kaxman mapasiyan akxni nastokgoya xuy xatajatatlani. Akxni uma latamán aya stokgokani, xa tajatat kitasiyuy xli akgtati chu akgtasayan kilhtamakú akalistalh.

### 🚫 ¿Xlikatsin tajatat?

- Palha lhkuyat
- Lipekua nakatsanawanana kmin tatastukut
- Lipekua nakatsanawanana mimakliwa
- Lipekua na naakatsana
- Nakgowankana
- Namakgtlakona
- Namakxina



### 🚫 ¿Laku lakgapaskan uma tajatat?

Xlakaskinka milianat nak Pumakuchin xpalakata naukxilhkana nachuna nalekgalhtawakgakan minkgalhni xpalakata nakatsikan wantu likuchun mininiyan.



### 🚫 ¿Tuku naktlaway xlakata ninakimpasay?

- Naakgatlapaya minchuchut nima makgestokga anta minchiki.
- Nalitlawakana xmalakgtlakgana xuy.
- Nawiliya xliapaxtokgkan xuy chu namawakaniya xlikuchuwikan xuy anta mimalakcha chu ventanas.
- Nakatlapaya mimakxpan chu minchaxpan xpalakata ni nastokgoyan.

**Uyma militlawat matakgsuwi xlakata ni napasayan tajatat lilakgapaskgokan denke chu sika, nachuna nakgalhiya uyma tajatat akxni nastokgoyan tunu xuy.**



Tapakgsin wanikan Intelijensia Epidemiolójika chu Sanitaria  
800 00 44 800

## Makatsininá kapsnat

Kalipi xtisikit wakax xa  
la katuwan!  
\$12.00 akgatum litro

UNÚ KATOKGLHTI

Tlawakan taskujut  
xalimanit chiki chu  
patsapsnan  
Xiwan Ernandes Karsia  
Pukgalhchiwin:  
55 11 22 33 44

Xpustan "Tsikan Juanita"

¡Tipalhuwa kgalhi xlistat  
chu aktujuy listanan!

Pustan 59

**Makatsininá  
tatsokgni**

**Kalitakgalhchiwinanti mimakgalhtawakgana  
mintakgalhtin.**

¿Tuku tatsokgni uma?

¿Tuku wanikan pulakgatunu?

¿Tuku litalakgpaliy akgatunu tatsokgni?

¿Tuku lilayaw akgatunu tatsokgni?



# Pulakgatu 2





## **Akxni namasputuy pulakgatunu, amá latamanín lakkgawasan chu wanti lenkgoy xkatakan:**

- ❖ Aktina aktina nalekgalhtawakgaya tatsokgni xlakata nakatsiya tuku min xpulaktanu.
- ❖ Nalekgalhtawakgaya chu nakgatakgsa xliputum xpulaktanu tatsokgni xla pulakgatunu.
- ❖ Nalakaxtlawayatatixtumítukunastalaniyaxla tatsokgni xpalakata tlan natlawaya akgtum tatsokgni.
- ❖ Natsokgnana, liwana naukxilha chu nalakkaxwaliyaamátatsokgnitunakatlawaya xlakata putum latamanín maklakaskinkgoy.
- ❖ Nalaksakxtuy xtakuwaní chu lantla talakgnunit akgatunu tatsokgni nima nakalekgalhtawakgay chu natsokgnan nak pulakgatunu.
- ❖ Nalichiwinana chu nakgatakgsa tatsokgni tuku nalichiwinankgoy.
- ❖ Nalakgapasa limakgatsokgni xla tachiwin.

# Xlitlawat takgalhtawakga 1

**Akxni namasputuy xlitlawat takgalhtawakga, amá latamanín lakkgawasan chu wanti lenkgoy xkatakan:**

- ❖ Nalekgalhtawakgaya **aktsu tamakatsinin kuchina** xpalakata nakatsiya tuku min kxpulaktanu.
- ❖ Naputsay tamakatsinin nima katsiputuna nak **aktsu tamakatsinin kuchina**.
- ❖ Natsokga talakapastakni nima xlilianat tamakatsinin **tatsokgni**.
- ❖ Natsokgnana, liwana naukxilha chu nalakkaxwali maktum **tamakatsinin tatsokgni**.
- ❖ Liwana nalakgapas tuku litalakgnunit chu kmaklakaskinka tatsokgni wantu nalekgalhtawakgaya chu natsokga.
- ❖ Nalakgapasa niku maklakaskinkan xalanka limakgatsokgni naktatsokgni.
- ❖ Nalakgapasa chu natsokga umakgo litsokgni *p, l, w* nakxatipalhuwa tachiwin tuku katsakgsamaw.
- ❖ Nalichiwinana tuku akgspulanitan akxni kgalhchiwinanaw.
- ❖ Nalakgapasa laku tatixtumitilhay xatachiwin tatsokgni akxni nalikgalhchiwinankgokan (nachuna amá tatsokgni nima kgaxpata).

## Takgalhchiwin xla takgalhtawakga



**Kaputsa nak Lekgalhtawakga wa  
tatsokgni “16. Tuku xpalakata wa  
juki kgalhi pulaktuy xakgalokgot”  
chu alistalh kalitakgalhchiwinanti  
mintakgalhtawakgananin chu  
mimakgalhtawakgana:**

¿Tuku takatsin mastay uma takgalhtawakga?

¿Tuku xalakwan tapuwan anankgo xlagstipan juki chu jun?

Wintu kilhtamaku, ¿nachuna akgspulanitan lantla jun?







## Kaukxilhti amakgo liukxilhtin chu kalekgalhtawakga tuku wankgoy amá latamanín.



## Kalitakgalhchiwinanti mimakgalhtawakgana mintakgalhtin.

- ¿Tuku wanikan amá tatsokgni wantu maxkika amá puskat?
- ¿Tuku xpalakata xlakaskinka nalekgalhtawakgay amá puskat amá tatsokgni chu xlitlawat putun nima wan?
- ¿Ukxilhnitata xtachuna tatsokgni? ¿Nikú?
- ¿Tuku xlilat uma tatsokgni?



## Kalekgalhtawakga nima tlakg tasiyu tatsokgni nak aktsu tamakatsinin kuchina, kamakgtayan mimakgalhtawakgana.



**Makuchina Araseli Kuevas Ernandes**  
**Makuchina ti Pachukuna chu Palhitna**  
**Liputlhakgen xla Sédula Profesional: 0810347**



**Taputlakgen akxni naukxilhkana:** 15 xla mayo xla 2020.

**Xtakuwaní tatatlá:**

Xiwan Kutse Dias Konsales.

**Kata:** 23.

**Tu litaxtuy:** Chixkú.

**Wantu natakgnsnikana:**

Lipekua napakatsana chu napatlanana chu nakgalhiya pokganat.  
 Makuchina Araseli Kuevas Ernandes

**Xtakuwaní makuchina chu wan ti makuchin**

**Wantu nalikuchuna:**

- Amoksisilina xa 500 mk., 5 kilhtamakú wakan akgatunu likuchun xli akgtsayan ora chali chali.
- Ibuprofeno xa 400 mk., akgututu kilhtamakú wakan akgatunu likuchun xli akgkutuy ora chali chali.
- Elektrolitos orales xa 500 ml., wakan akgtum dosis xa 500 ml. chu akgututu kilhtamakú xlakata nalikgotnana.

**Wa tuku militlawat:**

Akgututu kilhtamakú nalijaxa, likgalhxtakgnana chu lhuwa milikgotnat.

  
 Milimakgaxiwin

## Kalitakgalhchiwinanti mimakgalhtawakgana mintakgalhtin.

¿Tuku tamakatsinin xlikgalhit xlichatunu nima tlakg tasiy xatatsokgni?

¿Tikú xmaklakaskinka xlikatsit akgatunu amá tamakatsinin xla amá tatsokgni?

¿Tikú mastakgoy amá tamakatsinin? ¿Tuku xpalakata?





**Makglhuwa kalekgalhtawakga aktsu tamakatsinin kuchina, chu kamakgtayan mimakgalhtawakgana.**



**Kaputsa nak aktsu tamakatsinin kuchina amá tamakatsinin nikuma skinkan chu kakgalhti takgalhskinin.**

¿Tikú xla amá aktsu tamakatsinin kuchina?

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¿Ama latamanín tuku litatatlay?

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¿Tuku litlawat xpalakata natatlaniy?

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¿Tuku naway xpalakata natatlaniy?

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**Kalekgalhtawakga laktitsu tatsokgni chu  
katampilhtiti nima makgatsi laktitsu tatsokgni,  
kamakgtayan mimakgalhtawakgana.**

1. Lhuwa xlijaxat, chuna kilhtamaku:

**akgkitsis kilhtamakú.**

**akgtutu kilhtamakú.**

2. Xkata ti tatatlay xla:

**32 kata.**

**23 kata.**

3. Amá tatatla nakgalhi akgtum:

**xlikgaxtakgna xachuchutwa.**

**likgalhxtakgnana.**

4. Amá latamán tatatlay pakatsanawi nachuna kgalhi:

**patlanat chu pokganat.**

**patlanat chu lhkuyatlama.**



## Kaukxilhti liukxilhtin chu kalekgalhtawakga laktitsu tatsokgni kamakgtayan mimakgalhtawakgana.



Amá latamán lhuwa nakgotnan chuchut xpalakata pala natatlani.



Amá makuchina Araseli Kuevas Ernandes tsokglhi uma aktsu tamakatsinin kuchina.



Amá tatatla wa chatum chixku tiku kgalhi 23 kata.



**Kalimakgatawakga wantu limin Limakgatsokgni xasasti laktitsu tatsokgni nalikaxtlawaya xalaklanka limakgatsokgni chu limakgatsokgni nima lekgalhtawakgapat.**



**Kalekgalhtawakga tachiwin chu kaputsa  
nak xatalakgwilha limakgatsokgni  
kamakgtayan mimakgalhtawakgana.**

- |               |           |
|---------------|-----------|
| 1. wati       | 2. taway  |
| 3. likuchun   | 4. lukut  |
| 5. pumakuchin | 6. palhka |

p	u	m	a	k	u	ch	i	n	t
ch	n	e	j	m	x	p	kg	e	a
w	m	l	i	k	u	ch	u	n	w
a	s	u	e	y	w	n	a	i	a
t	a	k	ts	o	j	u	m	u	y
i	kg	u	a	m	e	x	p	e	p
lh	m	t	y	u	ts	m	k	u	t
x	t	p	a	lh	k	a	w	y	x



**Kalimakgatawakga wantu limin  
Limakgatsokgni xasasti laktitsu  
tatsokgni nalikaxtlawaya xalaklanka  
limakgatsokgni chu limakgatsokgni  
nima lekgalhtawakgapat.**



**Kalekgalhtawakga amá xalaktsu tachiwin chu kamakgtayan mimakgalhtawakgana kalakgachinu amá limakgatsokgni *p, l, w*.**

putama

likgalhxtakgna

wakax

pakglhcha

tapekgsin

pachukuna

litsokgni

pulatamán

listalanit

wati

wakgni

kgolotsin

puyu

kgalhtawilh

jalanat



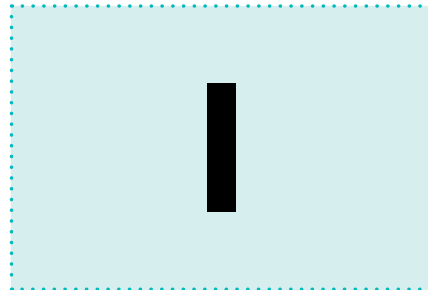
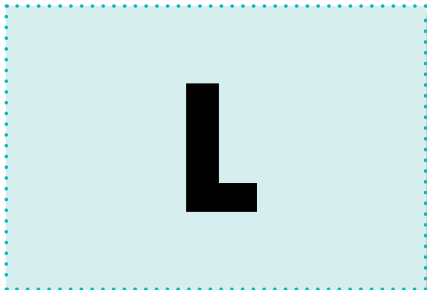
**Kalimakgatawakga wantu limin Limakgatsokgni xasasti laktitsu tatsokgni nalikaxtlawaya xalaklanka limakgatsokgni chu limakgatsokgni nima lekgalhtawakgapat.**

**Kalegalhtawakga laktitsu tatsokgni chu  
tanks kaukxilhti laku maklakaskinkan  
xalaklanka limakgatsokgni kamakgtayan  
mimakgalhtawakgana.**



Putsamaka Pilipi nak pumakuchin.

Xalhtulh makgat chiwinanacha chu lustalanka  
takgaxmat. Pixlanka chiwinan.



Kintata walacha nak Limakgoson.

Lilh xpuskujni otana.



**W**

**w**

Xkgawasa Wenseslao lu skgalala.

Wix lu snun kinpaxkiya.

**P**

**p**

Luklhtataputun. Pi xlakaskinka niku kilalh.

Latamanín nak Puebla xapaxawa.



**Kalimakgatawakga wantu limin  
Limakgatsokgni xasasti laktitsu  
tatsokgni nalikaxtlawaya xalaklanka  
limakgatsokgni chu limakgatsokgni  
nima lekgalhtawakgapat.**



## Makglhuwa kalekgalhtawakga tatsokgni chu tanks naukxilha.



### Kalakapastakti pi...

Amá **aktsu tamakatsinin kuchina** wa akgum tatsokgni nikuma mastay tuku militlawat chu lantla militlawat pala nastalaniya wantu nalikuchuna, xpalakata natatlaniy. Unu aktanks tatsokgnit, lantla nakuchuna nima maxkin mimakuchina.

### Amá **aktsu tamakatsinin kuchina**

kamalagachanikan latamanín tiku lu maklakaskin chu xtamakatsinin talakkaxlawanit nak niku litalakgtanunit:

- **Tamakatsinin xliputun xla tatatla.** Kgalhi tamakatsinin nima lu xlakaskinka nima latamán tuku ukxilhmaka: xtakuwaní, xkata chu tuku litaxtuy.
- **Liputsaninikana.** Tatsokga tuku litatatlay nima kgalhi latamán.
- **Lantla nakuchuna.** Tatsokga xlikuchun, nikunla maxkikan chu nikuntla naway chu tu kilhtamaku naliway.
- **Lantla militlawat xliputum.** Wanikan latamanín tuku xlitlawat pala natatlani chu wantu nalikuchuna tlan nakgantaxtuy.
- **Tamakatsinin xla makuchina.** Kgalhi lu xlakaskinka tamakatsinin xla chatum latamanín chu mastay wantu nalikuchuna: putum xtakuwaní, limakgaxiwin chu sédula profesional.
- **Taputlakgen naukxilhkana.** Tatsokga tu kilhtamaku, xla papa' chu xakata nima ukxilhka latamán.

**Kalekgalhtawakga xalakhman tachiwin chu kalaklhtit “X” pi xaxlikana chu pi nixaxlikana, kamakgtayan mimakgalhtawakgana.**

<b>Xalakhman tachiwin</b>	<b>Xlikana</b>	<b>Ni xlikana</b>
Amá aktsu tamakatsinin kuchina kgalhi liukxilhtin.		
Kgalhi tamakatsinin xla latamán tiku nakuchuna.		
Kgalhi niku wi xchik xla tatatla.		
Kgalhi xlikuchun chu lantla naway.		
Kgalhi tamakatsinin xla latamán nima maxkikan wantu nalikuchun.		



**Kalekgalhtawakga akgatunu xakmaklakaskinka chu kalaklhtit pi Tlan/Ni tlan, pi maklakaskina lekgalhtawakgaya akgtum aktsu tamakatsinin kuchina, kamakgtayan mimakgalhtawakgana.**

Kmaklakaskinka	Pi maklakaskina lekgalhtawakgaya akgtum aktsu tamakatsinin kuchina	
	Tlan	Ni tlan
Maklakaskin katsi niku liwaya natlawakan Xamana Nasional Salud.		
Pi katsiputun nikunla pastiya chu <i>jarabe</i> nakuay.		
Pi katsiputun niku xlimakgwa nakuay kilikutchun.		
Pi kwi nak Pumakuchin chu maklakaskin katsiy tu lilhtukun ni kgalhi kinkgawasa.		
Pi kwi niku tastay likuchun chu maklakaskin katsiy tu likuchun naktamaway.		

**Kalitakgalhchiwinanti mimakgalhtawakgana amakgapitsi xmaklakaskinka akxni talakaskin lekgalhtawakgay akgtum aktsu tamakatsinin kuchina.**



## Kaukxilhti amakgo liukxilhtin chu kalekgalhtawakga tuku wankgoy amá latamanín.



Lu xakamputun, ¿chu ni tantlikgoka?

xpaxkua xtakgalhsputni takgalhtawakga xla kintsumat Julia lu tlan tlawakalh. Xapulana akgchiwinankgolh mapakgsinanin xalak pulatamán xpalakat kawanikan pi laktsu kaman titum nalenkgoy xtakgalhtawakgakan.

¡Chuna! Laktsu kaman tantlikgolh, alistalh tlawakgolh xpalakata aku kiakgchiwinankgolh mapakgsina, chiwinalh xapuxku makgalhtawakgana xalak pukgalhtawakga, tamakatsinilh tlan talakpuwan xpalakata amá kaman tlan makgantaxtikgolh.





Akxni akgchiwinalh, xapuxku makgalhtawakgana chu xasikulanatlat xtakgalhsputni takgalhtawakga, kamakamaxkilh sertifikado. Chatunu kaman katasanilh.

Chu nak xlikgalhsputni liputum kaman chu makgalhtawakganani tamakxtumikgolh xpalakata namaxtukgoy xlapapunkan.



## **Kalitakgalhchiwinanti mimakgalhtawakgana mintakgalhtin.**

- ¿Tuku lichiwinalh puskat?
- ¿Wa tuku akgspulanit chu aku nakgspulay?
- ¿Lichiwinalh wantu akgspulanit?
- ¿Tuku xpalakata xlakaskinka tanks nalichiwinana tu akgspulanitan?
- ¿Tuku tamakatsinin xlakaskinka xpalakata tlan nalichiwinan wantu akgspulanitan?



**Tanks kagxapati tamakatsinin tuku nawanilenan  
mimakgalhtawakgana xla tatsokgni chu  
kalikgalhchiwinanti.**



**Kalakapastakti pi...**

Makglhuwa xlakaskinka, **xlichiwinat** tuku akgspulanitan chu tlan nataxtuyacha, xlakaskinka liwana namatixtumiyaw watu lichiwina mputunaw, xpalakata nakgataksgkoy makgapitsin tu ni ukxilhnit, wa tu nalichiwinanaw wa naliakgataksgkoy chu nalikapastakkoy.

Akxni lichiwinanaw, lakaxtlawayaw takgalhchiwin xla achatum latamaní, nuku makamaxkiyawa tamakatsinin xpalakata tlan nalikapastak tuku lixakgatlimaw.

Akxni **xlichiwinat**, tlan nalamakgamakgtayayaw xla talakgtsokgxtu xlanan latamanín chu xla pulatamán nachuna xla tuku makglhkatsin akxni, tuku lakapastawaw, xla latamanín chu tuku tlawakgonit.

**Xlichiwinat** lilakaxtlawakan kintachiwinkan wantu kinkakgspulanitan.

**Kaukxilhti amakgo liukxilhtin chu  
kalitakgalhchiwinanti mimakgalhtawakgana lanla  
nalichiwinanatit akgatunu kmaklakaskinka.**



## Kalitamakgtaya uyma takgalhskinin.

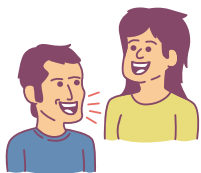
¿Tuku lama?

¿Tikú wilakgo chu tuku tlawamakgo chatunu?

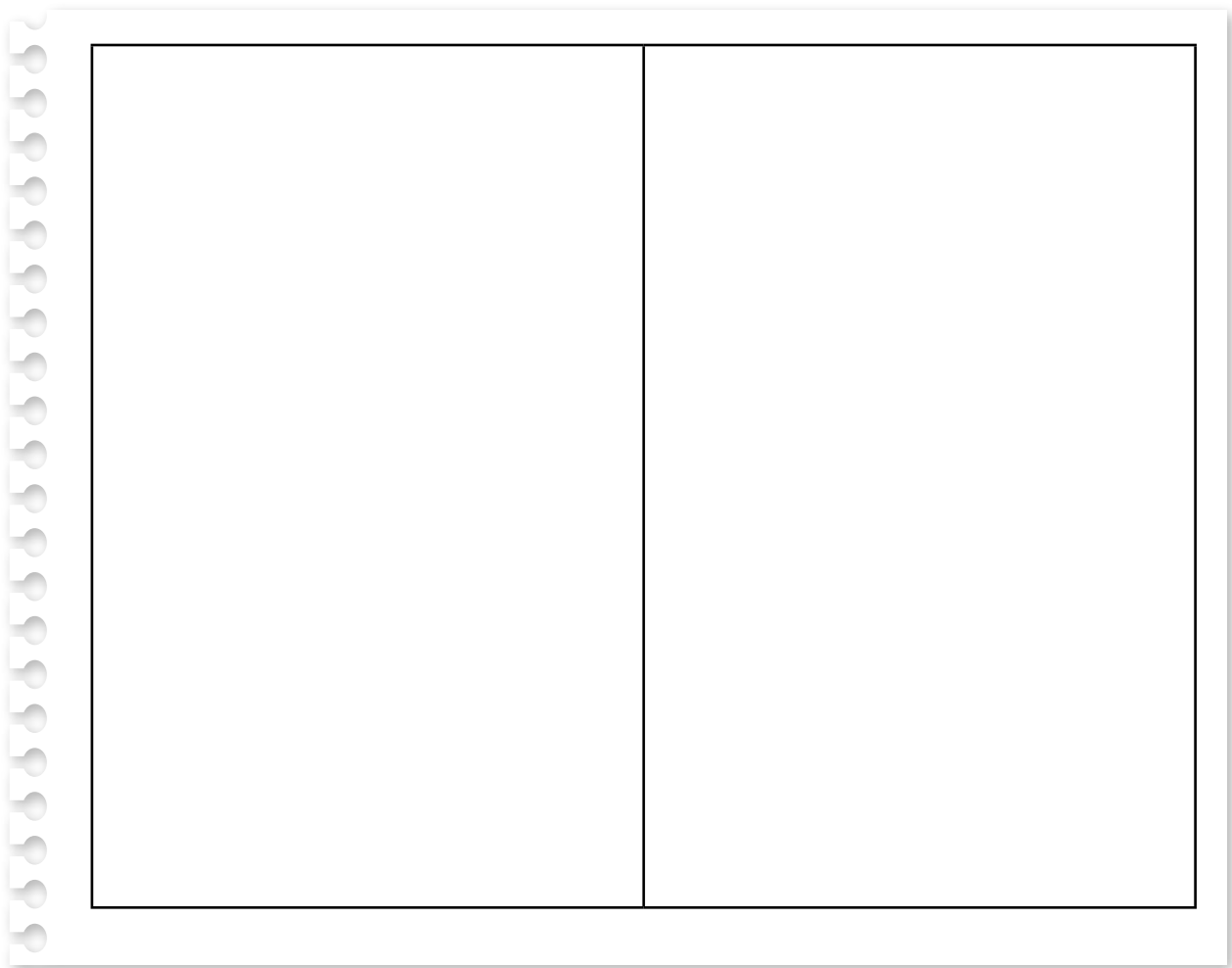
¿Nikú wilakgo?

¿Tuku lanit lakatum kmaklakaskin chu alakatum?

¿Lantla natatixtumí kmaklakaskinka xpalakata tlan  
nataxtuyacha?



**Kalakapastakti tipatum kmaklakaskinka  
tuku akgspulanitan chu katlawá  
unu akgchaxán kmaklakaskinka  
tuku akspulanitan. Kamaklakaskinti  
xastatijwa nak pulakatunu.**

**Kalitamakgtaya mintalakhkatawalan xpalakata nalekgalhchiwinana mintakgalhtawakganenin nachuna kagxapati tuku wankgoy.**



**Katalakgpali mintakgalhtawakgana xtalakhkatawilan chu kalekgalhwinantit tuku lanit, pi wi ti patsankgalh, tlan natatlawaya takgalhskinin xpalakata nalimakgatsiya tamakatsinin.**

**Tanks kagxapati tamakatsinin tuku nawanilenan mimakgalhtawakgana xla tatsokgni chu kalikgalhchiwinanti.**



## Kalakapastakti pi...

Amá **lichiwinat** akgtum tamakgatawakga xtaskujut kiakgxakgakan chu laku chiuinanaw. Tanks nakatsiya xatitaxtumí tulichiuinankan, nachuna xalatamanín tiku lichiuinankgoy chu tutlawakgoy, xpalakata talichiuin tlan nataakgatakgsa. Pi xlakaskinka nalaktsokgxtuya pulatamán anta niku lichiuinamaka xlakaskinka natamastaya putum xlitalakgapasni, xpalakata tanu latamán tlan naakgatakgsa. Lu xlakaskinka namastayaw xaxlikana tamakatsinin, uma talakpuwan xliakgatakgsat atanu nachuna xlakaskinka natatixtumí chu stalanka xalichiuinat tu akspulanitaw nak kilatamatkan.

**Kalichiuinampala wantu akgspulanit mintakgalhtawakgana, kalitamakgtaya liukxilhtin chu tamakatsinin nima tlawanitata nakxastatiwa.**



**Kalichiuinanti tuku katsi chu liwana nalakapastak xpalakat nalichiuinana tuku akgspulanitan.**

¿Lantla natalichiuinan tuku akgspulanitan?

¿Lanchu tlan tanks nalichiuinana? ¿Tuku xpalakata?

¿Tuku xpalakata kuenta militlawat akxni kgaxpata takgalhchiwin xla achatunu latamanín?

¿Lantla makgtayayan uma xpalakat tlan nakgatakgsa takgalhchiwin xla achatum latamán?



## Kaukxilhti liukxilhtin chu kavgaxpati tuku lekgalhtawakgay mimakgalhtawakgana xpalakata tu puwan puskat.



## Kalitakgalhchiwinanti mimakgalhtawakgana mintakgalhtin.

¿Tuku xpalakata amá puskat maklakaskin tsokgnan amá tatsokgni?

¿Tuku wanikan amá tatsokgni nima tsokgli?

¿Maxkikanitata akgtum tatsokgni xtanana amá?

¿Tuku xpalakata?

¿Tuku xlilat uma tatsokgni?





## Kalekgalhtawakga tamakatsinin tatsokgni kamakgtayan mimakgalhtawakgana.

Chilpansinko, xla Kerrero, 8 xla julio xla 2020.

Markarita:

Wix kintsumat, tlan katawilapi chu nitu kaanalh tajatat.

Ktsokgnaniman xpalakata katsiputun lakuntla walapi chu kakiwani chi kgantaxtuma mintaskujut. Na chuna, kwaniyan pi kpaxuwama xpalakata tlan kimakgalhtawakgamaka amá lakkgawasan, amá lakkgawasan menkgoy nak kachikin chu lu tlan talikatsi. Amá likatsinima laku tsokgnunkan la uma tamakgatsinin tatsokgni na chuna katsinilh ktlaway kintamagxiwin.

Min sikulanatsi, tiku ni xkatsiniy kalhtawakgay chu tsokgnan, kimakgpuwintinilh xpalakata nakan makgalhtawakgay lakatsu nak Pumakuchin. Kinkgalhtsayankan tiku kalhtawakgamanaw kakgotanun, chu limakxtum klamakgtayayaw xlimakgwa kinkamasiniyan kimakgalhtawakgana, tiku nachiwinan kintachiwinkan.

Tlan ka makglhkatsi pi akit tlan kgalhtawakgay chu tlan ktsokgnan, chuna xankgalhin na la tsokgnaniyaw chu lakatsu namakglhkatsiyaw. Akxni natana kchiki, nak likgalhtawakganiyan akgum litakgalhchiwin tuku wanikan "Xalitakgalhchiwin xla takgalhtawakga". Min ama litakgalhchiwin naklekgalhtawakga wan tu kinkamaxkikanitan. Chakkatsi pi na wix nalakgatiya chi akit klakgatilh.

Katamakgtakgalhti chu ni mixtu ka taxtu kmin putaskujut, wix xkiwaninita nak tamakgatsinin tatsokgni, pi anta Estados Unidos katijinin lu laktilankan chu ni lhuwa latamanin lamakgolh. Kakatataxtu mintatasakua, chuna nalamakgtakgalhatit.

Wan mintlat lu lipekua lakapastakan.

Esperansa Kumes Sanches.

## Kalitakgalhchiwinanti mimakgalhtawakgana mintakgalhtin.

- ¿Tuku tamakatsinin limin tamakatsinin tatsokgni?
- ¿Tuku tanks ukxilhti litalakgnunit tamakatsinin tatsokgni?
- ¿Tuku tamakatsinin limin akgatunu xlitalakgnun?
- ¿Tuku xlitalaknun nixlitsankganit akxni natsokga akgum tamakatsinin tatsokgni?



## Makglhuwa kalekgalhtawakga tatsokgni kamakgtayan mimakgalhtawakgana.



### Kalakapastakti pi...

Amá **tamakatsinin tatsokgni** nima nalichiwinana chi mastay tamakatsinin wantu xmaklakaskinkgo chatuy latamanín. Amá tatsokgni, talichiwinana wanti lakgapasa pi nili xakalhiya lumakgat walacha.

Lantla liwana limin xtapakgpitsit akgtum **tamakatsinin tatsokgni**:

- **Pulatamán chu xataputlakgen.** Wantu kilhtamaku chu niku pulatamán tsoknanika amá tamakatsinin tatsokgni.
- **Wanti nalakgchan.** Xtakuwaní xla latamán wanti nalakgchan.
- **Akgtum tamakachipat.** Laktitsu tatsokgni tu xatlan natalichiwinana tiku nalakgchan.
- **Wa lantla tamakatsinima.** Wantu makatsiputuna tiku nalakgchan. Wantu natakgalhchiwinana liwana natsokgnaniya wantu waniputuna.
- **Tachali.** Tachiwin chu xalaktitsu tatsokgni nima lilakaxlay tamakatsinilh tatsokgni chu kgalhi xlikgasputni.
- **Wanti tsokglihi.** Xtakuwaní wanti tsokga tamakatsinin tatsokgni.

# Kgatsokti xtakuwaní xtatastukut akgtum tamakatsinin tatsokgni, anta niku tsankgay tachiwin kamakgtayan mimakgalhtawakgana.

Chilpansinko, xla Kerrero, 8 xla julio xla 2020.

Markarita:

Wix kintsumat, tlan katawilapi chu nitu kaanalh tajatat.

Ktsokgnaniman xpalakata katsiputun lakuntla walapi kakiwani chi kgantaxtuma mintaskujut. Na chuna, kw pi kpaxuwama xpalakata tlan kimakgalhtawakgamaka lakkgawasan, amá lakkgawasan menkgoy nak kachikin chu lu tlan talikatsi. Amá likatsinima laku tsokgnunkan la uma tamakgatsinin tatsokgni na chuna katsinilh ktlaway kintamakgaxiwin.

Min sikulanatsi, tiku ni xkatsiniy kalhtawakgay chu tsokgnan, kimakgpuwintinilh xpalakata nakan makgalhtawakgay lakatsu lakuchin. Kinkgalhtsayankan tiku kalhtawakgamanaw nun, chu limakxtum klamakgtayayaw xlimakgwa kinkamasiniyan kimakgalhtawakgana, tiku nachiwinan kintachiwinkan.

Tlan ka makglhkatsi pi akit tlan kgalhtawakgay chu tlan ktsokgnan, chuna xankgalhin na la tsokgnaniyaw chu lakatsu namakglhkatsiyaw. Akxni natana kchiki, nak likgalhtawakganiyan akgtum litakgalhchiwin tuku wanikan "Xalitakgalhchiwin xla takgalhtawakga". Min ama litakgalhchiwin naklekgalhtawakga wan tu kinkamaxkikanitan. Chakkatsi pi na wix nalakgatiya chi akit klakgatilh.

Katamakgtakgalhti chu ni mixtu ka taxtu kmin putaskujut, wix xkiwaninita nak tamakgatsinin tatsokgni, pi anta Estados Unidos katijinin lu laktilankan chu ni lhuwa latamanin lamakgolh. Kakatataxtu mintatasakua, chuna nalamakgtakgalhatit.

Wan mintlat lu lipekua lakapastakan.

Esperansa Kumes Sanches.

# Kamalagxtupi mintakgalhtin chu kakaxtlawa pi xlakaskinka.

Pulatamán chu xataputlakgen

Wanti nalakgchan

Chilpansinko, xla Kerrero, 8 xla julio xla 2020.

Markarita:

Wix kintsumat, tlan katawilapi chu nitu kaanalh tajatat.

Ktsokgnaniman xpalakata katsiputun lakuntla walapi kakiwani chi kgantaxtuma mintaskujut. Na chuna, kw pi kpaxuwama xpalakata tlan kimakgalhtawakgamaka lakkgawasan, amá lakkgawasan menkgoy nak kachikin chu lu tlan talikatsi. Amá likatsinima laku tsokgnunkan la uma tamakgatsinin tatsokgni na chuna katsinilh ktlaway kintamakgaxiwin.

Akgtum tamakachipat

Wa lantla tamakatsinima

Min sikulanatsi, tiku ni xkatsiniy kalhtawakgay chu tsokgnan, kimakapuwintinilh xpalakata nakan makgalhtawakgay lakatsu uchin. Kinkgalhtsayankan tiku kalhtawakgamanaw n, chu limakxtum klamakgtayayaw xlimakgwa iyan kimakgalhtawakgana, tiku nachiwinan kintachiwinkan.

Tlan ka makglhkatsi pi akit tlan kgalhtawakgay chu tlan ktsokgnan, chuna xankgalhin na la tsokgnaniyaw chu lakatsu namakglhkatsiyaw. Akxni natana kchiki, nak likgalhtawakganiyan akgtum litakgalhchiwin tuku wanikan "Xalitakgalhchiwin xla takgalhtawakga". Min ama litakgalhchiwin naklekgalhtawakga wan tu kinkamaxkikanitan. Chakkatsi pi na wix nalakgatiya chi akit klakgatilh.

Katamakgtakgalhti chu ni mixtu ka taxtu kmin putaskujut, wix xkiwaninita nak tamakgatsinin tatsokgni, pi anta Estados Unidos katijinin lu laktilankan chu ni lhuwa latamanin lamakgolh. Kakatataxtu mintatasakua, chuna nalamakgtakgalhatit.

Wan mintlat lu lipekua lakapastakan.

Tachali

Esperansa Kumes Sanches.

Wanti tsokglhi



## Kalekgalhtawakga amá kmaklakaskinka.

Kalakapastakti chatum latamán nima makgasa nia ukxilha xpalakata makgat wilacha. Katsuku tlawaya tamakatsinin tatsokgni niku nawaniya tuku makglakaskina chu tuku katsiputuna xla amá latamán, kalakapastakti pi titaxtunit lhuwa kilhtamaku chu amá tamakatsinin tatsokgni tlan nalatachiwinanpalay.

## Katlawa akgtum tatixtumí tuku xlicheiwinat amá tamakatsinin tatsokgni.

Wanti nalakgchan:

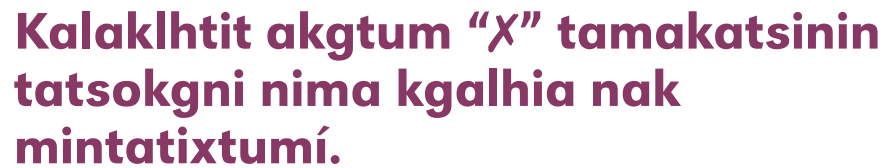
Pulatomán chu xataputlakgen:

Talakpuwan xla tamakachipat:

Talakpuwan xla latamakatsini:

Talakpuwan xla tachali:

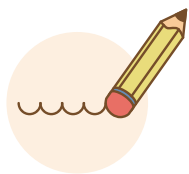
Wanti tsokglihi:



## Katsokgti tamakatsinin tatsokgni.

[illegible]





**Liwana kaukxilhti tamakatsinin tatsokgni kamaklakaskinti uma tatixtumí chu kalaklhtit akgtum “X” wantu ni kgalhi amá tamakatsinin tatsokgni.**

Xlikgalhit taputlakgen chu pulatamán.

Xlikgalhit wanti nalakgchan.

Xlikgalhit wanti tsokglhi.

Xlitsukut pulana akgtum tamakachipat pala wanti nalakgchan.

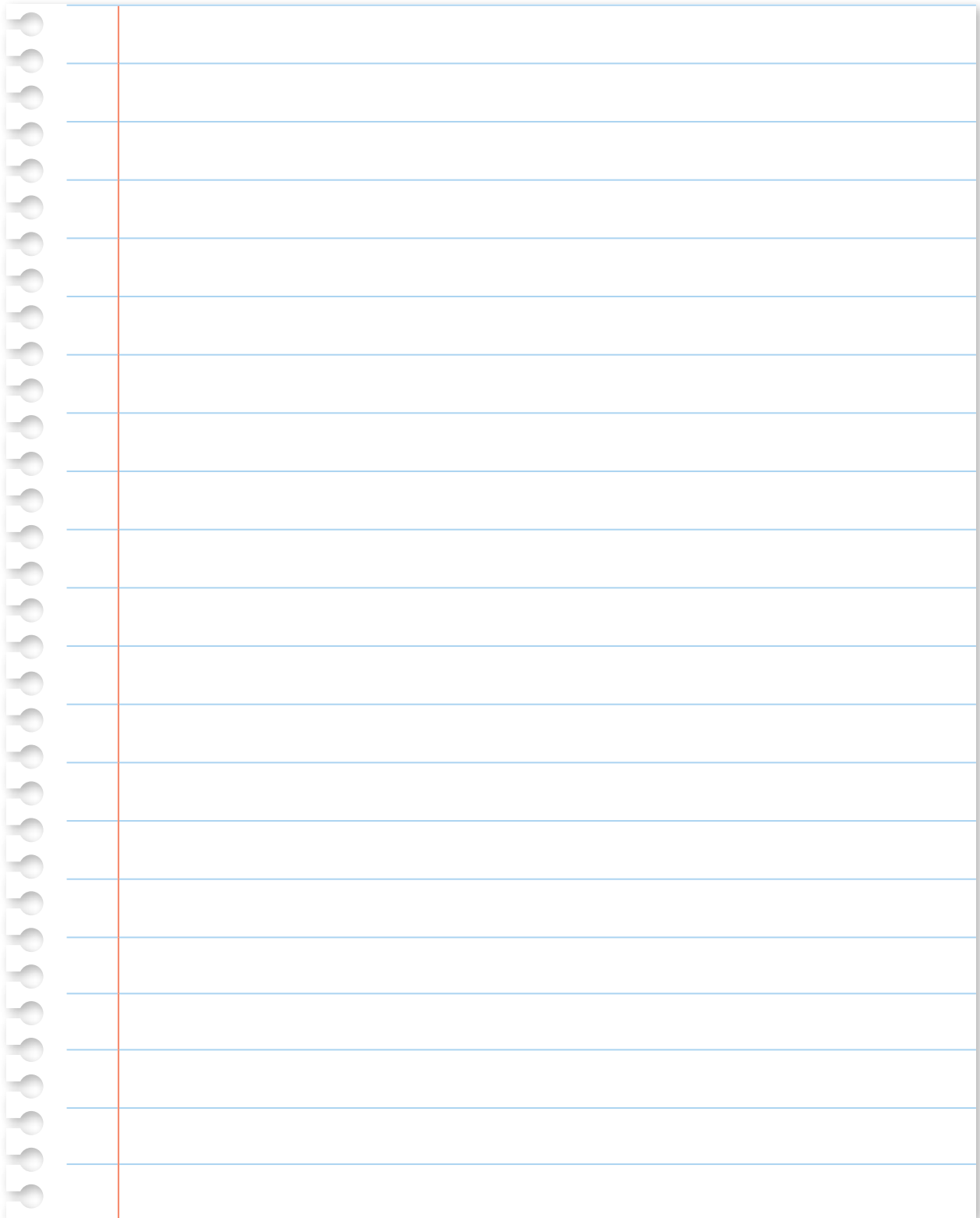
Xlikgalhit lantla tamakatsinima.

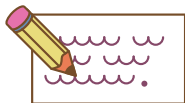
Xlikgalhit tachali.

**Pi litlawa xalaklanka tatsokgni liwana nakatsiya pi:**

- Xtakuwaní xla latamanín chu pulatamán.
- Akxni tsukuy kगतunu tatsokgni.
- Alistalh xla kगतunu niku sputta.

**Pi namaklakaskina kaxtlawaya mintamakatsinin tatsokgni, katsokgpala unu nawaliya tuku kitsankay.**





**Kalekgalhtawakga “37. Wa Prinsipito”  
tuku min nak min Lekgalhtawakga chu  
katsokgti aktutu laktitsu tatsokgni anta  
niku nawamputun tuku litaxtuy tapaxkit,  
laku wan tatsokgni.**

**1.**

**2.**

**3.**



**Kalimakgatawakga wantu limin  
Limakgatsokgni xasasti laktitsu  
tatsokgni nalikaxtlawaya xalaklanka  
limakgatsokgni chu limakgatsokgni  
nima lekgalhtawakgapat.**



**Kalakapastakti chu katsokgti tachiwin  
xla tuku takgalhin chu anangkoy wantu  
litsukuy limakgatsokgni *p, l, w*.**

**p**

.....

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**l**

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**w**

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.....

**Kalixakgatli mintakgalhtawakgana mintachiwin chu  
kagxapati tu nalixakgatlikgoyan amakgapitsin.**



**Kalimakgatawakga wantu limin  
Limakgatsokgni xasasti laktitsu  
tatsokgni nalikaxtlawaya xalaklanka  
limakgatsokgni chu limakgatsokgni  
nima lekgalhtawakgapat.**



**Kalaksakti akgchaxán tachiwin xla  
tuku tlawanita chu katsokgti akgatunu  
laktitsu tatsokgni.**

**1.**

**2.**

**3.**

**4.**

**Kalixakgatli mintakgalhtawakgana laktitsu  
tatsokgni nima tlawa.**



**Kalimakgatawakga wantu limin  
Limakgatsokgni xasasti laktitsu  
tatsokgni nalikaxtlawaya xalaklanka  
limakgatsokgni chu limakgatsokgni  
nima lekgalhtawakgapat.**



## **Kalekgalhtawakga chu katampilhtitti nima maklakaskin natatsokga tamakatsinin tatsokgni kamakgtayan mimakgalhtawakgana.**

1. Malia makatsiputun pulatamán pi stama kuxi chu kiwi anta xchik chu nachuna kaxlaway puway pala xa tuku paxkua.
2. Jesús katsiputun lantla wi xkumpali Xiwan, pi makgasa anit tanu kachikin chu nixni axakgatli.
3. Tsolio waniputun xtsumat pi alh kaltawakgay alakatunu kachikin pi amá kata lan makgalakgolh chu ni makgas nalakgapaxalhnán.
4. Pisente tsoknaputum xtakuwanikan xla latamanín nima nakichinkgoy unu tamakgxtumit xla putum tiku kgalikgoy xlakkgawasan xpalakata naskinkgoy putawilh nima tsankgakgoy.
5. Lawis waniputun xlatakawasasa pi tlan makgatakgalhñit xpukuxtu chu xtakgalhin chiyu pi anit xlikilhtutu chu ni kalikgaputsalh.

## **Kalitakgalhchiwinanti mintakgalhtin mimakgalhtawakgana.**

¿Niku amakgapitsin xmaklakaskinka xlitsoqgnat akgtum tamakatsinin tatsokgni?





## Kamalaxtupi pakgtuy tatsokgni.

Chilpansinko, xla Kerrero, 8 xla julio xla 2020.

Markarita:

Wix kintsumat, tlan katawilapi chu nitu kaanah tajatat.

Ktsokgnaniman xpalakata katsiputun lakuntla walapi chu kakiwani chi kgantaxtuma mintaskujut. Na chuna, kwaniyan pi kpaxuwama xpalakata tlan kimakgalhtawakgamaka amá lakkgawasan, amá lakkgawasan menkgoy nak kachikin chu lu tlan talikatsi. Amá likatsinima laku tsokgnunkan la uma tamakgatsinin tatsokgni na chuna katsinilh ktlaway kintamakgaxiwin.

Min sikulanatsi, tiku ni xkatsiniy kalhtawakgay chu tsokgnan, kimakgpuwintinilh xpalakata nakan makgalhtawakgay lakatsu nak Pumakuchin. Kinkgalhtsayankan tiku kalhtawakgamanaw kakgotanun, chu limakxtum klamakgtayayaw xlimakgwa kinkamasiniyan kimakgalhtawakgana, tiku nachiwinan kintachiwinkan.

Tlan ka makglhkatsi pi akit tlan kgalhtawakgay chu tlan ktsokgnan, chuna xankgalhin na la tsokgnaniyaw chu lakatsu namakglhkatsiyaw. Akxni natana kchiki, nak likgalhtawakganiyan akgtum litakgalhchiwin tuku wanikan "Xalitakgalhchiwin xla takgalhtawakga". Min ama litakgalhchiwin naklekgalhtawakga wan tu kinkamaxkikanitan. Chakkatsi pi na wix nalakgatiya chi akit klakgatilh.

Katamakgtakgalhti chu ni mixtu ka taxtu kmin putaskujut, wix xkiwaninita nak tamakgatsinin tatsokgni, pi anta Estados Unidos katijinin lu laktilankan chu ni lhuwa latamanin lamakgolh. Kakatataxtu mintatasakua, chuna nalamakgtakgalhatit.

Wan mintlat lu lipekua lakapastakan.

Esperansa Kumes Sanches.

## Tamakatsinin tatsokgni



**Makuchina Araseli Kuevas Ernandes**  
**Makuchina ti Pachukuna chu Palhitna**  
**Liputlhakgen xla Sédula Profesional: 0810347**



**Taputlakgen akxni naukxilhkana: 15 xla mayo xla 2020.**

**Xtakuwaní tatatlá:**

Xiwan Kutse Dias Konsales.

**Kata:** 23.

**Tu litaxtuy:** Chixkú.

**Wantu nataksnikana:**

Lipekua napakatsana chu napatlanana chu nakgalhiya pokganat.  
Makuchina Araseli Kuevas Ernandes

**Xtakuwaní makuchina chu wan ti makuchin**

**Wantu nalikuchuna:**

- Amoksisilina xa 500 mk., 5 kilhtamakú wakan akgatunu likuchun xli akgtsayan ora chali chali.
- Ibuprofeno xa 400 mk., akgututu kilhtamakú wakan akgatunu likuchun xli akgkutuy ora chali chali.
- Elektrolitos orales xa 500 ml., wakan akgtum dosis xa 500 ml. chu akgututu kilhtamakú xlakata nalikgotnana.

**Wa tuku militlawat:**

Akgututu kilhtamakú nalijaxa, likgalhxtakgnana chu lhuwa milikgotnat.

  
Milimakgaxiwin

## **Aktsu tamakatsinin kuchina**

### **Kalitakgalhchiwinanti mimakgalhtawakgana mintakgalhtin.**

¿Tuku tatsokgni uma?

¿Tuku wanikan pulakgatunu?

¿Tuku litalakgpaliy akgatunu tatsokgni?

¿Tuku lilayaw akgatunu tatsokgni?

## Xlitlawat takgalhtawakga 2

**Akxni namasputuy xlitlawat takgalhtawakga, amá latamanín lakkgawasan chu wanti lenkgoy xkatakan:**

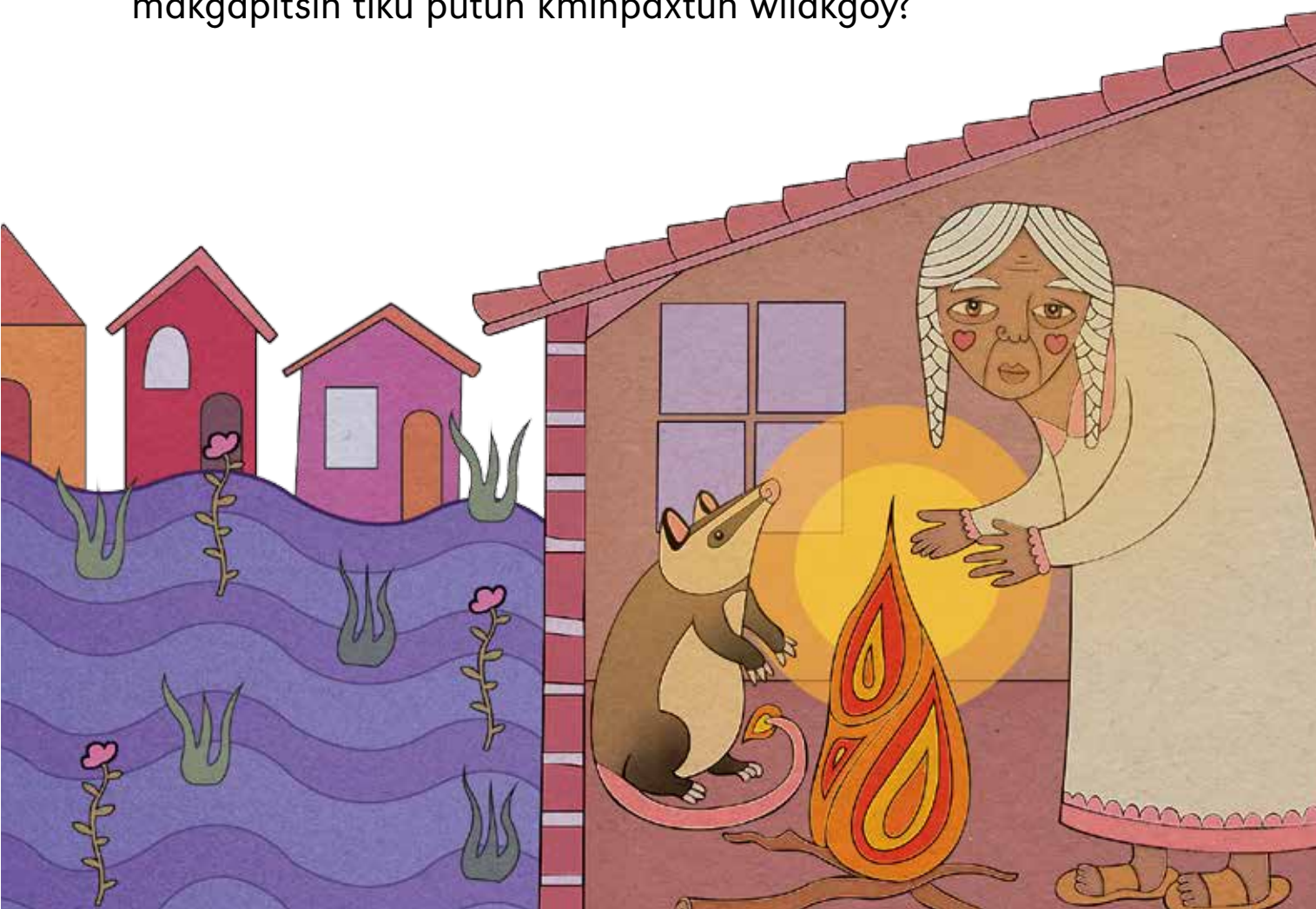
- ❖ Nalekgalhtawakgaya xlitrukún xtakuwaní chu xlikilhaktuy xtakuwiní **amá tatsokgni xaitat kapsnat** niku lichiwinan **Xmakgtakgalhna xatipalhuwa talismanin chu tachiwin xalak Méjiko** xlakata nakatsiya tuku min xpulaktanu.
- ❖ Nakalagapasa xlakaskinka talakapastakni xla **tatsokgni xaitat kapsnat** niku talichiwinan **Xmakgtakgalhna xatipalhuwa talismanin chu tachiwin xalak Méjiko** chu alistalh nalichiwina.
- ❖ Wantu mintalakapastakni nakatsokga tuku xlileanat **xatatsokgni lakgaxlat**.
- ❖ Natsokgnana, liwana naukxilha chu nalakkaxwali maktum **xatatsokgni lakgaxlat**.
- ❖ Liwana nalagapas tuku litalakgnunit chu kmaklakaskinka tatsokgni wantu nalekgalhtawakgaya chu natsokga.
- ❖ Nalagapasa niku maklakaskinkan xalanka limakgatsokgni naktatsokgni.
- ❖ Nalagapasa chu natsokga umakgo litsokgni *j, kg, y*, nakxatipalhuwa tachiwin tuku katsakgsamaw.
- ❖ Nalichiwina tuku akgspulalh amakgapitsin latamanín namaklakaskina tachiwin xla kilhtamaku.
- ❖ Nalagapasatamakatsininxlatatsokgnitukulichiwinankgoy amakgapitsin latamanín.

## Takgalhchiwin xla takgalhtawakga



**Kaputsa nak Lekgalhtawakga wa  
tatsokgni “28. Amá xtan chu lhkuyat”  
chu alistalh kalitakgalhchiwinanti  
mintakgalhtawakgananin chu  
mimakgalhtawakgana.**

¿Tuku takatsin mastay uma takgalhtawakga?  
¿Tuku lakwan xtayat uma xtan makgantaxtilh  
wantu xlapastaknit chu nitiku xmatlaní?  
Pi uma lhkuyat xwa kinlekgalhtawakgan,  
¿tuku xtlawa pi xlakchan chu xkamalagchani  
makgapitsin tiku putun kminpaxtun wilakgoy?







## Kakaukxilhti amakgo liukxilhtin chu kalekgalhtawakga tuku wankgoy amá latamanín kamakgtayan mimakgalhtawakgana.

uku nalikgalhchiwinanaw xlimapekgsin xmakgtakgalhna xalak limaxkganin pulatamán chu xlanan lakpuskan, ¿wanti lakgapasa akgtum xlimapekgsin xmakgtakgalhna latamanín?

Kgalhiyaw makgtakgalhna xla takuchun.

¡Tlan amá listalanit! Kalikgalhtawakgaw tatsokgni xaitat kapsnat wantu limin xlimapekgsin xmakgtakgalhna latamanín.



Lantla ukxilhatit unu, uma tatsokgni xaitat kapsnat tlan nalekgalhtawakgaya makgapitsi xla xlimapekgsin xmakgtakgalhna latamanín nachuna namakatsiniyan niku natakgasa tamakatsinin.

## Kalitakgalhchiwinanti mimakgalhtawakgana mintakgalhtin.

- ¿Tuku wanikan tatsokgni wantu lekgalhtawakgakgolh lakpuskan?
- ¿Tuku xpalakata xlakaskinka nalekgalhtawakgakakgoy?
- ¿Ukxilhnita xtachuna tatsokgni? ¿Nikú?
- ¿Tuku xlilat uma tatsokgni?



**Kaputsa naktatsokgni xaitat kapsnat  
“Xmakgtakgalhna xatipalhuwa talismanin  
chu tachiwin xa lak Méjiko” chu  
kalekgalhtawakga xlotsukún xtakuwaní  
tatsokgni nachuna xliakgtuy takuwaní.**



**Kalitakgalhchiwinanti mimakgalhtawakgana  
mintakgalhtin.**

1. ¿Tuku lakpuwana lichiwinan tatsokgni xaitat kapsnat akxni ukxilha xtakuwaní xla tatsokgni?
2. ¿Tuku tamakatsinin liminkgoy anta unu xlitalaknun?
  - Xtakakni xatipalhuwa talismanin chu tachiwin xa lak Méjiko.
  - Xmakgtakgalhna lichatum.
  - Xmakgtakgalhna xaliputum.
  - Pi tlakg katsiputuna.



**Kalekgalhtawakga tatsokgni xaitat kapsnat chu kalitakgalhchiwinanti mimakgalhtawakgana tuku akगतakgsnat. Makglhuwa kalekgalhtawakga.**



**Kalikgalhti takgalhskinin chuna lantla wan tatsokgni xaitat kapsnat.**

¿Nikumá amakgapitsin xmakgtakgalhna liputum xalak limaxkganin pulatamán?

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Kamapakuwi tuku kapsnat tlan naukxilha pi wix tlakg katsiputuna.

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¿Nikumá amakgapitsin xmakgtakgalhna chatunu latamanín anan?

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**Kalekgalhtawakga laktitsu tatsokgni chu kalalimachipi talhtitni amá liukxilhtin nima lekgalhti.**

Méjiko akgtum pulatamán niku wi xatipalhuwa talismanin, katuwan anan chu tachiwin anan kakilhtamaku.



Uma Konstitusión Política xa lak Estados Unidos Mejikanos kakninaní xatipalhuwa talismanin xlikalanka kinpulatamankan.



Akxni Ihuwa katsiputuna tlan naukxilha palakatayiná xla Limapakgsin Xmakgtakgalhna xa Putum Tachiwin Laktsu Kachikinin.



**Kalimakgatawakga wantu limin Limakgatsokgni xasasti laktitsu tatsokgni nalikaxtlawaya xalaklanka limakgatsokgni.**



**Kalekgalhtawakga xalaktsu tachiwin kamakgtayan mimakgalhtawakgana.**

kujunat

jili

**j**

jini

tajna

lakkawasan

makgalhtawakgana

**kg**

lekgawahtawakga

litakgalhchiwin

xuy

stiya

**y**

stiyun

puyu



**Kalimakgatawakga wantu limin Limakgatsokgni xasasti laktitsu tatsokgni nalikaxtlawaya xalaklanka limakgatsokgni chu limakgatsokgni nima lekgalhtawakgapat.**



**Kalekgalhtawakga tachiwin chu katsokgti niku xlianat.**

akgskgalala
way
kgalhwat
jin

tlan xtayat
kgawasa
jin
yat

lisokgni
tajná
wayá
jaka

**j**

**kg**

**y**

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**Kamalaxtupi tatixtumí xla tachiwin atanu takgalhtawakgana.**



**Kalimakgatawakga wantu limin  
Limakgatsokgni xasasti laktitsu  
tatsokgni nalikaxtlawaya xalaklanka  
limakgatsokgni chu limakgatsokgni nima  
lekgalhtawakgapat.**

**Kalekgalhtawakga laktitsu tatsokgni chu tanks  
kaukxilhti laku maklakaskinkan xalaklanka  
limakgatsokgni kamakgtayan mimakgalhtawakgana.**

**J**

**j**

Makgamakglhtinalh xkapsnat tsoknu Jun.

Xkgawasa Malia linika kuchina. Jiksway katsisni.

**Kg**

**kg**

Kgawasa kgalhi tamakgtakgalhna nak kapsnat  
nima wi pumapekgsin.

Kgolo namakgtakgalh chu namatlanki xtachiwin.

**Y**

**y**

Yukatán lipekua malaknuy xlistat.

Kinkuku Yair Ihan likatsi.



**Kalimakgatawakga wantu limin  
Limakgatsokgni xasasti laktitsu  
tatsokgni nalikaxtlawaya xalaklanka  
limakgatsokgni chu limakgatsokgni nima  
lekgalhtawakgapat.**



**Makglhuwa kalekgalhtawakga tatsokgni  
kamakgtayan mimakgalhtawakgana.**



### **Kalakapastakti pi...**

Akgtum **tatsokgni xaitat kapsnat** wa lakaskinkan akxni tamakasiniputun liputum latamanín akgtum tachiwin tuku xlakaskinka. Uma tatsokgni kalakgchan latamanín, xatipalhuwa laliwan lakgapaskgokan, tlan nakgatakgsa chu lekgalhtawakgakan, xpalakat aktsu chu xalakaskinka tuku tamakatsinin limin.

Nak **tatsokgni xaitat kapsnat** xankgalhin natakgsa uma tamakatsinin:

- **Xakgoxkga lekgalhtawakga.** Wa tu kilhpula kapsnat chu nakgalhiy liukxilhtin chu makgapitsin laktitsu tatsokgni tuku nalichiwinankgo tu tamakatsininamputun naktatsokgni xaitat kapsnat.
- **Xlitsukún tatsokgni chu xliakgtuy xlitsukún tatsokgni.** Nak xpulakni tatsokgni xaitat kapsnat, talakpitsikgonit tamakatsinin chu tuku luchiwinan.
- **Xakgekgoxkga lekgakhtawakga.** Wa tu stalaniy xlitakgechaw kapsnak; xankgalhin anta namin lakuntla skukan nachu limin niku tatakgsa akgampatu tamakatsini.





## Kalichiwinanti lantla talakgnunit tatsokgni xaitat kapsnat.

## Kalalimachipi akgtum talhtitni wa tu tamaklakaskin naktatsokgni xaitat kapsnat.

### Kmaklakaskinka

Puskat Tere lakgati lhuwa nakatsiy laku natamakgtakhalha xtaway xpalakat lanchu kgalhinan xtsumat.

Tunia tlakg katsiputun xpalakat *Vida Suero Oral*, tuku limaklakaskinkan chu niku xliskinat.

### Tatsokgni xaitat kapsnat





## Kaukxilhti amakgo liukxilhtin chu kalekgalhtawakga tuku wankgoy amá latamanín kamakgtayan mimakgalhtawakgana.



¿Win tuku kinkatsangkaniyan xpalkata na matsikiyaw lanchu uma paxkua xla uma kata?

Ni kanalay, xlikgotana chinkgonit putum tiku tamakatsininit.

Akgtut xamana laku ktachiwinanitaw kura xpalakata natlaway misa xlipaksi kilhtamaku chu anta natawila.



Amá lakpuskatin kakgotana katsisni wilakgolh, laksakmakgo tu lin liwat chu kaxtlawamakgo liwat xla liputum.

Lanchu **tsisa**  
liminka kuete  
nachuna  
limaxkgakgen anta  
ksikulan.



Uma pustan xla  
paxkua tatawilh nak  
plasa lata **lunax**,  
lhuwa latamanín  
taminkgonit.

Amá tiku nalhakgnankgoy  
nachinkgoy **lanchu katsisni**  
nachuna karpa chu putanlhin  
ay wilakgolh lata **tuxamata**.

Lakpuwan pi nialh tuku  
tsankgay, kau takaxa  
pi niaklhuwa **ora** chu  
natamalikiyau kura.



## **Kalitakgalhchiwinanti mimakgalhtawakgana mintakgalhtin.**

¿Tuku talikgalhchiwinamana uma latamanín?

¿Tuku tachiwin tamaklakaskin akxni talichiwinan kilhtamaku?

¿Tuku xpalakata xlakaskinka natamaklakaskin akxni takgalhchiwinan?

¿Kgaxpatnitata umakgo tachiwin akxni takgalhchiwinan tunu latamanín?

¿Kgamaklakaskinitata akxni likgalhchiwinana tuku okspulanitan?

¿Lantla amá tachiwin makgtaya chu maxki xlakaxlat akxni tuku lichiwinana?

¿Lantla namakgtayayan nakgataksa tuku amakgapitsin talikgalhchiwinan?



## Tanks kagaxpati tamakatsinin tuku nawanilenan mimakgalhtawakgana xla tatsokgni chu kalikgalhchiwinanti.



### Kalakapastakti pi...

Uma **talichiwin xla kilhtamaku** xlakaskina akxni tuku lichiwinanputuna xalakatanks wan tuku kinkaokgspulanitan. Nixmakgasni kinkaospulayan tipalhua talakpuwan, pi litakgalhchiwinanputuna atunu latamanín, xlakaskinka namaklakaskina xalichiwin xla kilhtamaku chu limaklakaskina nawanaw laku kgantaxtuy tuku wanputuna.

Nachuna, uma tachiwin xla kilhtamaku kinkamakgtayayan nakgataksa tuku talichiwinan atunu latamanín chu nituwa kgaxmata tuku xlakaskinka nachuna kinkatakaxwiliyan kintalakapastaknikan chu lakatitum akgatakgsa tuku kinkawanimakan.

Umakgo tachiwin xla kilhtamaku tuku maklakaskinkan nak likgalchiwin:

- Nak akgtum kilhtamaku: tsisa, kgakgotanun, katsisa, ora.
- Xkilhtamaku xamana: lunax, maltix, melkulix, chu amakgapitsi.
- Xli akhlhuwa kilhtamaku: lanchu, kgotana, tuxama, tuxamata.
- Xtatastukut papa': akgtum xamana, akgtuy xamana, kukitsis kilhtamaku.
- Xtatastukut akgtum kata: enelo, junio, itat kata, akgtum kata, xkilhtamaku patokgtokg, xkilhtamaku akgayujnu.

**Tanks kagaxpati tuku kgalhtawakgay  
mimakgalhtawakgana chu tanks kagaxpati  
talichiwin xla kilhtamaku xpalakata namaklakaskina  
akxni nachiwinana.**

### **Xpaxkua San Isidro Labrador**

Ama paxkua tuku likakgninikan San Isidro Labrador tlawakan **xli 12 xla 15 mayo akgatunu kata. Minacha** kilhtamaku akxni niatsukuy paxkua kaxlawanankgan nak pusikulan xmakgni chu xpulakni, maklakaskinkan kuxi xasnapapa, xatsitsekge chu xasplilili.

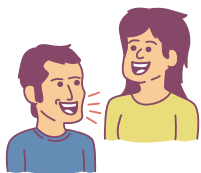
**Xkilhtamaku 12 xla mayo** tsukuy paxkua, latamanín ankgoy ksikulan akalistalh tankgoy xchiki xmastana sera chu kamawikan, **akxni katsisata** tatantli nak puitat chu **xli chali chi 7 xalatsisa** wanti talakataya pusikulan tankgoy tawayan xatsisa anta xchiki tiku mastay sera chu tatlaktilha xkgexuwakgan, katlawakgan misa chu **akxni katsisata** tachankgoy latamnin talakataya San Isidro. **Xkilhtamaku 15 xla mayo kgakgotanun** kamakgosnikan kawayu chu lhuwa lataminin xalaklakatununki tachin.

**Wanti tsokglh: Kiyermo de Jesús Tonchi**

**Katsokgti niku lakgchan wantu wan amá lichiwinat tatsokgni wantu xlitlawan xpaxkua San Isidro Labrador.**

<b>Kilhtamaku 12 chu 15 xa mayo kata kata</b>	<b>Minacha kilhtamaku</b>	<b>Kilhtamaku 12 xa mayo</b>
<b>Lakatsisni</b>	<b>Xli chali</b>	<b>Kilhtamaku xla 15 xa mayo kakgotanun</b>





**Kalakapastakti wantu tlan akgspulanitan  
xpalakata nalichiwinana, kamatixtupi  
wantu ukxilhti kakilhtiya uma  
takgalhasikin:**

¿Nikú akxni tsukuy?

¿Tikú latamanín tatlawakgoy chu tuku tatlaway?

¿Alistalh tuku akgspulay?

¿Chu alistalh?

¿Lantla sputa?

¿Tuku talichiwin xla kilhtamaku maklakaskina?

**Katsokgti mintalichiwin kamaklakaskinti talichiwin xla  
kilhtamaku.**

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**Kalixakgatli mintakgalhtawakgana wantu  
akgspulanitan, kaukxilhtiya niku lhkawilinita.**



**Tanks kagxapati wantu wankgoy  
mintakgalhtawakganin chu kalhkawili  
tuku lakapastaka anta kxastatijwa,  
kamaklakaskinti xatakgalhchiwin  
kilhtamaku.**

<b>Talichiwin xla kilhtamaku</b>	<b>¿Tuku tlawaka akxi kilhtamaku?</b>

**Kalitakgalhchiwinanti amá latamán tiku lichiwinalh  
xpalakata nakatsiya pi tlan tatistuminit chu nachuna  
pi tlan lakgtsokgxtupi xtalichiwinat nima kgaxpati, pi  
xlakaskinka kakaxtlawa chi kamakgatsi xastatiwa.**



**Tanks kagaxpati wantu lekgalhtawakga  
mimakgalhtawakgana chu  
kalikgalhchiwinanti.**



### **Kalakapastakti pi...**

Amá **xtalichiwin xla kilhtamaku** wa akgtum lakgtanu amá **lichiwinat xatachiwin** xpalakata tlan natatixtumiya lata tuku mintapuwan chu tlan nalichiwinana.

Nachuna, xmakglakaskinka xpalakata nalistalanaliya chu natixtumiya tuku nalichiwinankan chu tlan naakgatakgasas.

**Kalichiwinanti chu liwana kalakapastakti wantu  
katsi amá xatalichiwin xla kilhtamaku xpalakata  
nalichiwinana tuku akgspulalh tanu latamanín.**

¿Lantla maklakaskinkan xtalichiwin xla kilhtamaku xpalakata nalichiwinana wantu akspulanita?

¿Lanchu aya tanks lichiwina? ¿Tuku xpalakata?

¿Tuku xpalakata liwana tlan nakatsiya xtalichiwin xla kilhtamaku wantu wan chatum latamán akxni kalhchiwinan?

¿Lantla makgtayayan amá xtalichiwin xla kilhtamaku akxni namakglhaya tamakatsinin?



## Kaukxilhti amakgo liukxilhtin chu kakgaxpati xlekgalhtawakga mimakgalhtawakgana wantu wankgoy latamanín.



¿Tikú namakgestokgoy  
tu tapukima xla paxkua?  
Nachuna kalakaxlaw.



Pi wa amá putum lakgkaxlat,  
nakatsokgwaliy chu natlawayaw  
nachuna namakgtakgalhaw chu  
nagkakgniyaw.



Ni napakgtsankgayatit pi putum natsokgnunatit  
mintakuwanikan chu tamakgaxiwinkan  
xpalakata natakatsiy pi nachuna likatsiyaw  
makgapitsin latamainin.

## Kalitakgalhchiwinanti mimakgalhtawakgana mintakgalhtin.

- ¿Tuku xpalakat xlakaskinka natsokga tatsokgni?
- ¿Tuku wanikan amá tatsokgni wantu tsokgnankgolh?
- ¿Ukxilhinitata xtachuna tatsokgni? ¿Nikú?
- ¿Tuku xlilat uma tatsokgni?



## Kaputsa xatatsokgni lakgkaxlat chu kalekgalhtawakga xpalakata nalakgapasa.



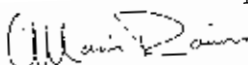
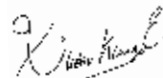
### XATATSOKGNI LAKGKAXLAT

Nak pulatamán Vista Ermosa tapekgsi anta Kachikin Ajalpan, Puebla, lakgchanit kamakgkawitu tsisa kilhtamaku lunes xla 20 julio xla 2020, tastokgnitaw chu latasaninitaw putum latamanin anta kinpulatamankan xlakatin ama Mario Puertos Atlawa, Rejidor xla Obras Públicas, xla Junta Auxiliar xla Kachikin, litamakgstokgnitaw xpalakata nalakaxlayaw xla taskujut lantla xlitatlawat ama pukgalhtawakga. Ama tamakgstokgni, lalh talakaxlat:

1. Putum ti lakatsu wilakgolh natamakgtayaninan xlitamapuxtut liskujni, 300 kilu xla muntsaya, 10 lata xla krava, 100 variya, 20 kuxtal xla semento, 2 miyar xla tabike chu 50 lámina.
2. Xliputum latamanin natamakgtayaninan tuku natamakglakaskin naliwayangkoy tiku naskujkgoy.

Paks ama lakkaxlat limakgasputuyaw ama Xatatsokgni Lakgkaxlat, ama kapsnat maktuy tlawakan, chu wiliyaw kintamakgaxiwinkan wantu limalulokkgaw lakgkaxlat tiku tamakgstoknitaw, lakgchanit kamakgtuy kakgotanun watiya kilhtamakú chu kata anta pulatamán Vista Ermosa, Ajalpan, Puebla.

Titsokgnalh

## Kalitakgalhchiwinanti mimakgalhtawakgana mintakgalhtin.

¿Tuku litalakgnun kgalhi xatatsokgni lakgkaxlat?  
¿Tuku tamakatsinin lin akgatunu litalakgnun?  
¿Nikunla lichiwinan uma litalakgnun?

## Makglhuwa kalekgalhtawakga tatsokgni chu tanks naukxilha.



### Kalakapastakti pi...

Akgtum **xatatsokgni lakgkaxlat** wa tatsokgni tu limakatsininankan pi xlikana takgestokgolh liputum, chu tawankgolh talakapastakni xla tuku lachiwinalh.

Wa xatatsokgni lakgkaxlat, akgampatu xla tamakasini, nawa litakatsi pi tawi lakkaxlat xaliputum.

Anta nak **xatatsokgni lakgkaxlat** ninakitsankgay uma tamakatsinin:

- Kpulatamán chu tu taputlakgen akxni takgestokgolha, lakgachunti leen laku kamakglhit.
- Latamanín tiku tamakgeslhtokgnan.
- Lakaxlat tuku tawi ktakgeslhtokgni.
- Takuwaní chu tamakgaxiwin xla latamanín tiku tatlawakgolh tatsokgni lakkaxlat.
- Tatixtumí xla takuwaní chu tamakgaxiwin xlanan liputum latamanín tiku unu wilakgolh chu tiku makglakaxtlawakgolh lakkaxlat.





## Kalekgalhtawakga amá kmaklakaskinka.

Latamanín xlak San Fransisko Osolotepek tamakxtumikgolh xli 20 xla abril lantla puskiilh Lawis Flores, wa ti lakatsu paxtuwi kpulatam, wanti skilh tamakgtay natakaxtlawakan xakgstin xchiki. Lachu xtalisminit pulatamán, liputum latamanín talitayakgolh namakgatayinankgo, nachuna lakkaxlakgolh pi liputum nakaxtlawakgoy liwat akxni naskujkgoy chu chatunu nalinkgoy xliskujnikan.

## Kalaklhkawili tuku xlianat nak lakkaxlat xatatsokgni kalitlawaw pi lanit anta mipulatamán.

Pulatamán chu taputlakgen:

.....

Latamanín tiku tamakgestokgnumana:

.....

Lakkaxlat tuku lalh putastokgni:

.....

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.....

Xtakuwaní latamanín tiku tastokgolh:

.....

.....

Xtakuwaní tiku tsokgolh lakgkaxlat:

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**Katsokgti xatatsokgni lakgkaxlat  
kamakgtayan mimakgalhtawakgana.**

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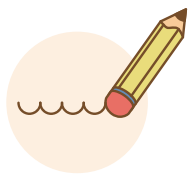
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**Liwana kaukxilhti lakgkaxlat tatsokgni naliukxilhtilaya uma tatixtumí chu kalaklhtiti nima kitsankgay xatatsokgni naklakgkaxlat.**

Xlianat taputlakgen chu xapulatamán.

Nakgalhiy xtakuwaní latamanín tiku makgestokgnan.

Nakgalhiy tuku xpalakat takgestokgonit.

Nakgalhiy tuku lakkaxlat takichalh nak takgestokgni.

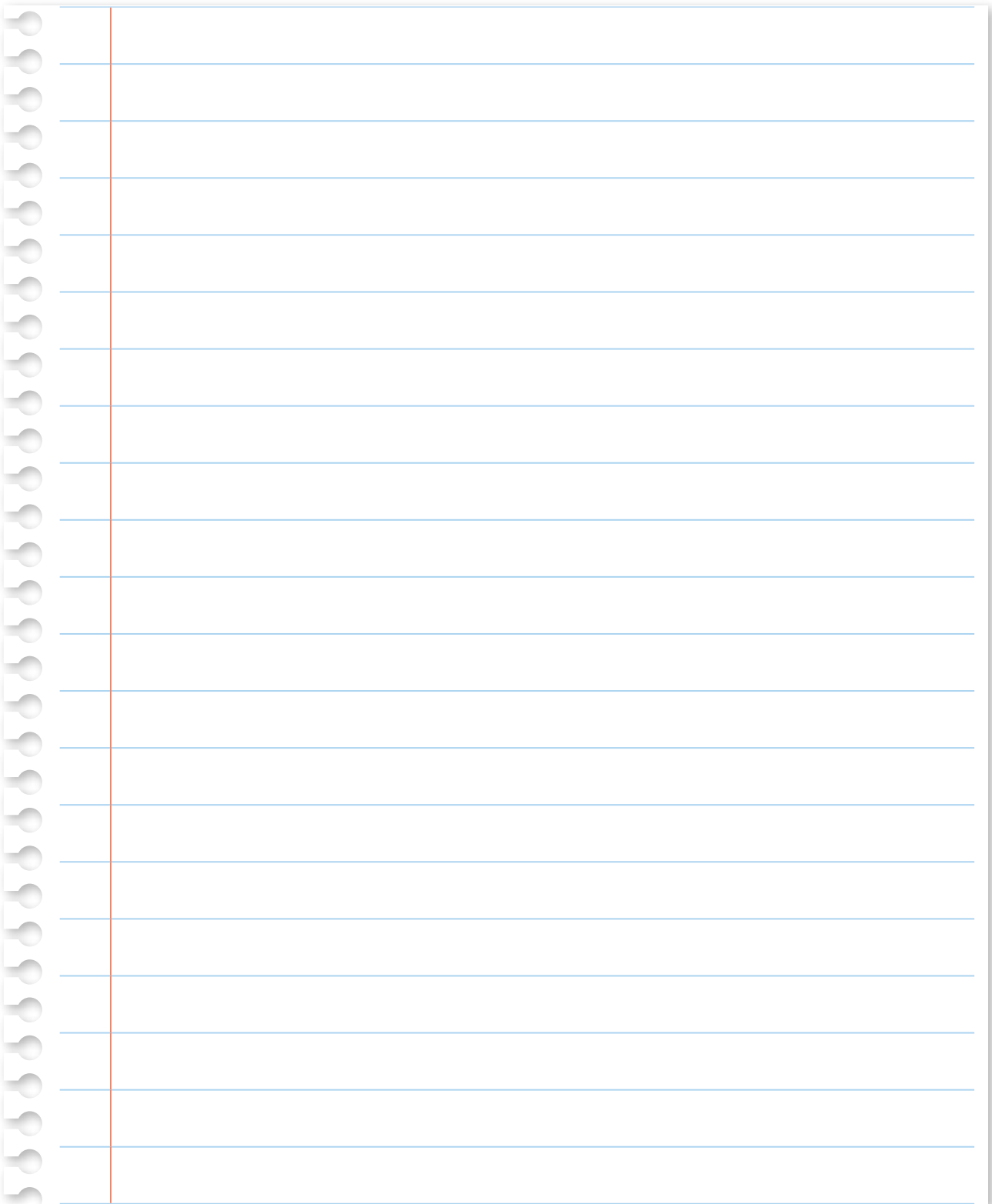
Nakgalhiy xtakuwaní chu xtamakgaxiwit latamanín tiku tsokglhi lakkaxlat.

Nakgalhiy tatixtumí xla takuwaní chu tamakgaxiwit xlanan latamanín tiku tamakgtakgestokgolh.

**Kaukxilhti pi limin xalaklanka limakgatsokgni nak tatsokgni lakkaxlat anta niku talakaskin:**

- Xtakuwaní latamanín chu pulatamán.
- Xkilhtsukut tatsokgni.
- Alistalh xla kgatunu niku sputta.

**Pi mitatsokgni xla lakgkaxlat lakaskin akgtum  
talakkaxwalin, katsokgti unu chu katamaknu.**





**Katsokgti lakkaxlat nak akgatunu  
liukxilhtin xtachuna latatsokgolh nak  
xatatsokgni lakgkaxlat.**



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**Kalimakgatawakga wantu limin  
Limakgatsokgni xasasti laktitsu  
tatsokgni nalikaxtlawaya xalaklanka  
limakgatsokgni chu limakgatsokgni nima  
lekgalhtawakgapat.**



**Kamakgatsi laktitsu tatsokgni  
kamaklakaskinti tachiwin nikuma wi  
kxastatijwa.**

**Xkgawasa**

**jun**

**jaka**

**kuyu**

1. Xalhtulh tamawalh .....
2. .... kinapa lhan likatsi.
3. Kin lhat chapalh tantum .....
4. Xmasakga ..... wi xakgstin kinchik.



**Kalimakgatawakga wantu limin  
Limakgatsokgni xasasti laktitsu  
tatsokgni nalikaxtlawaya xalaklanka  
limakgatsokgni chu limakgatsokgni  
nima lekgalhtawakgapat.**





**Pixlanka kalikgalhtawakga tachiwin.**

jut	ku	tas

say	lak	put

ma	ju	tu

kga	kgox	wa

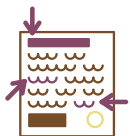
tsa	ya	mun

nat	xo	kgo

**Katamalakxtupi amá laktsu tachiwin xla mintakgalhtawakgana.**



**Kalimakgatawakga wantu limin  
Limakgatsokgni xasasti laktitsu  
tatsokgni nalikaxtlawaya xalaklanka  
limakgatsokgni chu limakgatsokgni nima  
lekgalhtawakgapat.**



## Kalekgalhtwakga chu katsokgti xtakuwaní amá tatsokgni kamakgtayan mimakgalhtawakgana.

Kmaklakaskinka	Xtakuwaní tatsokgni
Pi akxni klakaskin kuaniputum kinkgawasa ti makgat anit kgalhtawakgay.	
Pi klakaskin naklhwawiliy tu lakaxlah pulatamán, xpalakata chekgekgoy tapuwaxni xla chuchut xala kachikin.	
Pi klakaskin nakalixakgatliy liputum pulatamán pi natakgestokgoy nak pukgalhtawakga.	
Pi klakaskin naktsokgwaliy xtakuwaníkan tiku kichinkgochi nak takgestokgni.	

## Kalitakgalhchiwinanti mintakgalhtin mimakgalhtawakgana.

¿Niku alakatum nalakaskina natsokga xatatsokgni lakgkaxlat?



## Kamalaxtupi pakgtuy tatsokgni.



### Xmakgtakgalhna lichatum

Makgapitsin xmal  
latamanin:

1. Lakgxtum laka  
kgalhiyaw tak  
chu nachuna  
makgtakgalh
2. Nakgalhiya n  
xpalakata lat  
chu akstu ka
3. Kilakxtumka  
xlimakatliwe  
kationalh to

### Xmakgtakgalhna xatipalhuwa talismanin chu tachiwin xalak Méjiko



Tatsokgni xaitat kapsnat

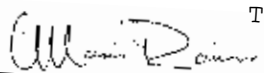
## XATATSOKGNI LAKGKAXLAT

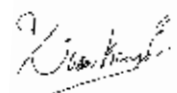
Nak pulatamán Vista Ermosa tapekgsi anta Kachikin Ajalpan, Puebla, lakgchanit kamakgkawitu tsisa kilhtamaku lunes xla 20 julio xla 2020, tastokgnitaw chu latasaninitaw putum latamanin anta kinpulatamankan xlakatin ama Mario Puertos Atlawa, Rejidor xla Obras Públicas, xla Junta Auxiliar xala Kachikin, litamakgstokgnitaw xpalakata nalakaxlayaw xla taskujut lantla xlitatlawat ama pukgalhtawakga. Ama tamakgstokgni, lalh talakaxlat:

1. Putum ti lakatsu wilakgolh natamakgtayaninan xlitamapuxtut liskujni, 300 kilu xla muntsaya, 10 lata xla krava, 100 variya, 20 kuxtal xla semento, 2 miyar xla tabike chu 50 lámina.
2. Xliputum latamanin natamakgtayaninan tuku natamakglakaskin naliwayangkoy tiku naskujkgoy.

Paks ama lakkaxlat limakgasputuyaw ama Xatatsokgni Lakgkaxlat, ama kapsnat maktuy tlawakan, chu wiliyaw kintamakgaxiwinkan wantu limalulokkgaw lakgkaxlat tiku tamakgstoknitaw, lakgchanit kamakgtuy kakgotanun watiya kilhtamakú chu kata anta pulatamán Vista Ermosa, Ajalpan, Puebla.

Titsokgnalh

  
Mario Puertos Atlawa  
Rejidor xla Obras Públicas

  
Xiwan Krus Ernande  
Inspektor Auxiliar

## Xatatsokgni lakgkaxlat

**Kalitakgalhchiwinanti mimakgalhtawakgana mintakgalhtin.**

¿Tuku tatsokgni uma?

¿Tuku wanikan pulakgatunu?

¿Tuku litalakgpaliy akgatunu tatsokgni?

¿Tuku lilayaw akgatunu tatsokgni?

# Kpulhká kintakatsin

**Tanks kalekgalhtawakga tuku makatsinikana chu kakgalhtinanti tuku skinikana nak pulakatunu.**

1. Kauxilhti tamakatsinin tuku min nak kapsnat chu kalikgalhti tuku skinikana.

## 1) Xpaxkua lekgalhtawakga, 2020

- 2) Namauxilhnakan lekgalhtawakga nachuna xatakgalhchiwin.
- 3) Xalilakgastan, xapumakgatawaka aktsu kaman chu xalaklanka kaman, likalhchiwinakan litakgalhchiwin.
- 4) Nakgalhtawakgekan xapixlanka chuna lhuwa likgalhtawakga.

Natsukuy 30 xla septiembre chu nak 9 xla oktubre xla kamakgnajatsa tsisa chu kamakgtsayán katsisni. Nakxpuitat Xpumapaksin Kachikin.



Xatakaxtawilanit amá tamakatsinin chu wantu litamanini  
litlawatkan xatatsokgni, kikawaniyan pi:

2. Katsokgti akgtum liputlakgen nak "○" xtachuna nikunla  
lakchan tatsokgni.

1. Makatsininá kapsnat

2. Aktsu tamakatsinin  
kuchina

3. Tamakatsinin tatsokgni



Chilpansinko, xla Kerrero, 8 xla julio xla 2020.

Markarita:

wix kintsumat, tlan katawilapi chu nitu kaanalh tajatat.

Ktsokgnaniman xpalakata katsiputun lakuntla walapi chu  
kakiwani chi kgantaxtuma mintaskujut. Na chuna, kwaniyan  
pi kpaxuwama xpalakata tlan kimakgalhtawakgamaka amá  
lakkgawasan, amá lakkgawasan menkgoy nak kachikin  
chu lu tlan talikatsi. Amá likatsinima laku tsokgnunkan la  
uma tamakgatsinin tatsokgni na chuna katsinilh ktlaway  
kintamakgaxiwin.

Min sikulanatsi, tiku ni xkatsiniy kalhtawakgay chu tsokgnan,  
kimakgpuwintinilh xpalakata nakan makgalhtawakgay lakatsu  
nak Pumakuchin. Kinkgalhtsayankan tiku kalhtawakgamana  
kakgotanun, chu limakxtum klamakgtayayaw xlimakgwa  
kinkamasiniyan kimakgalhtawakgana, tiku nachiwinan  
kintachiwinkan.

Tlan ka makglhkatsi pi akit tlan kgalhtawakgay chu tlan  
ktsokgnan, chuna xankgalhin na la tsokgnaniyaw chu lakatsu  
namakglhkatsiyaw. Akxni natana kchiki, nak likgalhtawakganiyan  
akgtum litakgalhchiwin tuku wanikan "Xalitakgalhchiwin xla  
takgalhtawakga". Min ama litakgalhchiwin naklekgalhtawakga  
wan tu kinkamaxkikanitan. Chakkatsi pi na wix nalakgatiya chi  
akit klakgatilh.

Katamakgtakgalhti chu ni mixtu ka taxtu kmin putaskujut, wix  
xkiwaninita nak tamakgatsinin tatsokgni, pi anta Estados Unidos  
katijinin lu laktilankan chu ni lhuwa latamanin lamakgolh.  
Kakatataxtu mintatasakua, chuna nalamakgtakgalhatit.

wan mintlat lu lipekua lakapastakan.

Esperansa Kumes Sanches.





**Makuchina Araseli Kuevas Ernandes**  
**Makuchina ti Pachukuna chu Palhitna**  
**Liputlhakgen xla Sédula Profesional: 0810347**



**Taputlakgen akxni naukxilhkana: 15 xla mayo xla 2020.**

**Xtakuwaní tatatlá:**

Xiwan Kutse Dias Konsales.

**Kata:** 23.

**Tu litaxtuy:** Chixkú.

**Wantu nataksgnikana:**

Lipekua napakatsana chu napatlanana chu nakgalhiya pokganat.  
 Makuchina Araseli Kuevas Ernandes

**Xtakuwaní makuchina chu wan ti makuchin**

**Wantu nalikuchuna:**

- Amoksisilina xa 500 mk., 5 kilhtamakú wakan akgatunu likuchun xli akgtsayan ora chali chali.
- Ibuprofeno xa 400 mk., akgututu kilhtamakú wakan akgatunu likuchun xli akgkutuy ora chali chali.
- Elektrolitos orales xa 500 ml., wakan akgtum dosis xa 500 ml. chu akgututu kilhtamakú xlakata nalikgotnana.

**Wa tuku militlawat:**

Akgututu kilhtamakú nalijaxa, likgalhxtakgnana chu lhuwa milikgotnat.

*Milimakgaxiwin*



**¿Chikun tuku...  
¡Chikunkunya!**

**¿Tuku uyma lhkuyat Chikunkunya?**

Wa tajatat afrikano kasliya napasayán. Ama xtakuwaní, Chikunkunya, wamputun "ama ti takgpustuka", chuna tasikgoy ti tatlatlakgoy, takulusgo xpalakata lipekua nakatsanawanana kmin tatastukut.

**¿Laku lamapasikan?**

Uma xkauwat tuku mastay tajatat, kaxman mapasiyan akxni nastokgoya xuy xatajatlatani. Akxni uma latamán aya stokgokani, xa tajatat kitasiyuy xli akgtati chu akgtsayan kilhtamakú akalistaih.

**¿Xlikatsin tajatat?**

- Palha lhkuyat
- Lipekua nakatsanawanana kmin tatastukut
- Lipekua nakatsanawanana mimakliwa
- Lipekua na naakatsana
- Nakgowankana
- Namakgtlakana
- Namakxina

**¿Laku lakgapaskan uma tajatat?**

Xlakaskinka millianat nak Pumakuchin xpalakata naukxilhkana nachuna nalekgalhtawakgakan minggalhni xpalakata nakatsikan wantu likuchun mininiyan.

**¿Tuku naktlaway xlakata ninakimpasay?**

- Naakgtlapaya minchuchut nima makgestokga anta minchiki.
- Nalilawakana xmalakgtlakgana xuy.
- Nawiliya xilapaxtokgkan xuy chu namawakaniya xlikuchuwikan xuy anta mimalakcha chu ventanas.
- Nakatlapaya mimaxpan chu minchaxpan xpalakata ni nastokgoyan.

**Uyma militlawat matakgsuwi xlakata ni napasayan tajatat lilakgapaskokan denke chu sika, nachuna nakgalhiya uyma tajatat akxni nastokgoyan tunu xuy.**

**Tapakgsin wanikan Intelijensia Epidemiolójika chu Sanitaria**  
 800 00 44 800

3. Kalalimachipi akgum talhtitni xtakuwiní tatsokgni chu tuku litakgnunit.

Aksu tamakatsinin  
kuchina

Uma tatsokgni limalulojkan  
pi chalhuwa latamanín  
tatamakxtumikgolh tatlawá  
lakaxlat chu talitaya katuwa.

Tatsokgni xaitat  
kapsnat

Uma tatsokgni anta  
namaxkikana tuku militlawat  
chu tatsokgnan laku  
nakuchuntilayan kuchina.

Xatatsokgni  
lakgkaxlat

Uma tatsokgni  
maklakaskinkan xpalakat  
limakatsininankan akgum  
tamakatsinin xalakaskinka  
xpalakata tuku makxtum  
xlikatsikgolh lhuwa  
latamanín.

#### 4. Nak talhtitni katsokgti xtakuwi liukxilhtin.



5. Katsokgti akgtutu laktitsu tatsokgni xla wantu wix lakgatiya.

1. ....

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2. ....

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3. ....

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6. Katsokgti tachiwin akgatunu litsokgni  $j$ ,  $k$ ,  $y$ .

<b>j</b>	<b>k</b>	<b>y</b>

## 7. Katsokgti tuku lalitalakpaliy amá tatsokgni.

Chilpansinko, xla Kerrero, 8 xla julio xla 2020.

Markarita:

wix kintsumat, tlan katawilapi chu nitu kaanah tájatat.

Ktsokgnaniman xpalakata katsiputun lakuntla walapi chu kakiwani chi kqantaxtuma mintaskujut. Na chuna, kwaniyan pi kpxuwama xpalakata tlan kimakgalhtawakgamaka amá lakkgawasan, amá lakkgawasan menkgoy nak kachikin chu lu tlan talikatsi. Amá likatsinima laku tsokgnunkan la uma tamakgatsinin tatsokgni na chuna katsinilh ktlaway kintamakgaxiwin.

Min sikulanatsi, tiku ni xkatsiniy kalhtawakgay chu tsokgnan, kimakgpuwintinih xpalakata nakan makgalhtawakgay lakatsu nak Pumakuchin. Kinkgalhtsayankan tiku kalhtawakgamanaw kakgotanun, chu limakxtum klamakgtayayaw xlimakgwa kinkamasiniyan kimakgalhtawakgana, tiku nachiwinan kintachiwinkan.

Tlan ka makgalkatsi pi akit tlan kgalhtawakgay chu tlan ktsokgnan, chuna xanqalhin na la tsokgnaniyaw chu lakatsu namakgalkatsiyaw. Akxni natana kchiki, nak likgalhtawakganiyan akgtum litakgalhchiwin tuku wanikan. "kalitakgalhchiwin xla takgalhtawakga". Min ama litakgalhchiwin naklekgalhtawakga wan tu kinkamaxkikanitan. Chakkatsi pi na wix nalakgatiya chi akit klakgatilh.

Katamakgtakgalhti chu ni mixtu ka taxtu kmin putaskujut, wix xkiwaninita nak tamakgatsinin tatsokgni, pi anta Estados Unidos katijinin lu laktilankan chu ni lhuwa latamanin lamakgolh. Kakatataxtu mintatasakua, chuna nalamakgtakgalhtatit.

wan mintlat lu lipekua lakapastakan.

Esperansa Kumes Sanches.

Xpustan "Tsikan Juanita"

¡Tipalhuwa kgalhi xlistat  
chu aktujoy listanan!

Pustan 59

8. Katsokgti xtakuwaní tatsokgni anta niku maklakaskinti  
xtakuwaní xalekgalhtawakga chu xlipulaktuy xtakuwaní.

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9. Katsokgti tamakatsinin tuku limin nak aktsu tamakatsinin  
kuchina.

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10. Kalichiwinanti tipatum tapuwan nima xlakaskinka  
xalekgalhtawakga “37. Wa Prinsipito”.

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11. Katsokgti nima wix puwana pi luxlakaskinka  
nalekgalhtawakgaya nakmilekgalhtawakga.

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# Xlitlawat takgalhtawakga 3

**Akxni namasputuy xlitlawat takgalhtawakga, amá latamanín lakkgawasan chu wanti lenkgoy xkatakan:**

- ❖ Nalekgalhtawakgaya xlistsukún xtakuwaní chu xlikilhaktuy xtakuwiní amá **xalakgatutu tatsokgni** chu alistalh nakatsokga tuku puwana nakatakgsa nakxakgatunu xlitalakgnun.
- ❖ Na takgsa xaxlikana tamakatsinin nikuma tanuma **xalakgatutu tatsokgni Wa xtajatat kuchu... ¿Akgtum tajatat?**
- ❖ Wantu mintalakapastakni nakatsokga tuku xlileanat **liskinin kapsnat.**
- ❖ Natsokgnana, liwana naukxilha chu nalakkaxwaliya maktum liskinin kapsnat.
- ❖ Liwana nalakgapas tuku litalakgnunit chu kmaklakaskinka tatsokgni wantu nalekgalhtawakgaya chu natsokga.
- ❖ Nalakgapasa niku maklakaskinkan xalanka limakgatsokgni naktatsokgni.
- ❖ Nalakgapasa chu natsokga umakgo litsokgni *tl, lh, ts* nakxatipalhuwa tachiwin tuku katsakgsamaw.
- ❖ Nalichiwinana maktum tatsokgni kuenta natlawaniya xatatixtumít (makxtum nawan talakapastakni).
- ❖ Nalakgapasa lantla matixtumikan lichiwin tuku akgspulanan nachuna tuku lichiwinankan.

## Takgalhchiwin xla takgalhtawakga



**Kaputsa nak Lekgalhtawakga wa  
tatsokgni “36. Xchikkan eskimaless”  
chu alistalh kalitakgalhchiwinanti  
mintakgalhtawakgananin chu  
mimakgalhtawakgana:**

¿Lantla tlawakan xchikkan eskimaless akxni luwi lonkgni?  
¿Tuku taskujut kgalhikgoy lakchixkuwin chu lakpuskatin  
eskimaless akxni luwi xkilhtamaku lonkgni?  
Anta kkinpulatamankan, ¿lantla tlawakgoyaw kinchikkan  
chu tu taskujut kgalhiyaw akxni luwi xkilhtamaku lonkgni?





**Kaukxilhti amakgo liukxilhtin chu  
kalekgalhtawakga tuku wankgoy  
amá latamanín kamakgtayan  
mimakgalhtawakgana.**



**Kalitakgalhchiwinanti mimakgalhtawakgana  
mintakgalhtin.**

- ¿Tuku wanikan amá tatsokgni wantu kamaxkika amá lakpuskatin?
- ¿Ukxilhnitata akgtum tatsokgni wantu xtalakxtum? ¿Nikú?
- ¿Tuku wankgoy amá tatsokgni wantu ukxilhnintit?
- ¿Tuku xlilat amá tatsokgni?
- ¿Tikú tatlaway?





**Kaputsa nak xalagkatutu tatsokgni “Wa xtajatat kuchu... ¿Akgtum tajatat?” chu kalekgalhtawakga xtakuwaní tatsokgni chu xliakgtuy takuwaní kamakgtayan mimakgalhtawakgana.**

**¿Lantla laktlaway xlatamat latamanin?**

Nikajman tajatat maxkiy latamanin uma kuchu, uma xtajatat kuchu laktlaway lalilakgapasni xalak xpulakni xchiki uma tatatla nachuna amakapitsin xlatatamanin.

Lalilakgapasni xalak xpulakni xchiki kawilini taklhuwit chu ni paxuwa tatawilakgoy tiku makxtum tawi tatatla, nachuna mapitsi talilakapasni chu nalitaktay tumin tuku xmaklakaskinka nakchiki.

Nakxlatamat chu xputaskujut, latamán kgotni nialh aktanks skuja chu nialakgapasninan, nialhti xakgtaliy.

**Anta Kméjiko uma xtajatat kuchu makgni lakatsu 10 000 latamanin nachuna kalaktlaway 25 000 latamanin tiku latamakgoy ktiji.**

**Pi tlakg katsiputuna**

Pi tlakg katsiputuna xalikatsin tlan natalakasuvuya:

- Centros de Integración Juvenil, A. C.** (cu), 52121212 <https://bit.ly/2TSU9jM>
- Central Mexicana de Servicios Generales de Alcohólicos Anónimos A. C.**, 800 2169 231 <http://www.aamexico.org.mx/>
- Centros de Atención Primaria en Adicciones (CAPA)**, 800 911 2000 [http://www.cenadic.salud.gob.mx/interior/centros\\_nuevavida.html](http://www.cenadic.salud.gob.mx/interior/centros_nuevavida.html)

Nikalilakxtawa lhkgamapasanan milatamat

Wa xtajatat kuchu...

¿Akgtum tajatat?



Konsejo Nasional Xtalhatlawat Lhkgamapasanan

**Kalitakgalhchiwinanti mimakgalhtawakgana wantu tamakatsinin xlikgalhit amá xalagkatutu tatsokgni, kalistalani takgalhskinin.**

1. ¿Akxni ukxilha xlitsukún tatsokgni tuku puwana lichiwinan amá xalagkatutu tatsokgni?
2. ¿Tuku tamakatsinin liminkgoy anta unu xlitalaknun?
  - ¿Tuku ama?
  - ¿Tuku makilhatsukí?
  - Tajatat tuku mastay kuchu naktiyatliwa
  - ¿Lantla laktlaway xlatamat latamanin?
  - Pi tlakg katsiputuna

**Makglhuwa kalekgalhtawakga xalakgatutu  
tatsokgni chu kalitakgalhchiwinanti  
mimakgalhtawakgana wantu akgatakgsbat.**



**Kalikgalhti takgalhskinin amá  
tamakatsinin xalakgatutu tatsokgni.**

¿Tuku amá tajatat xla kuchu?

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¿Tuku makilhtsukí?

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¿Lantla makglakgalhi latamanín?

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## Kamakgatsi laktitsu tatsogni kalalimachipi akgum talhtitni.

Tajatat xla kuchu

Xa ni tlan  
limakglhkatsit amá  
tajatat

Nitu liukxilhkan

Chatum latamán tiku  
kgalhi xtajatat xla  
kuchu

Uma tajatat

wa akgum nima  
malhuwi xtajatat xla  
kuchu.

makilhtsuki katuwa  
tajatat.

wa akgum xasnun  
tajatat.

maklakgalhi  
lakgchixkuwin chu  
lakpuskatin.

lakgasiyu taliwaki.



**Kalimakgatawakga wantu limin  
Limakgatsokgni xasasti laktitsu  
tatsokgni nalikaxtlawaya xalaklanka  
limakgatsokgni chu limakgatsokgni  
nima lekgalhtawakgapat.**

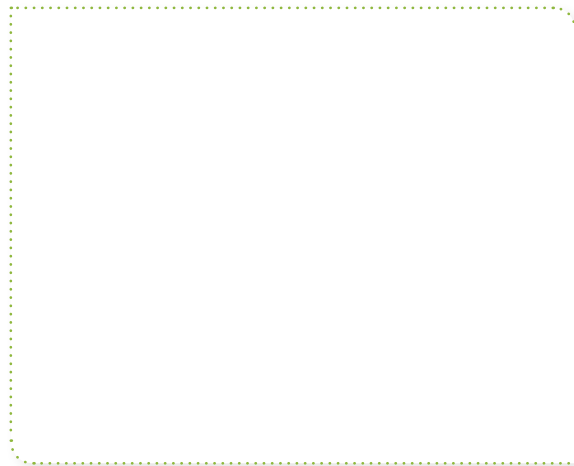




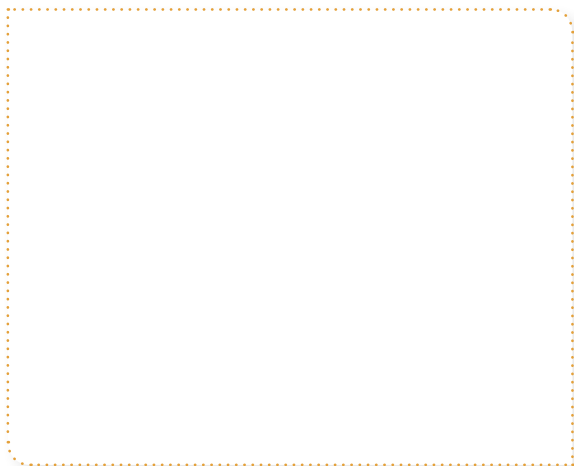
**Kalekgalhtawakga tachiwin chu  
kalaklhkawili akgum liukxilhtin nima  
namakatsininan ankgatunu tachiwin  
kamakgtayan mimakgalhtawakgana.**



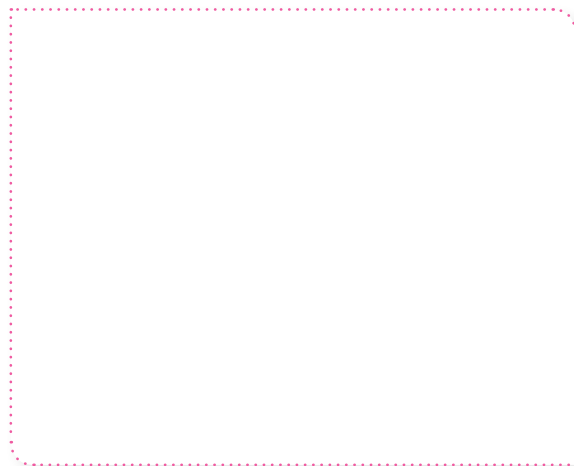
**pulaktla**



**litlakgna**



**lhakgat**



**tsikan**



**Kalimakgatawakga wantu limin  
Limakgatsokgni xasasti laktitsu  
tatsokgni nalikaxtlawaya xalaklanka  
limakgatsokgni chu limakgatsokgni  
nima lekgalhtawakgapat.**



## Kalekgalhtawakga tachiwin chu kalichiwinanti tuwanputun.

makgantaxtuy  
talilakgapasni  
limapakgsin

ni aksgkgawanankan  
litay  
kgalhakgaxmatninan

xlikana chiwinan  
akstu katsi  
tapaxuwan

tamakxtumit  
takakni  
tapaxkit



**Kalimakgatawakga wantu limin  
Limakgatsokgni xasasti laktitsu  
tatsokgni nalikaxtlawaya xalaklanka  
limakgatsokgni chu limakgatsokgni  
nima lekgalhtawakgapat.**

**Kalekgalhtawakga laktitsu tatsokgni chu tanks kaukxilhti laku maklakaskinkan xalaklanka limakgatsokgni kamakgtayan mimakgalhtawakgana.**

**TI**

**ti**

Tlan kaxtlawama xchiki kintata anta nak Tlatlawki.  
Nak Tlawanapa lan wi kuchinanin.

**Lh**

**lh**

Lhpopokgo xlhakgat kintlat.  
Lhuwa kinit lilhtampa kinkuku.

**Ts**

**ts**

Kin kuku stanan lanka pustan. Tsisaki.  
Makgalhtawakgana xankgalhin skujma. Tsokgma  
akgtum lekgalhtawakga.



**Kalimakgatawakga wantu limin Limakgatsokgni xasasti laktitsu tatsokgni nalikaxtlawaya xalaklanka limakgatsokgni chu limakgatsokgni nima lekgalhtawakgapat.**



## Makglhuwa kalekgalhtawakga tatsokgni kamakgtayan mimakgalhtawakgana.



### Kalakapastakti pi...

Akgtum **xalakgatutu tatsokgni** kajlimakatsinin limin wantu xlikatsit lhuwa latamanín, lata tuku katsikgoya.

Nak **xalakgatutu tatsokgni** amá tamakatsinin takaxtawilay nak xatalakgapsni kapsnat **pulakgatutu** chu tamaklakaskin xliakgtuy xlanan amá kapsnat. Xpalakata, akxni talekgalhtawakgay chu takgatakgsni akgtum xalakgatutu kapsnat xlakaskinka natalakgapsa chu xalitsukut talekgalhtawakgay xkilhtsukut chu xpulaktanu alistalh xchekgen.

Nak **xalakgatutu tatsokgni** natatakgsa:

- Akgtum **kgoxkga lekgalhtawakga**. Wa xlimaktum kapsnat chu kgalhi liukxilhtin chu xtakuwaní nima limin mapakuwi xtakuwiní tatsokgni wantu lichiwinan, akxni tlawanit akgtum pumapekgsin limin akgtum xliukxilhtin.
- **Tipalhuwa litalaknun chu xlipulaktuy takuwaní**. Tatixtumí tamakatsinin xlitipalhuwa litalakgnun; xankgalhin ankgatunu lichiwinan wantu wan xtakuwaní tatsokgni.
- Ama **xkgekgoxkga lekgalhtawakga**. Wa amá nima wi xchakgen chu kgalhi tamakatsinin tu xliat chu mastay tamakatsinin niku natatakgsa tamakgtay.

# Katsokgti xtakuwaní wantu litalaknu xalakgatutu tatsokgni kamakgtayan mimakgalhtawakgana.

**Kgoxkga  
lekgalhtawakga**

**Tipalhuwa  
litalaknun chu  
xlipulaktuy  
takuwaní**

**Xkgekgoxkga  
lekgalhtawakga**

## ¿Lantla laktlaway xlatamat latamanin?

Nikajman tajatat maxkiy latamanin uma kuchu, uma xtajatat kuchu laktlaway lalilakgapasni xalak xpulakni xchiki uma tatatla nachuna amakapitsin xtalatamanin.

Lalilakgapasni xalak xpulakni xchiki kawilini taklhuwit chu ni paxuwa tatawilakgoy tiku makxtum tawi tatatla, nachuna mapitsi talilakapasni chu nalitaktay tumin tuku xmaklakaskinka nakchiki.

Nakxlatamat chu xputaskujut, latamán kgotni nialh aktanks skuja chu nialakgapasninan, nialhti xakgatliy.

**Anta Kméjiko uma xtajatat kuchu makgni lakatsu 10 000 latamaninin nachuna kalaktlaway 25 000 latamanin tiku latamakgoy ktiji.**

## Pi tlakg katsiputuna

Pi tlakg katsiputuna xalikatsin tlan natalakasuwya:

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Nikalakaxtlawa lhkgamapasanan milatamat  
**Wa xtajatat kuchu...**  
**¿Akgtum tajatat?**



**Konsejo Nasional Xtalhatlawat  
Lhkamapasanan**



**Katsokgti akgtutu talakpuwan niku  
tamaklakaskin xalagkatutu tatsokgni  
kamakgtayan mimakgalhtawakgana.**

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¿Tikú latamanín nalakgchan?

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## Kaukxilhti amakgo liukxilhtin chu kalekgalhtawakga tuku wankgoy amá latamanín kamakgtayan mimakgalhtawakgana.

Chuna, tata.  
Katsiputunaw.

Tata, kinkalixakgatlipala  
tuku lanit kachikin.

Tlan, uma kachikin  
takaxtawalanit 1940 chu  
akinin ni xankgalhin  
xlamanaw unu.



Tlan, kit kxchilh 3 xla  
marso xla 1950 chu unu  
klakgapasli minana. Alista  
lakachilh mintlat naunu  
lakgaspanit mintsé.

¿Tun tse?



titaxtuhl xla volkán,  
çlakapastaku, Lupe?



An illustration of a family of five sitting around a table with a blue tablecloth, eating a meal. A man in a yellow shirt is pointing towards a speech bubble that contains the text 'titaxtuhl xla volkán, çlakapastaku, Lupe?'. A woman in a white shirt is also gesturing towards the speech bubble. There are plates of food and bowls on the table. The background shows a simple room with yellow walls and some hanging items.

xamlaŋa kilmakgykgyow  
kantiŋh chu  
xkinkamalakxiputunkanan  
chu alistan nitu lalh,  
xtapikwa nitu xapay.



Tlan, ¿tuku titaxtulh pulana,  
xlakaxlat tiji chi naxalaksasti  
pukgalhtawakga?...

Tlan, ¿tuku titaxtulh pulana, xlakaxlat tiji chi naxalaksasti pukgalhtawakga?...

**Kalitakgalhchiwinanti mimakgalhtawakgana mintakgalhtin.**

## ¿Tuku talikgalhchiwinamana uma latamanín?

## ¿Lantla matixtumikgo xtalichiwinkan?

¿Tuku xilakaskinka kgalhikgoy xatakgsulan chu taputlakgen  
nakxatalichiwin?

## ¿Kgaxpanita xtachuna talichiwin?

## ¿Tlawanita xtachuna talichiwin?

¿Lantla makgtayanankgoy taputlakgen chu xatatixtumin  
xatakgsulan kakilhtamuku xpalakata natakगतakgsa tu  
nalichiwinan?

¿Lantla makgtayanan xpalakat tlan nalichiwinanaw?



**Tanks kagxapati tamakatsinin tuku nawanilenan mimakgalhtawakgana xla tatsokgni chu kalikgalhchiwinanti.**



### **Kalakapastakti pi...**

Ama **lichiwinat** tlan tipalhuwa lakkaxtlawakan chu tlan nalakkaxtlawayaw wantu akgspulanan la uku chu makgasa, nachuna tu kagspulanit amakgapitsin chu kinkatakatsikgoyan.

Nak lichiwinat kalakgapasaw tipalhuwa wantu akgspulanitan tu ni ukxilhnitaw chu ni latamanitaw chu katsiyaw pi chuna lanit chu na wa limakglamaw xpalakat kinan kinkalixakgtlokgoyan, kilalilakgapas, kinpulatamankan.

Akxni nalichiwinanaw xlakaskinka kuenta natlawaya **xatatixtumí** chu **xlistalanit** wantu lay, maski litamakgtayayaw amakgapitsin tamakatsinin wantu liminkgoy **taputlakgen chu xlakaskinka militlawa**, pi ni naskgalayaw uma, tanu tu nalichiwinanaw.

Nachuna xlakaskin, xlakaskinka tanks nakgaxmataw lichiwinat xpalakata nakgatakgsaw.

**Tanks kagxapati tuku nalikgalhtawakga  
mimakgalhtawakgana xla tatsokgni chu  
tanks kaukxilhti lantla tatixtuminit chu lantla  
talhakgxtumikgonit wantu lay.**

### **Emiliano Sapata\***

Emiliano Sapata lakachilh 8 xla akosto xla 1879, nak Morelos (Méjiko). Xnatlatni xwankgonit Kabriel Sapata chu Kleofás Salasar. Akxni kgawasaku xwanit ka xkuxtuy chu xkamaskujuy xkawayu. Nak xkachikin xkalakgaway kuxtunanin tuku xmakgalhkganankgoy xlatat luwanan.

Xla 11 marso xla 1911, talakgalhtilh xmapakgsina Porfirio Días, makgtayalh Fransisko Madero. Xla 28 xla noviembre watiya kata malaktsukilh "Plan xla Ayala" niku xkilhwama xtamakgpitsilh pukuxtu xliputum latamanín tuku skukgoy kapukuxtun. Akxni litalakgapasli "Wa Kaudiyo xalak Sur". Xla 1914, tatamakxtumilh Pancho Viya chu tanucha nak Siudad xla Méjiko, wanchu xlitliwekga amá Venustiano Karransa maspitkgolh nak Morelos, anta niku lakaxtlawalh mapakgsina tuku xkamakgtay kuxtunanin.

Xankgalhin talatlawanalh, chu aku lakchixkuwin tiku stalanikgoy Karransa lakgachiwilikgolh nak xchiki luwanan nak Chinameka. Anta talamakgnika xla 10 xla abril xla 1919.

\* *Biografía corta de Emiliano Zapata*, consultada en línea el 30 de noviembre de 2016 a las 19:58 h., Recuperado de: <https://bit.ly/2uWUKGG>

**Katsokgti nak akgatunu liukxilhtin wantu lay  
chu xataputlakgen tu malakgchani xlatamat xla  
Emiliano Sapata.**



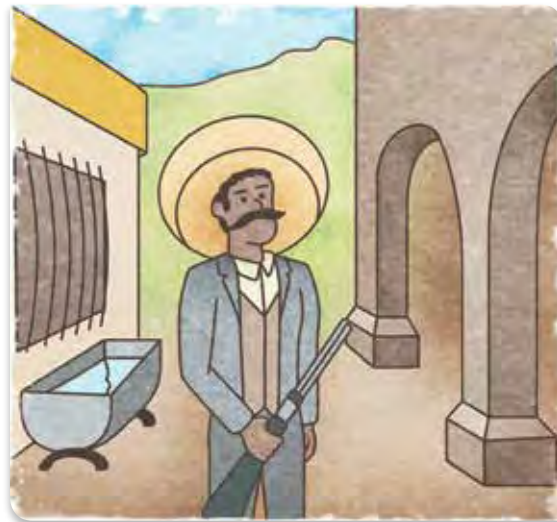






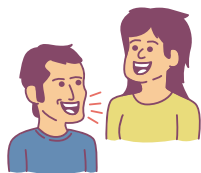


A blank sheet of lined paper with a spiral binding on the left side. The paper has a vertical red margin line on the left and horizontal blue lines for writing.



A blank sheet of lined paper with a spiral binding on the left side. The paper has a vertical red margin line on the left and horizontal blue lines for writing.





**Kalakapastakti wantu lhan  
akgspulanitan xpalakgata  
nalichiwinana, kamatixtupi wantu  
nakaskinkana:**

¿Akxni kilhtamaku lay?

¿Tuku xatatixtumít wantu lay: tuku lay pulana, tuku alistalh chu  
xlikgalhsputa?

¿Laku tatalakxtumi chu lamakstuntlawwa tuku la amakgapitsin?

¿Tikú latamanín tatlawakgoy chu tuku tatlaway?

¿Tuku taputlakgen chu tuku xalakaskinka okgspulanana nak  
likgalhchiwin?

**Katsokgti mintalichiwin namaktakgalha, laku  
lachipa tuku la chu xataputlakgen nachuna tuku  
xalakaskinka.**

.....

.....

.....

.....

.....

**Kalixakgatli mintakgalhtawakgana wantu  
akgspulanitan, kaukxilhtiya niku lhkawilinita chu  
kakgaxpati amakgapitsi talichiwin.**



**Tanks kagaxpati wantu wankgoy  
mintakgalhtawakganin chu kalhkawili  
tuku lakapastaka anta kxastatijwa,  
kamaklakaskinti xatakgalhchiwin  
kilhtamaku.**

<b>Taputlakgen</b>	<b>¿Tuku lanit?</b>

**Kawani tuku lalh tiku likalhchiwinalh laki nakatsiya  
pi tlan lakaxwilinita tuku lani, pi xlakaskinka  
nalakaxtlawaya taputlakgen.**

## Makglhuwa kalekgalhtawakga tatsokgni kamakgtayan mimakgalhtawakgana.



### Kalakapastakti pi...

Uma **akxni maklakaskina taputlakgen chu laku talalichipa tuku la** uma lu xlakaskinka anta niku **lichiwinat xatachiwin** limaklakaskina nalakaxwiliya pulana chu akalistalh nalichiwinana.

Tlan na maklakaskina tuku wanimanaw akxni lichiwinanputuna kilatamatkan xla kintalilakapasnikan nachuna xla kimpulatamankan paks wantu titaxtya nak kilatamatkan nachuna xalimakatum.

Nachuna, tlan naliakgataksa akxni tiku nalichiwinan xlatamat chu tiku xalakatunu chu xalismanin kachikin kalhikgoy.



### Kalichiwinanti chu liwana kalakapastakti tuku katsi xlatat lakaxwilikan tuku lakgoy akxni lichiwinana tuku lay.

¿Laku kaxwilikan tuku lay nak akgtum lichiwinat chu tuxpalakat xlakaskinka natamalakxtumiya atununki?

¿Lanchu tlan tanks nalichiwinana? ¿Tuku xpalakata?

¿Tuku xpalakata xlakaskinka kuenta natlwayaw laku nalakaxwiliyaw tuku la chu tuku litatalakxtumi atununki akxni lichiwinanikan tuku la?

¿Lantla makgtayayan taputlakgen chu tuku xlakaskinka xpalakata tlan nalakgapasa nakgataksa tuku lichiwinankan?



**Kaukxilhti amakgo liukxilhtin chu  
kalekgalhtawakga amá tatsokgni  
kamakgtayan mimakgalhtawakgana.**



**Kalitakgalhchiwinanti mimakgalhtawakgana  
mintakgalhtin.**

¿Tuku tatsokgni natsokgnan amá komite?

¿Tuku wanikan?

¿Tuku litamaklakaskin uma tatsokgni?

¿Ukxilhnita la uma tatsokgni? ¿Nikú?



## Kaputsa liskinin kapsnat nak Puchiwin chu kalichiwinanti lantla tatixtumí uyma tamakatsinin nak liskinin kapsnat.

Vista Ermosa, Puebla, 12 xla abril xla 2020.

Arturo Martinez Karsia  
Mapakgsina anta Ajalpan, Puebla  
UMA XATATSOKGNI

Tamakatsiniyan, akinin Palakatlawanin xla Lakgkaxlat xa la pulatamán Vista Ermosa, kamakasiniyan pi xtlawa litlan xkilamakgtayaw xpalakata klakaskinaw tuku litlawakan xasasti pukgalhtawakga anta kinpulatamán. Nakamakatsiniyan pi nak lamakgtayaw kinputumkan pala nak tlawayaw xa sasti pukgalhtawakga, uyma xpalakata kaskiniyan ka mana xlalimakgtayaw wantu nak maklakaskinaw: 300 kilu xla muntsaya, 10 lata xla krava, 100 variya, 20 kuxtal xla semento, 2 miyar xla tabike chu 50 lámina.

Uyma taskujut lu xmaklakaskinka xpalakata wa lakgawasan, laksuman chu kgawasa tlan nakgalhtawakgoy pulatamán.

Kgalhkgalhiyaw mintamakgtay chu mintakgatakgsni, ni nalipuwana paks cuenta natlawayaw tuku nak liskujaw; lantla lu xmaklakaskinka nakinlakgapaxalhnana anta nicha naskujaw.

Ka kgalhiyaw mintakgalhtin, ka maxkiyachan akgtum tamakachipat.

Titsokgnalh

  
Xiwan  
Santos Sanches

  
Jesús Antonio  
Ernandes Peres

  
Kutsé Lopes Dias

Palakatlawanin xla Lakkaxlat

## Kalitakgalhchiwinanti mimakgalhtawakgana mintakgalhtin.

¿Tuku takatsin tanks ukxilhti nak liskinin kapsnat?

¿Laku kaxwilikan tamakatsinin nak liskinin kapsnat?

¿Tu xpalakata tatsokgan liskinin kapsnat?

## Makglhuwa kalekgalhtawakga tatsokgni chu tanks naukxilha.



### **Kalakapastakti pi...**

Pi uma **liskinin kapsnat** xla tatsokgni niku tsokgan akxni na xakgatliputuna chatum mapekgsina tiku wintu skiniputuna, anta na wana tuku xpalakat liskina mi maklakaskinka.

Uma **liskinin kapsnat** kgalhi:

1. **Pulatamán chu taputlakgen.** Uma kinkawaniyan tu kilhtamaku tsokgkani amá liskinin kapsnat.
2. **Tiku nalakgchan chu tuku litaxtuy.** Xla latamán chu mapekgsina tiku na lakchan liskinin kapsnat.
3. **Tatsokgni xla tuku skimpat.** Anta niku nawana tuku xpalakat tlawapat uma liskinin. Akxni na tsokgnana uma tlan nalitamakgtayaya uma takgalhskinin: ¿tuku naskina?, ¿tuku xpalakata?, ¿tuku xlilat? chu ¿tuku tamakgtayat na makgamakglhtinana?
4. **Tachali chu wanti tsokgli.** Uma tatsokgni niku tatsokga akgtum tachiwin chu laktitsu tatsokgni niku nawaniya tamakgatsani, nachuna natatsokga xtakuwaní chu xlimakgaxiwan wanti sokgnalh amá liskinin kapsnat. Pi amá liskinin kapsnat lhuwa latamaní, tamakgtanumana nachuna xlisokgnatkan xtakuwanikan chu xlimakgaxiwan.



# Katsokgti nikunla wanikan tu tsangkani amá liskinin kapsnat.

Vista Ermosa, Puebla, 12 xla abril xla 2020.

Arturo Martines Karsia  
Mapakgsina anta Ajalpan, Puebla  
UMA XATATSOKGNI

Tamakatsiniyan, akinin Palakatlawanin xla Lakgkaxlat xa la pulatamán Vista Ermosa, kamakasiniyan pi xtlawa litlan xkilamakgtayaw xpalakata klakaskinaw tuku litlawakan xasasti pukgalhtawakga anta kinpulatamán. Nakamakatsiniyan pi nak lamakgtayayaw kinputumkan pala nak tlawayaw xa sasti pukgalhtawakga, uyma xpalakata kaskiniyan ka mana xlalimakgtayaw wantu nak maklakaskinaw: 300 kilu xla muntsaya, 10 lata xla krava, 100 variya, 20 kuxtal xla 2 miyar xla tabike chu 50 lámina.

Uyma taskujut lu xmaklakaskinka xpalakata wa lakgawasan, laksuman chu kgawasa tlan nakgalhtawakgoy pulatamán.

W mintamakgtay chu mintakgatakgsni, ni aks cuenta natlawayaw tuku nak liskujaw; lantla kinka nakinlakgapaxalhnana anta nicha naskujaw.

Ka kgainiyaw mintakgalhtin, ka maxkiyachan akgtum tamakachipat.

Titsokgnalh

Xiwan  
Santos Sanches

Jesús Antonio  
Ermandes Peres

Kutsé Lopes Dias

Palakatlawanin xla Lakkaxlat

# Kamalagxtupi mintakgalhtin chu kakaxtlawa pi xlakaskinka.

**Tiku nalagchan chu  
tuku litaxtuy**

**Pulatamán chu  
taputlakgen**

Vista Ermosa, Puebla, 12 xla abril xla 2020.

Arturo Martines Karsia  
Mapakgsina anta Ajalpan, Puebla  
UMA XATATSOKGNI

Tamakatsiniyan, akinin Palakatlawanin xla Lakgaxlat xa la pulatamán Vista Ermosa, kamakasiniyan pi xtlawa litlan xkilamakgtayaw xpalakata klakaskinaw tuku litlawakan xasasti pukgalhtawakga anta kinpulatamán. Nakamakatsiniyan pi nak lamakgtayaw kinputumkan pala nak tlawayaw xa sasti pukgalhtawakga, uyma xpalakata kaskiniyan ka mana xlalimakgtayaw wantu nak maklakaskinaw: 300 kilu xl muntsaya, 10 lata xla krava, 100 variya, 20 kuxtal xla 2 miyar xla tabike chu 50 lámína.

Uyma taskujut lu xmaklakaskinka xpalakata wa lakgawasan, laksuman chu kgawasa tlan nakgalhtawakgoy pulatamán.

**Tatsokgni xla  
tuku skimpat**

**Tachali chu  
wanti tsokglihi**

w mintamakgtay chu mintakgatakgsni, ni aks kuenta natlawayaw tuku nak liskujaw; lantla lu xmaklakaskinka nakinlakgapaxalhnana anta nicha naskujaw.

Ka kgalhiyaw mintakgalhtin, ka maxkiyachan akgtum tamakachipat.

Titsokgnalh

Xiwan  
Santos Sanches

Jesús Antonio  
Ermandes Peres

Kutsé Lopes Dias

**Palakatlawanin xla Lakkaxlat**



## Katlawa talakglhkatawilan tatsokgni xpalakata natlawaya akgum liskinin kapsnat, kaukxilhtiya umakgo.

1. Kaputsa akgum takglhuwit anta minpulataman wantu tlan nalakkaxlay kpuchiwin.

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2. Xla uma takglhuwit tuku tlan liskinat.

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3. ¿Tuku takanalat chu tu likilhtiyay uyma taskinin?

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4. ¿Nima tlan tamakgtay tamakglhtinan xla taskinin?

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5. ¿Tikú tlawakgoy uma liskinin kapsnat?

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6. ¿Tikú tamalakgachani?

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Kamatixtupi talakpuwan tuku lhkawili, ¿tuku an pulana? chu  
¿tuku alistalh ankgoy?

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## Katsokgti aktum liskinin kapsnat.

Akxni natsukuya tsokga liskinin kapsnat kuenta katlawawa uma:

- Laku naxakgatliya tinalakgchan.
- Tuku tachiwin tlan xpalakata namakatsiniya mintapuwan.
- Kamaklakaskinti xatlan tachiwin.

Kuenta katlawawa mintaskinin xpalakata tlan talhkanit chu taakgatakgas mintatsokgni.

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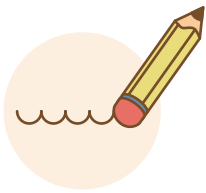
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**Liwana kauxilhti liskinin kapsnat kamaklakaskinti uma tatixtumí chu katsokgti “X” wantu tsankganiy nak liskinin kapsnat.**

Xlikgalhit taputlakgen chu pulatamán.

Xlikgalhit wanti nalakgchan.

Xlikgalhit wanti tsokglhi.

Litsuky xla tuku lakaskin chu tuku xpalakat.

Xlikgalhit akgtum tachali.

Xlikgalhit wanti tsokglhi.

**Pi maklakaskinti xalatlanka limakgatsogni kauxilhti pi anta:**

- Nak xtakuwaní latamanín chu pulatamanín.
- Akxni matsukiya akgtum xalanka tatsokgni.
- Alistalh xla kgatunu niku sputta.



**Pi namaklakaskina nalakaxtlawaya miliskinin  
kapsnat, katsokgpala unu nawaliya tuku kitsankgay.**

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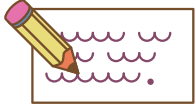
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**Kalekgalhtawakga laktitsu tatsokgni  
chu kalakapastakti akgtum tachiwin  
tuku tlan namakgatsi.**

- Ama Petulu lakgati an .....
- Chali xkilhtamaku xla .....
- Kin kachikin napaxkuanankan .....
- Lakatiyaw kamanana .....
- Xankgalhin ktamawananaw nak .....

**Kalixakgatli mintakgalhtawakganin laktitsu  
tatsokgni chu kagxapati lantlaxtachiwinkan.**



**Kalimakgatawakga wantu limin  
Limakgatsokgni xasasti laktitsu  
tatsokgni nalikaxtlawaya xalaklanka  
limakgatsokgni chu limakgatsokgni  
nima lekgalhtawakgapat.**



## Kapusta Kmilegalhtawakga xalitakgalhchiwin “21. Kaxman Ihtatay” chu kalimakgatsi tachiwin laktitsu tamakatsinin.

**taspitli**

**takatsilh**

**xlikatsi**

**kilhtamaku**

**xkgalhi**

**putsakgoy**

Paks xpaxkiakgoy liputum kachikin xpalakta ni .....  
xkaman chu nitu xwanit xchixku.

Titaxtu ..... chu latamanín ni akxilhkgolh  
tantakú, ankgolh ..... kxchik.

Xliputum kachikin ..... chu tamakxtumikgolh  
xpalakata nalakgatawilakan katsisni, xliputumkan  
talatamakgtayalh.

Wankan amá puskat ..... xchik ka tantun chu  
lamalhku 20 kata, alistalh snun chipalh tajatat chu nilh. Nixni  
lakgastakuanalh.

Lichiwinankan amá puskat wan pi ka snun Ihtatanit chu chatum  
xatlan chixku ..... wanilh xlakata nataspita  
kminchik, ni maxxika talakaskin natamakgaxtakgacha.



**Kalimakgatawakga wantu limin  
Limakgatsokgni xasasti laktitsu  
tatsokgni nalikaxtlawaya xalaklanka  
limakgatsokgni chu limakgatsokgni  
nima lekgalhtawakgapat.**



**Katsokgti tachiwin akgatunu litsokgni *tl*,  
*lh*, *ts*.**

tl	lh	ts

tl	lh	ts

tl	lh	ts



**Kalimakgatawakga wantu limin  
Limakgatsokgni xasasti laktitsu  
tatsokgni nalikaxtlawaya xalaklanka  
limakgatsokgni chu limakgatsokgni  
nima lekgalhtawakgapat.**

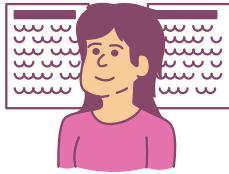


**Kalakapastakti tanu takglhuwit tuku  
ukxilhnita anta minpulatamán chu  
katsokgti tuku taskinin militlawat chu  
niku nalamakgachaya.**

### **Liskinin kapsnat**

### **Niku nachan**

**Kalitakgalhchiwinanti mimakgalhtawakgana  
mintakgalhtin.**



## Kamalaxtupi pakgtuy tatsokgni.

### ¿Lantla laktlaway xlatamat latamanin?

Nikajman tajatat maxkiy latamanin uma kuchu, uma xtajatat kuchu laktlaway lalilakgapasni xalak xpulakni xchiki uma tatatla nachuna amakapitsin xtalatamanin.

Lalilakgapasni xalak xpulakni xchiki kawilini taklhuwit chu ni paxuwa tatawilakgoy tiku makxtum tawi tatatla, nachuna mapitsi talilakapasni chu nalitaktay tumin tuku xmaklakaskinka nakchiki.

Nakxlatamat chu xputaskujut, latamán kgotni nialh aktanks skuja chu nialakgapasninan, nialhti xakgatiy.

**Anta Kméjiko uma xtajatat kuchu makgni lakatsu 10 000 latamanin nachuna kalaktlaway 25 000 latamanin tiku latamakgoy ktiji.**

### Pi tlakg katsiputuna

Pi tlakg katsiputuna xalikatsin tlan natalakasuwiya:

- **Centros de Integración Juvenil, A. C. (cu)**, 52121212 <https://bit.ly/2TSU9jM>
- **Central Mexicana de Servicios Generales de Alcohólicos Anónimos A. C.**, 800 2169 231 <http://www.aamexico.org.mx/>
- **Centros de Atención Primaria en Adicciones (CAPA)**, 800 911 2000 [http://www.cenadic.salud.gob.mx/interior/centros\\_nuevavida.html](http://www.cenadic.salud.gob.mx/interior/centros_nuevavida.html)

Nikalilakxatla Ihkgamapasanan milatamat  
**Wa xtajatat kuchu...**  
**¿Akgtum tajatat?**



Konsejo Nasional Xtalhatlawat Lhgamapasanan

### ¿Tuku ama?

Uma xtajatat kuchu nalilakapasa akxni lhuwa wakan kuchu chu lakasiyu makgatatlalan latamanin.

Uyma Orkanisación Mundial xla Takuchu (OMT) wan pi anan 2 biyón latamanin tiku wakgoy kuchu chu uma 76.4 miyón tajatatlakgoyxpalakata kuchu.

### ¿Tuku makilhutsuki?

Wantu makilhutsuki xla lichatum

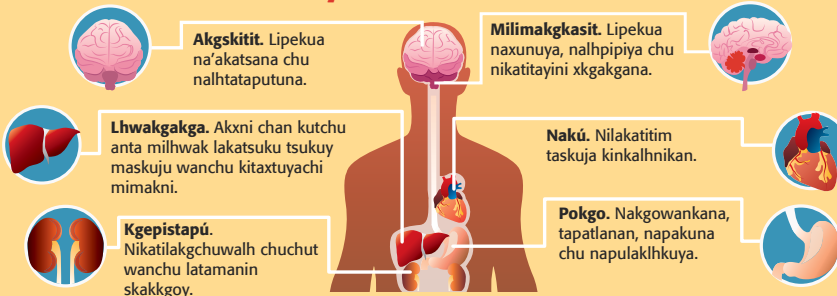
- Nitu liukxilhkan.
- Akgtlakgwana.
- Lipuwana.
- Katuwa natlawapatuna.
- Xakgotni xwanit xtalilakgapasni.

Wantu makilhutsuki xla liputum

- Lakatum natapakgsiya.
- Namaklitanuya niku tamakgstokga tiku lhuwa tawa kuchu.
- Tamawakan chu stakan chu kuchu chu aktuju xtapalh.

Uma xtajatat kuchu tliwekge pasanana chu litasiyuy akxni lhuwa putsa chu lhuwa way xkuchu.

### Tajatat tuku mastay kuchu naktiyatliwa



Latamanin tiku kgalikgoy xtajatat kuchu nituwa nachipay tanu tajatat ama wanikan sirrosis, kanser, tajatat xla nakú chu natlan nakgalhi puskat takglhuwit akxni kaku kgalhinan nachuwa akxni malakgatunkuwini kskgata.

## Xalakgatutu tatsokgni



Vista Ermosa, Puebla, 12 xla abril xla 2020.

Arturo Martines Karsia  
Mapakgsina anta Ajalpan, Puebla  
UMA XATATSOKGNI

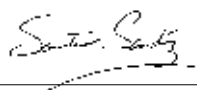
Tamakatsiniyan, akinin Palakatlawanin xla Lakgkaxlat xa la pulatamán Vista Ermosa, kamakasiniyan pi xtlawa litlan xkilamakgtayaw xpalakata klakaskinaw tuku litlawakan xasasti pukgalhtawakga anta kinpulatamán. Nakamakatsiniyan pi nak lamakgtayayaw kinputumkan pala nak tlawayaw xa sasti pukgalhtawakga, uyma xpalakata kaskiniyan ka mana xlalimakgtayaw wantu nak maklakaskinaw: 300 kilu xla muntsaya, 10 lata xla krava, 100 variya, 20 kuxtal xla semento, 2 miyar xla tabike chu 50 lámina.

Uyma taskujut lu xmaklakaskinka xpalakata wa lakgawasan, laksuman chu kgawasa tlan nakgalhtawakgoy pulatamán.

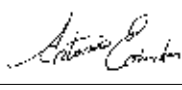
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Ka kgalhiyaw mintakgalhtin, ka maxkiyachan akgtum tamakachipat.

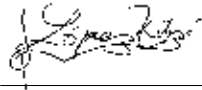
Titsokgnalh



Xiwan  
Santos Sanches



Jesús Antonio  
Ermandes Peres



Kutsé Lopes Dias

Palakatlawanin xla Lakkaxlat

## Liskinin kapsnat

### Kalitakgalhchiwinanti mimakgalhtawakgana mintakgalhtin.

¿Tuku tatsokgni uma?

¿Tuku wanikan pulakgatunu?

¿Tuku litalakgpaliy akgatunu tatsokgni?

¿Tuku lilayaw akgatunu tatsokgni?

# XA KAPSNAT NIKU TAMASIYU TAKATSIN

## Ktsukuy kgalhtawakgay chu ktsokgnan kintachiwin.

### Tutunakú

Xtakuwaní latamanin lakkgawasan  
chu wanti lenkgoy xkatakan

Katsokgti akgtum ✓ wa xkgantaxtut wa animá makgatsilh liwana  
tlawakgolh xli Pulakgatumu.

Xtapakuwit mintlat

Xtapakuwit mintsé

Takuwaní

RFE chuna KURP

### Pulakgatumu 1

- ☐ Lakgapas lantla lakaxlanit akgatumu tatsokgni chu katsi lantla xpulaktanut.
- ☐ Akxni ukxilh lantla lakaxlanit akgatumu tatsokgni katsi wantu tamakatsinin liminkgo chu lichiwinan tuku talakapastakni liminkgo.
- ☐ Kaxtlawa tatixtumí tuku stalani tatsokgni xpalakata tlan tlawa akgtum tatsokgni.
- ☐ Lichiwinan laku wan tatixtumí xla tatsokhgni, lantla tatsokgni chu kaxtlawa tatsokgni xla liputum chu lhkaxtu.
- ☐ Laksaxtu tuku talakgpali ktakuwaní chu lantla talakgnunit akgatumu tatsokgni tuku kgalhtawakga chu tsokga nak pulakgatumu.
- ☐ Chiwinan chu akgatakgsa tatsokgni niku lichiwinan latamanin, tuku anan nak pulatamán.

⊙Lakgapasa makgapitsi limakgatsokgni xla mintachiwin.

Kmakatsiniyan pi uma Pulakgatumu tlan kgantaxtulh.

Taputlakgen: \_\_\_\_\_

Xtakuwaní chu xtamakgaxiwin wa makgalhtawakgana

### Pulakgatumu 2

- ☐ Kgalhtawakga tatsokgni xlakata nakatsi tuku minxpulakatanu.
- ☐ Kgalhtawakga chu akgatakgsa lantla xpulakatanu akgatumu tatsokgni xla pulakgatumu.
- ☐ Kaxtlawa tatixtumí tuku stalani tatsokgni xpalakata tlan tlawa akgtum tatsokgni.
- ☐ Tsokgnu, liwana ukxilha chu kaxtlawa tatsokgni xla xmaklakaskinka putum latamanin.
- ☐ Laksaxtu tuku talakgpali ktakuwaní chu lantla talakgnunit akgatumu tatsokgni tuku kgalhtawakga chu tsokga nak pulakgatumu.
- ☐ Chiwinan chu akgatakgsa tatsokgni wa tuku lichiwinankan.
- ☐ Lakgapasa limakgatsokgni xla tachiwin.

Kmakatsiniyan pi uma Pulakgatumu tlan kgantaxtulh.

Taputlakgen: \_\_\_\_\_

Xtakuwaní chu xtamakgaxiwin wa makgalhtawakgana

# XA KAPSNAT NIKU TAMASIYU TAKATSIN

## Ktsukuy kgalhtawakgay chu ktsokgnan kintachiwin.

### Tutunakú

KPULHKÁ KINTAKATSIN XLISPUTNI

¿Tuku katsilh?

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¿Tuku nakgliay?

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Xtakuwaní chu xtamakgaxiwin latamanin lakkgawasan chu wanti liinkgoy xkatakan.

Xatakatsin niku tlawa tamasiyu takatsin:

Taputlakgen: \_\_\_\_\_

Xtakuwaní pulatamán: \_\_\_\_\_

Xtakuwaní chu xtamakgaxiwin ti chi matlawin.



Uma tanu lekgalhtawakga nikuma  
namaklakaskina akxni natsukuya  
kgalhtawakgaya chu natsokgnana. Akxni  
nalekgalhtawakgaya mintachiwin tutunakú  
tlakg nakalakgapasa tatsokgni.  
Kalakapastakti xpalakata mintachiwin tlakg  
nastaka, xlakaskinka nalekgalhtawakgaya chu  
nalitsokgnana.

Este es otro material del paquete de libros que  
le acompañarán en el inicio del aprendizaje de  
la lectura y escritura. Al estudiar en su lengua  
totonaca descubrirá los diferentes usos que  
puede darle a los textos escritos. Recuerde  
que una forma de mantener viva su lengua  
es ampliando sus usos a la lectura y escritura.



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