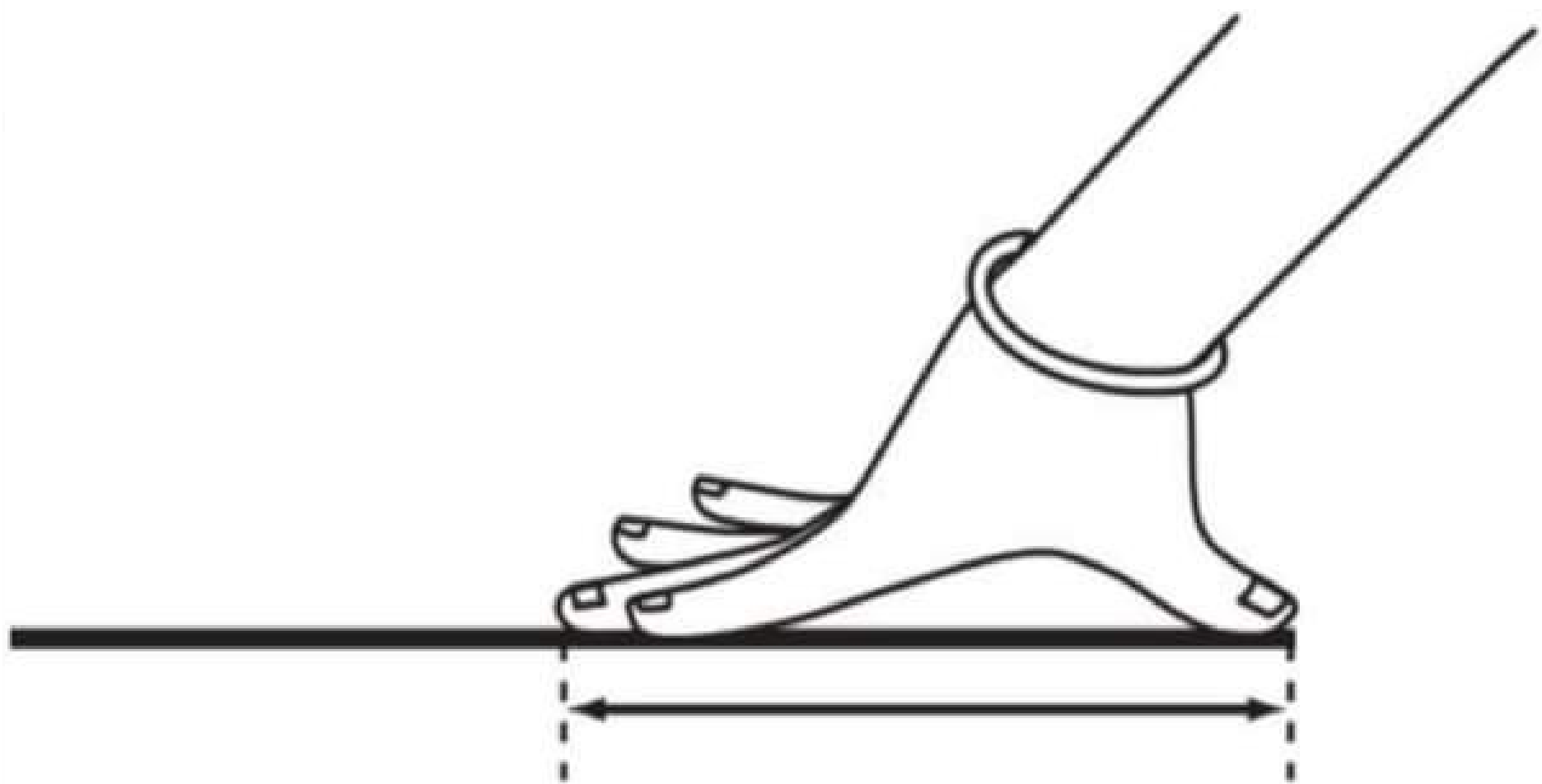
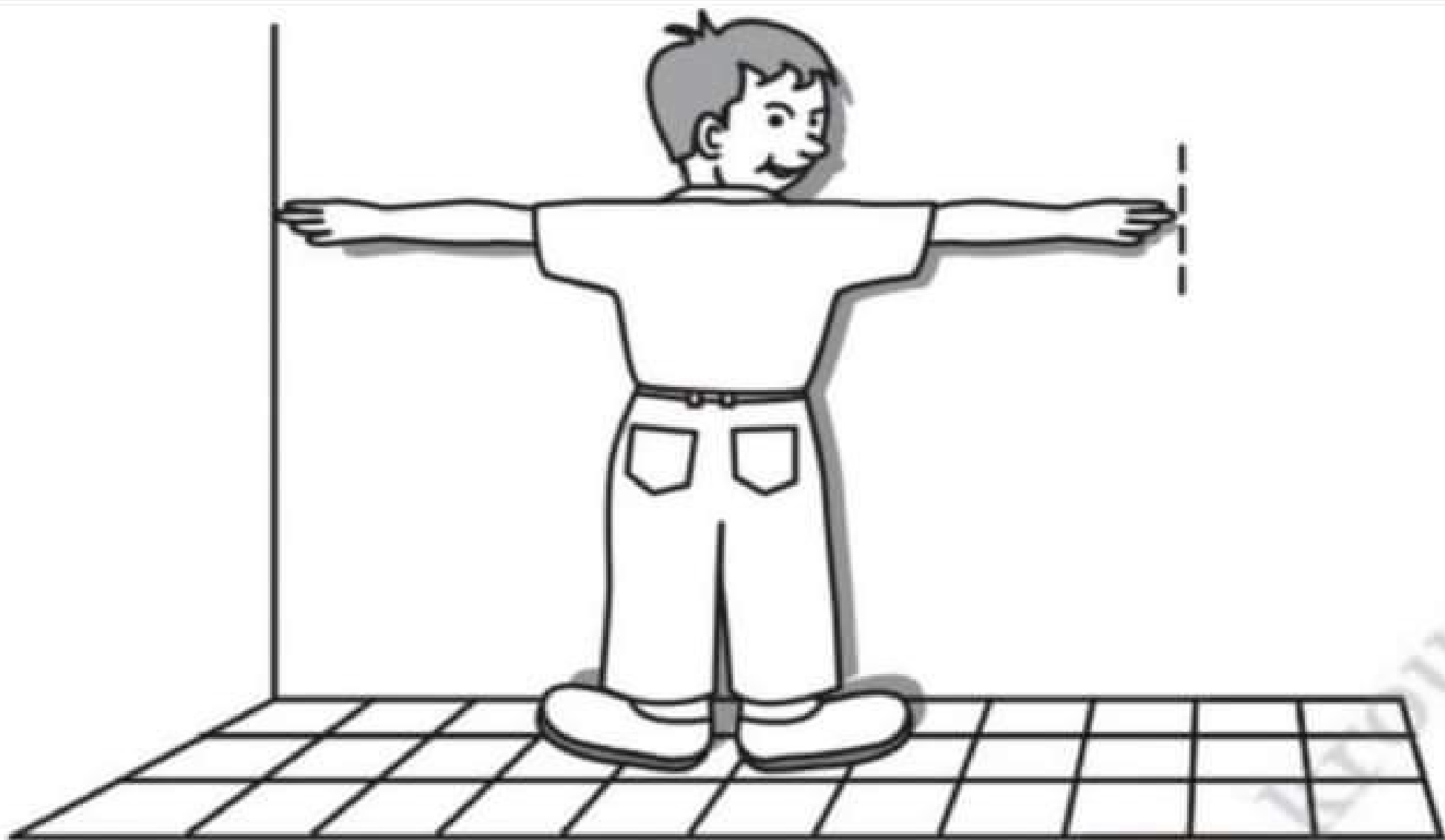




មួយចំណាម



មួយព្យាម

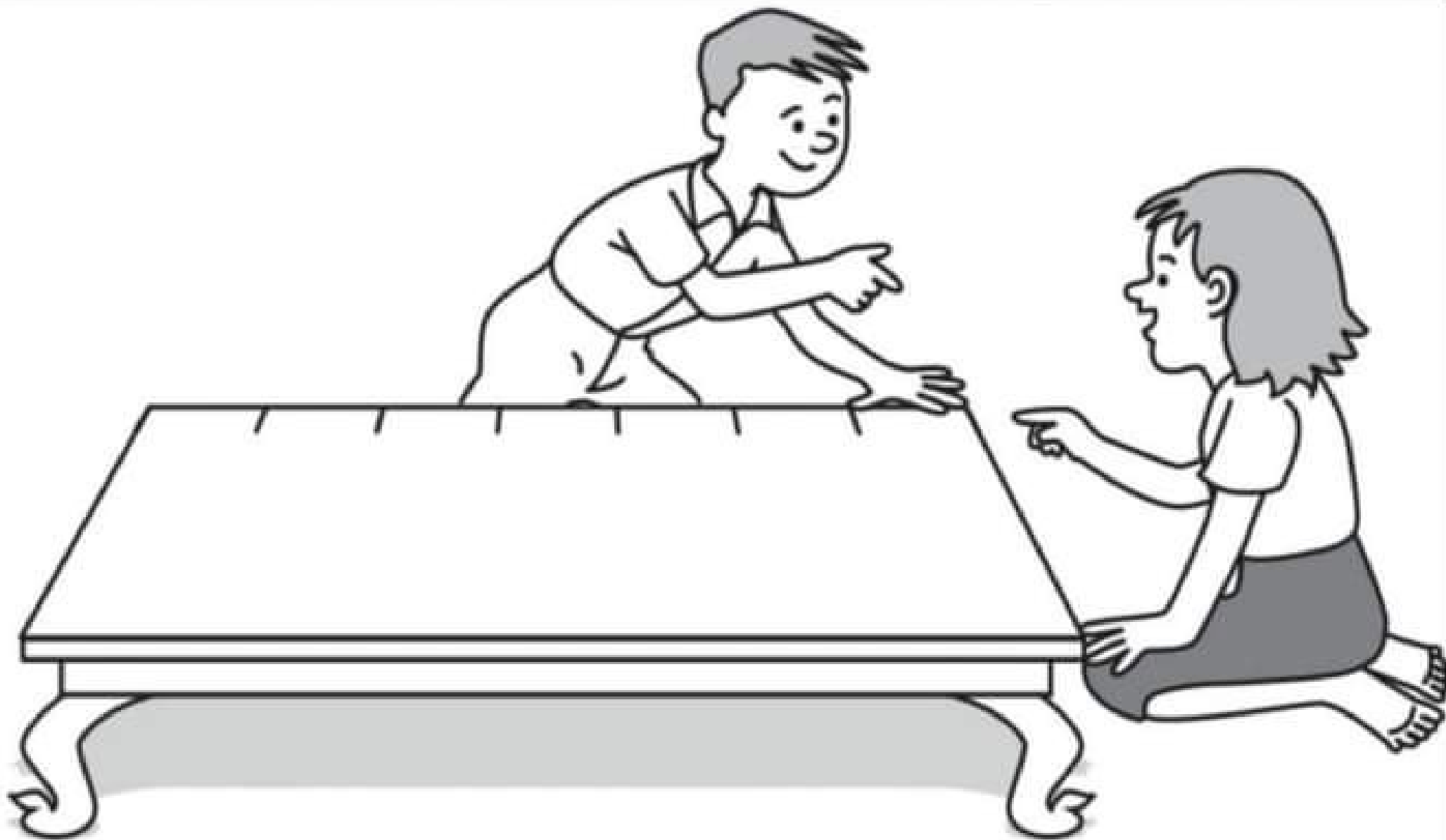


ត្រាសដុសឆ្មុញ់មានប្រវែង ៨ ឃ្លាប

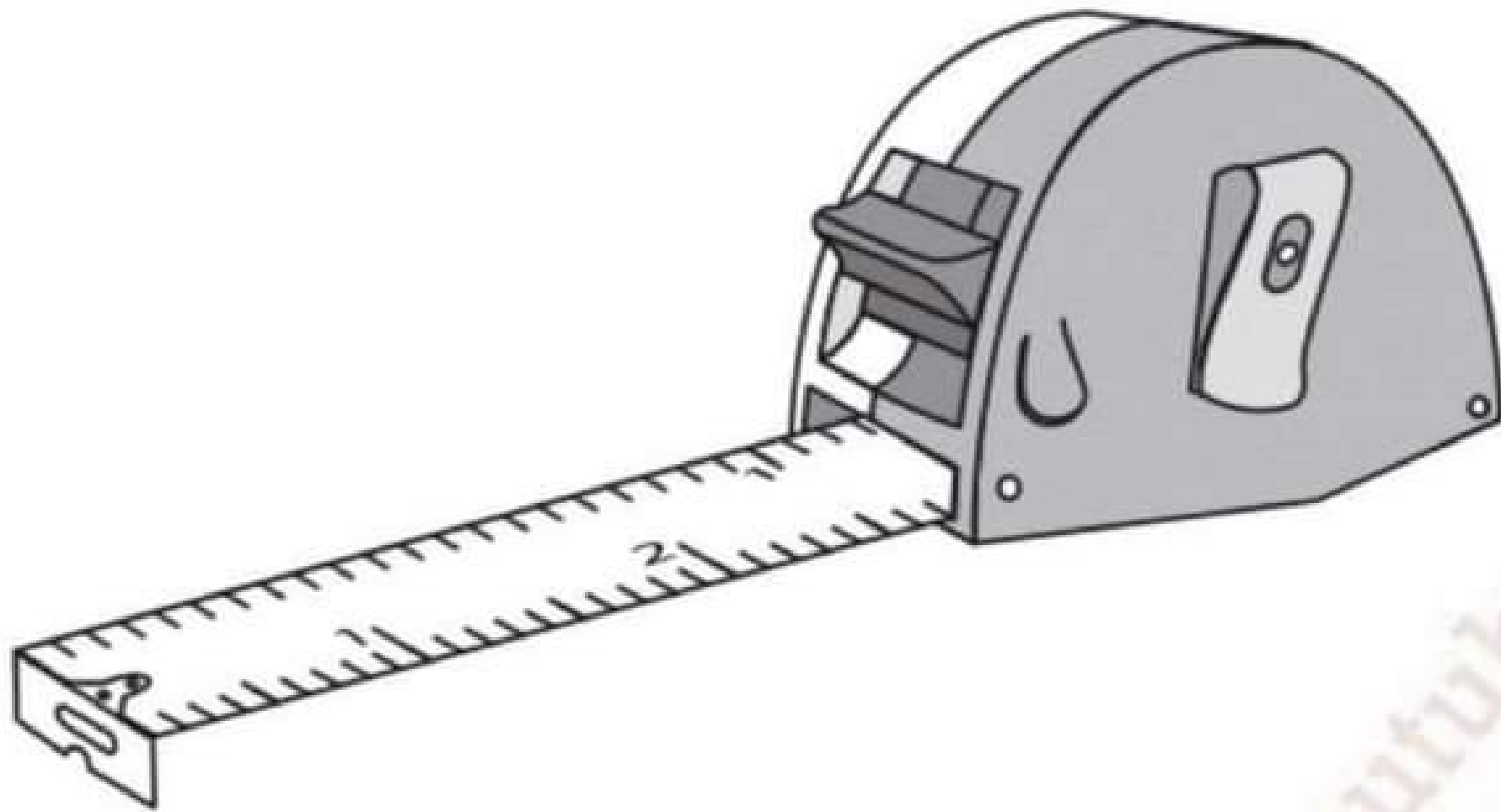


មួយជំហាន





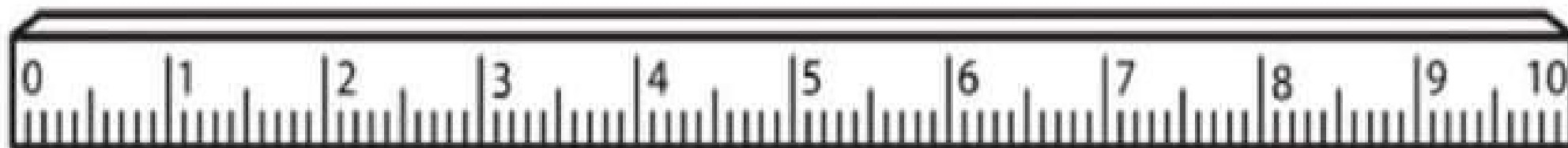
ម៉ែត្រវ៉ែត



youtube

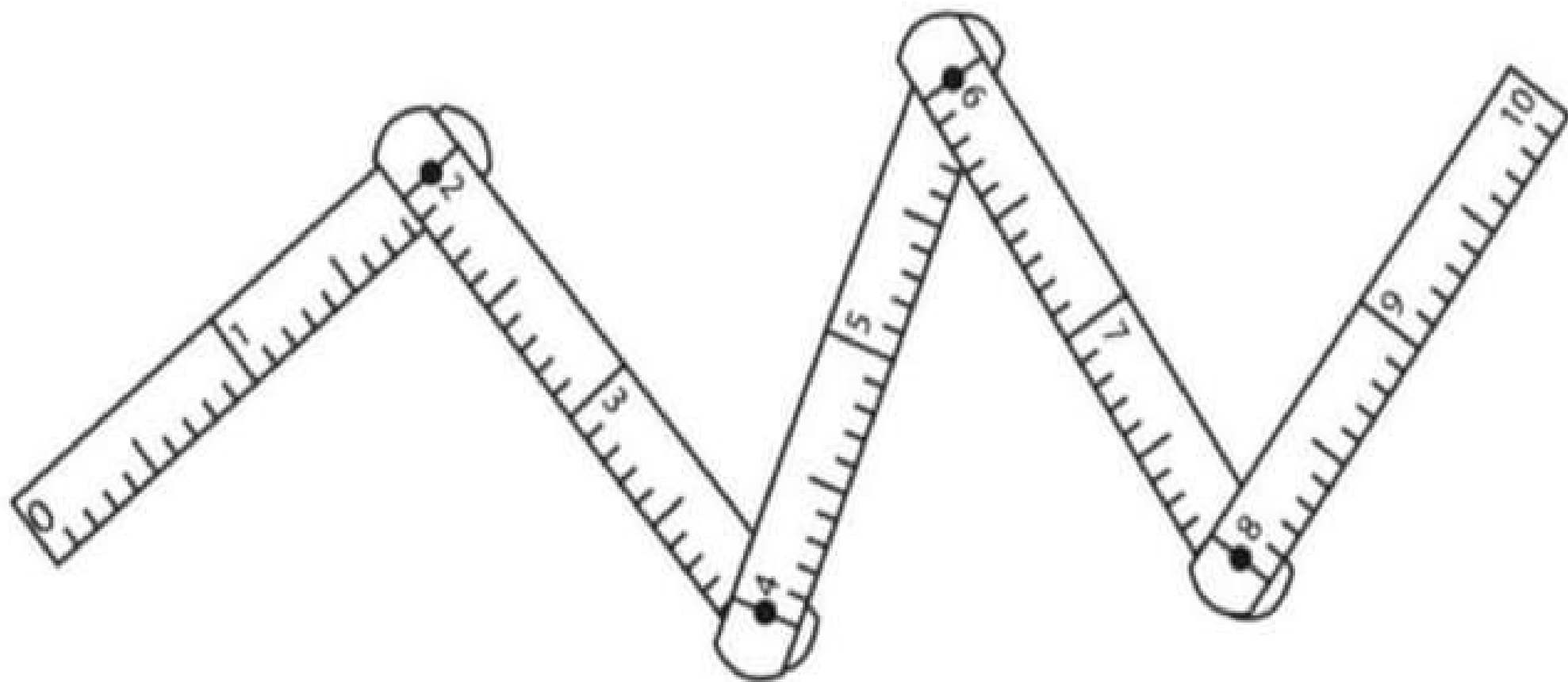


ម៉ែត្រសំពត់



ម៉ែត្របន្ទាត់

ម៉ែត្របត់

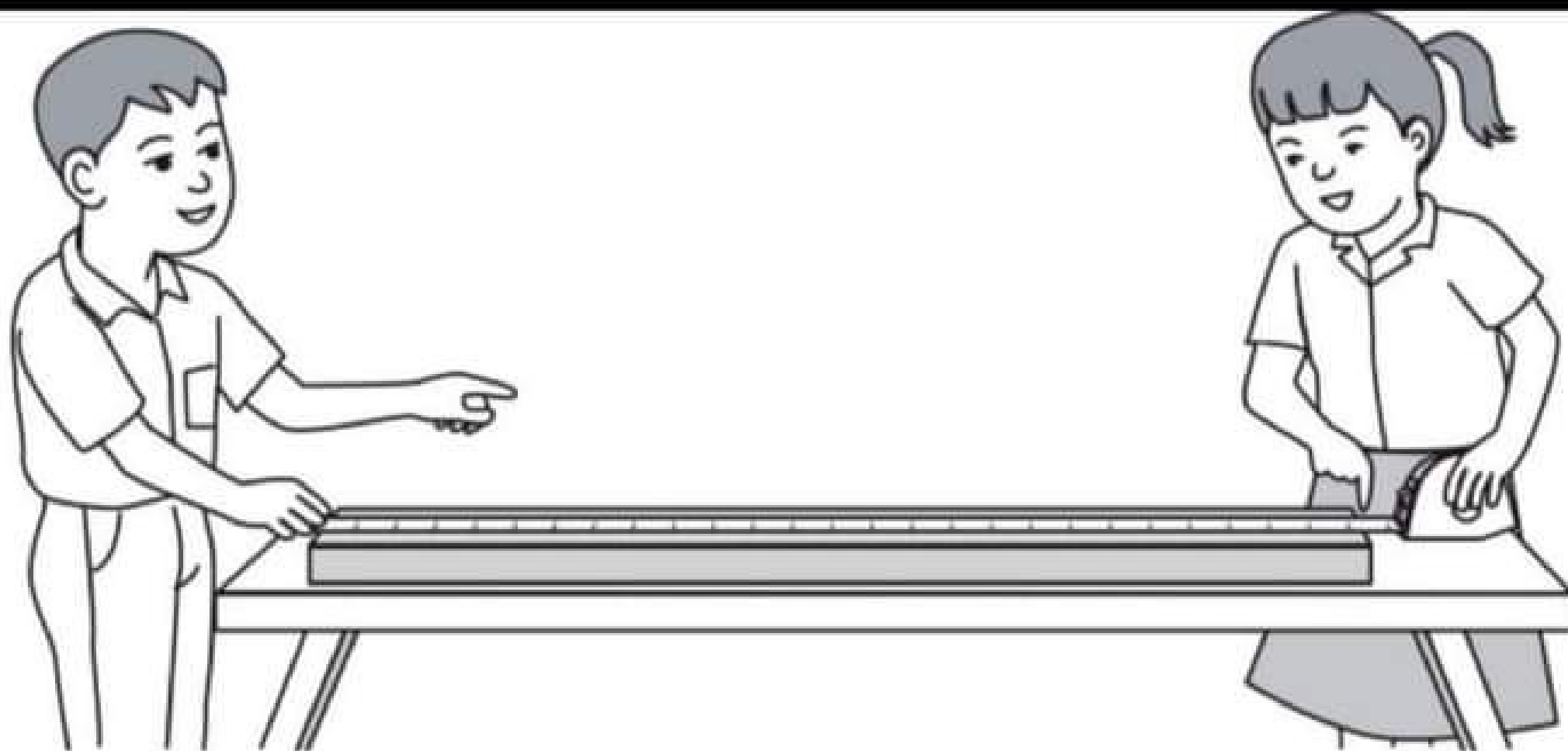




ជាង កាត់ដេរ ប្រើម៉ែត្រ ។



ម៉ង់ផល្លាប្រើម៉ែត្រ ។

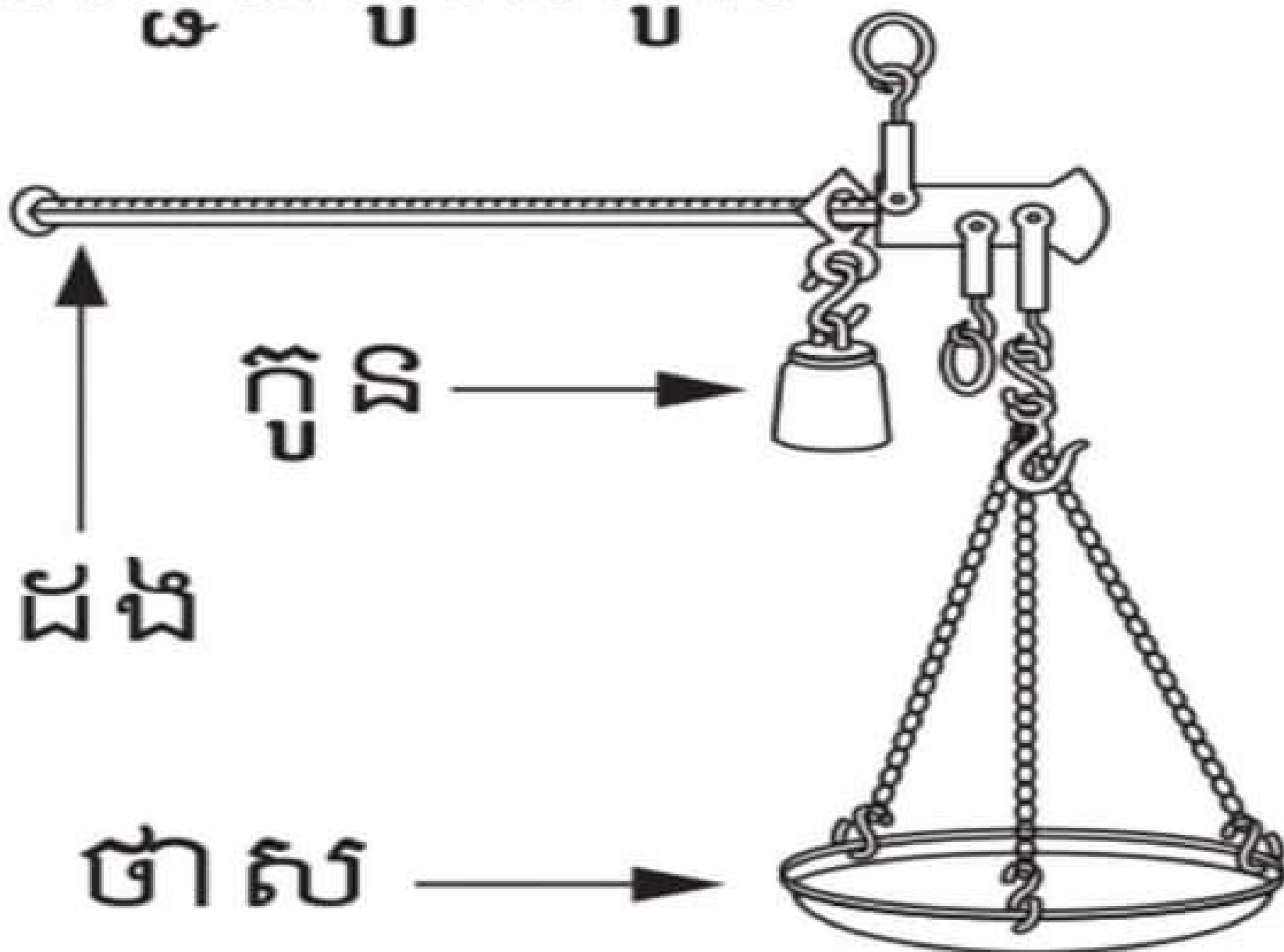


បុណ្យា និង នារី ប្រើម៉ែត្រ ។

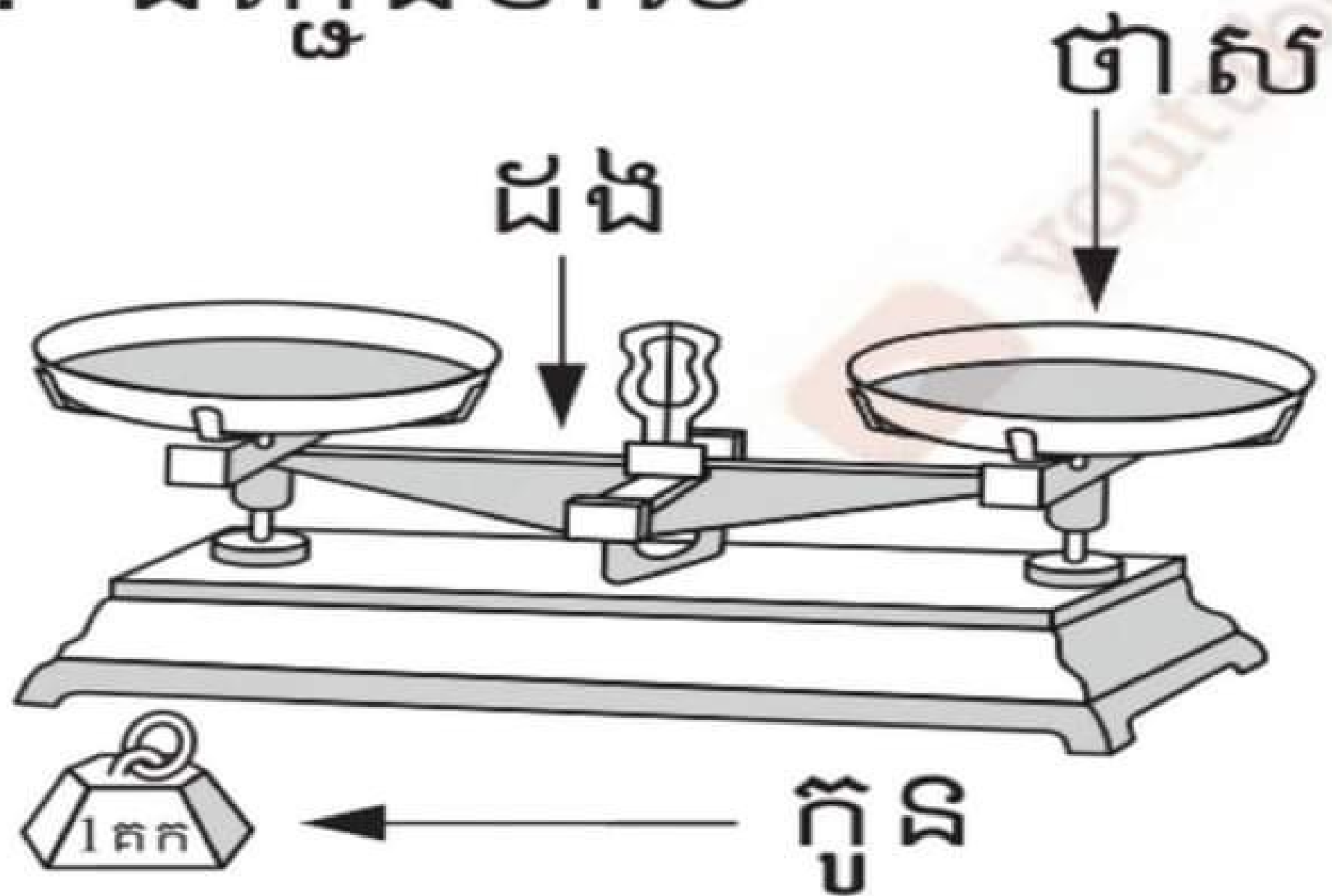


ពូសុខប្រើម៉ែត្រ ។

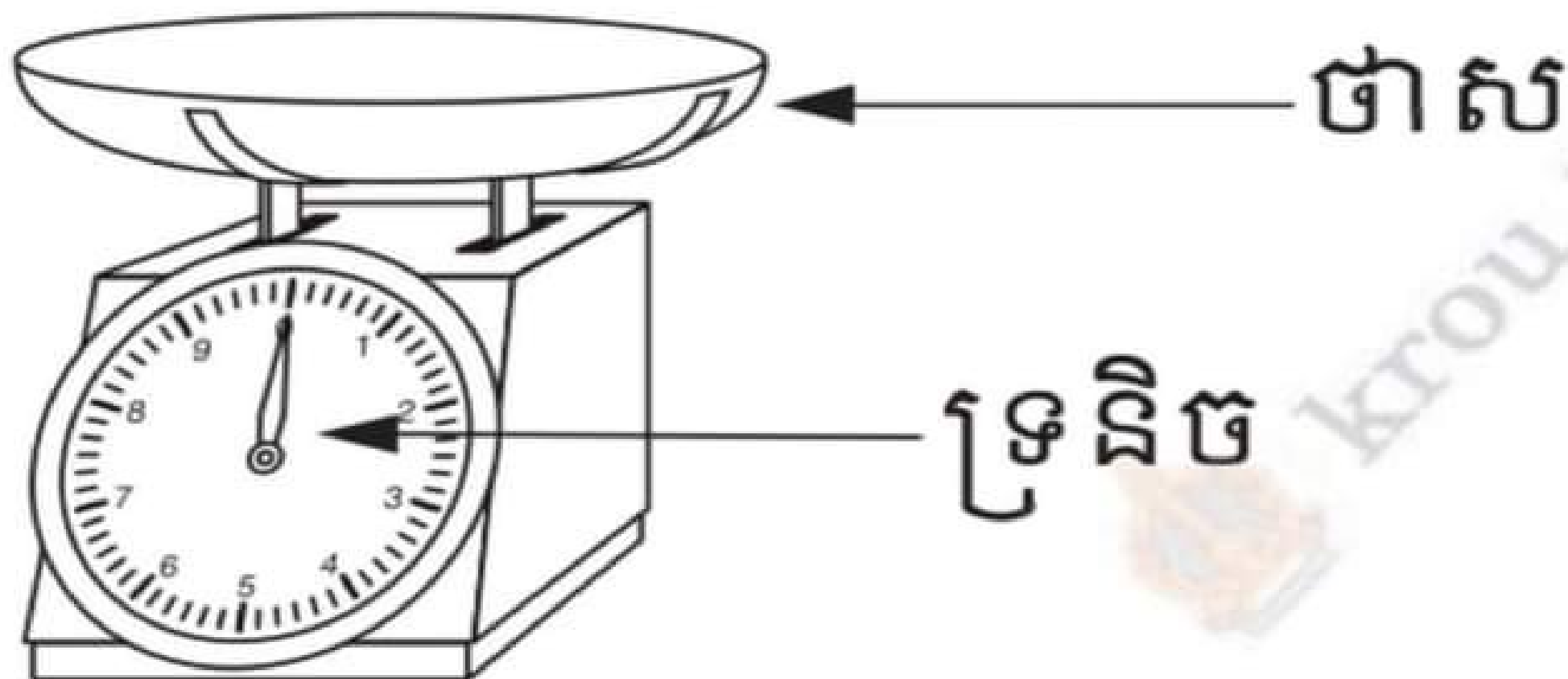
1. ជញ្ជីងបូលកូន



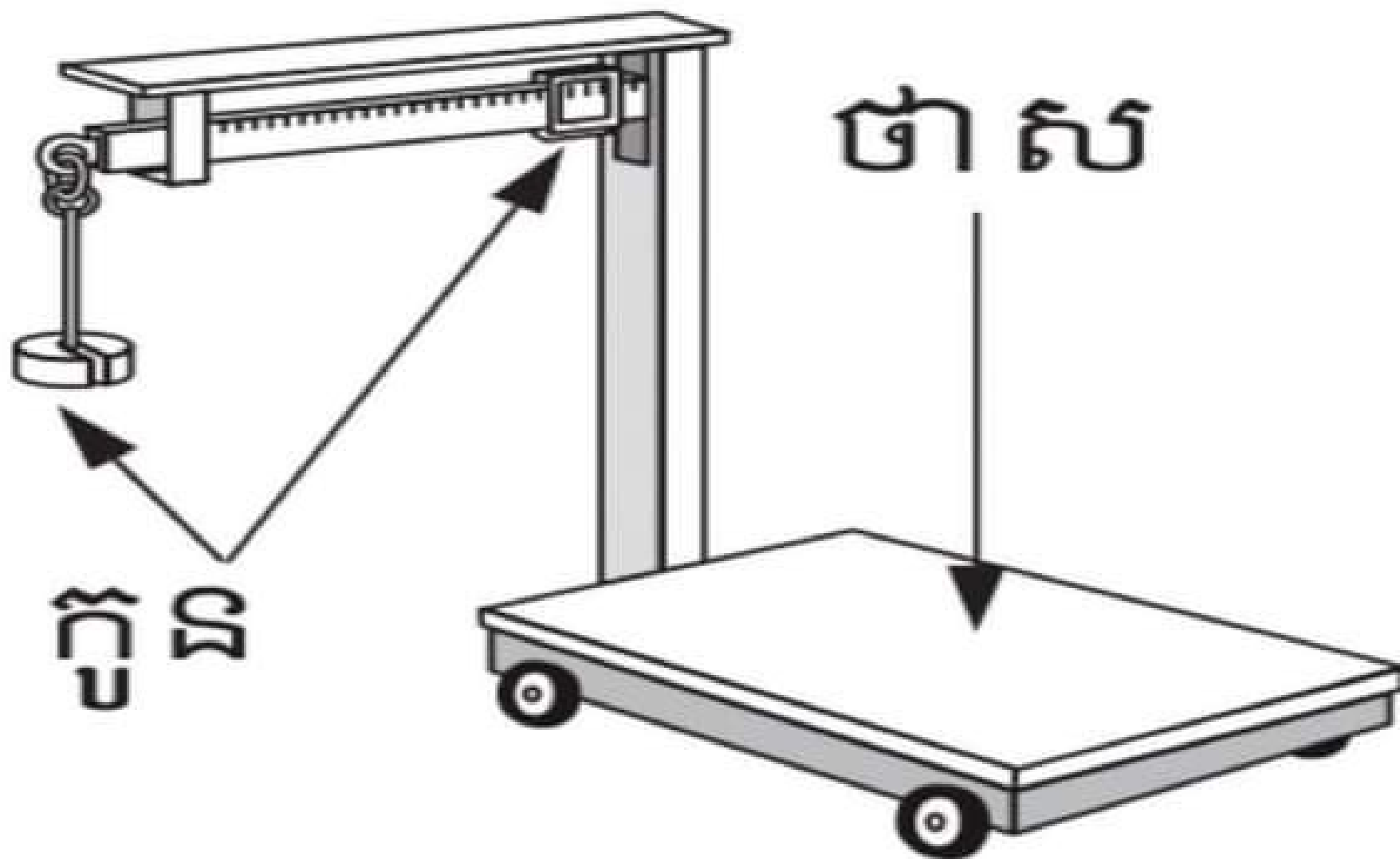
2. ជញ្ជីងថាស



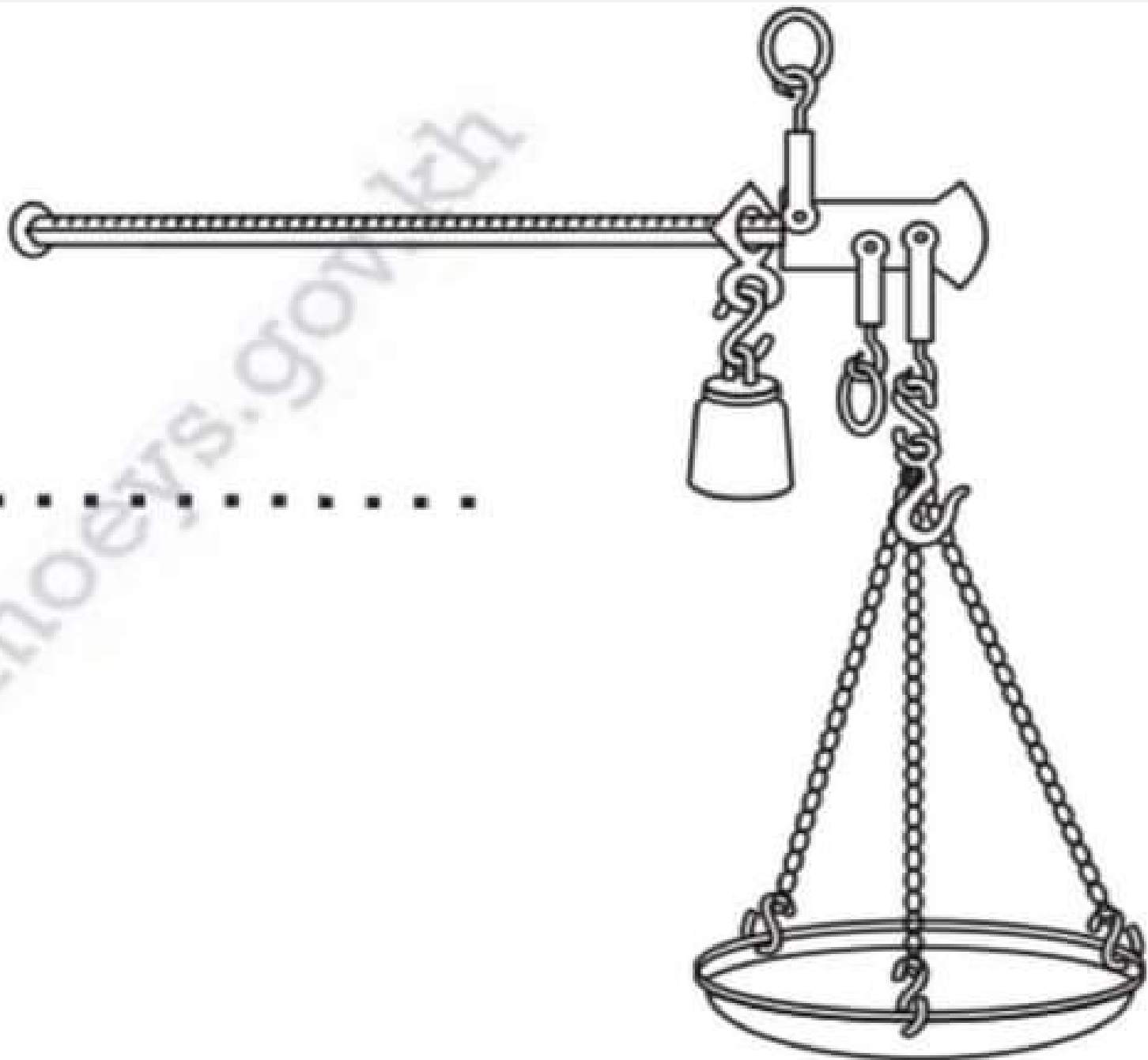
3. ជញ្ជីងស្វ័យប្រវត្តិ



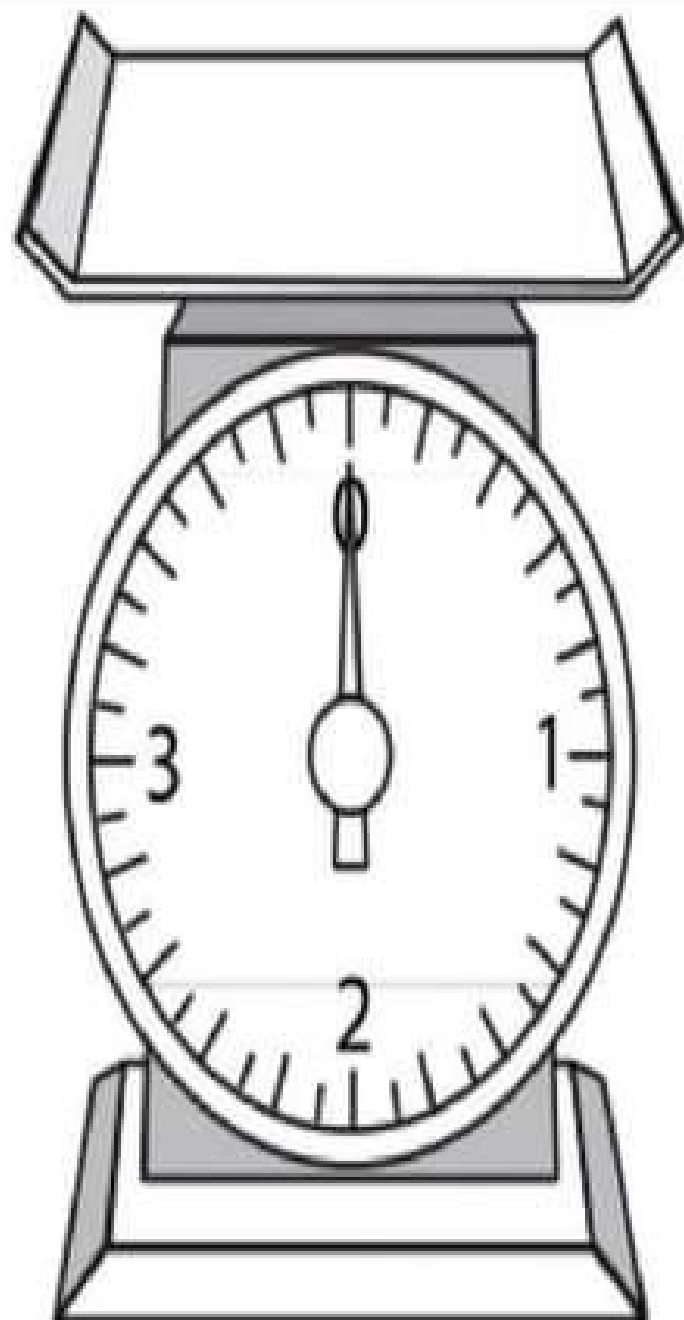
4. ជញ្ជីងប៉ុង



පිටු ෪.....



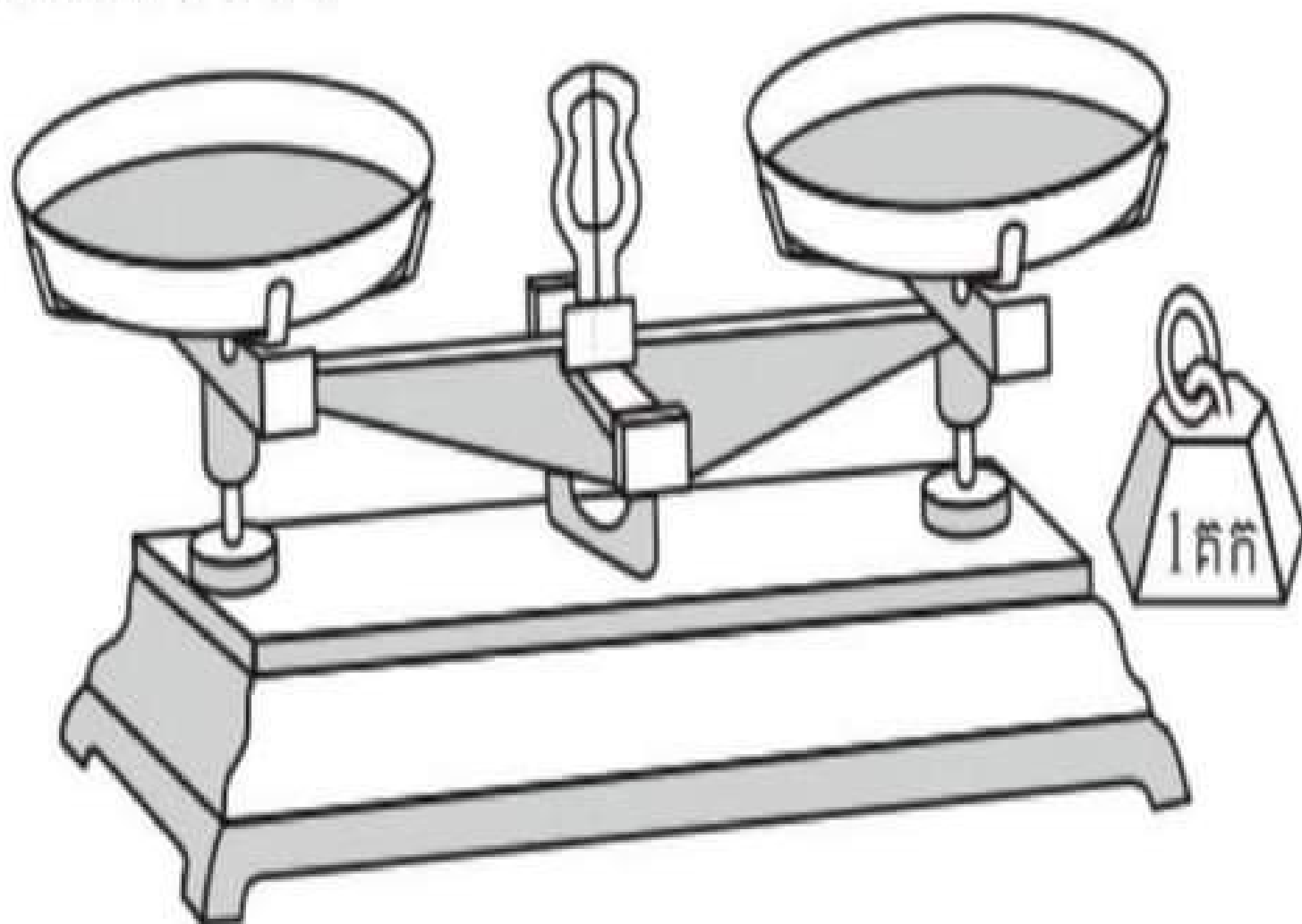
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မကွက်



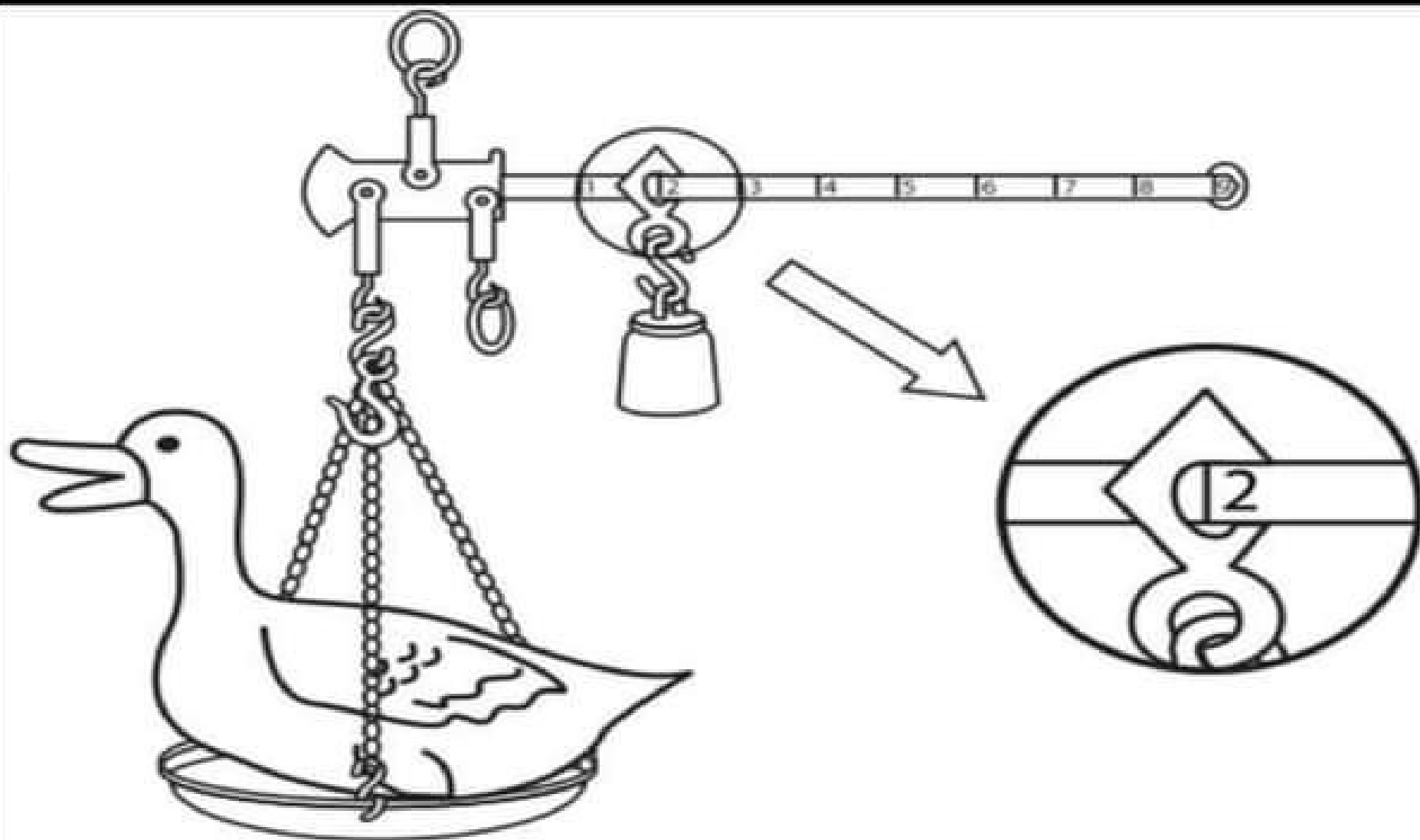
ជំពូកទី.....
៤



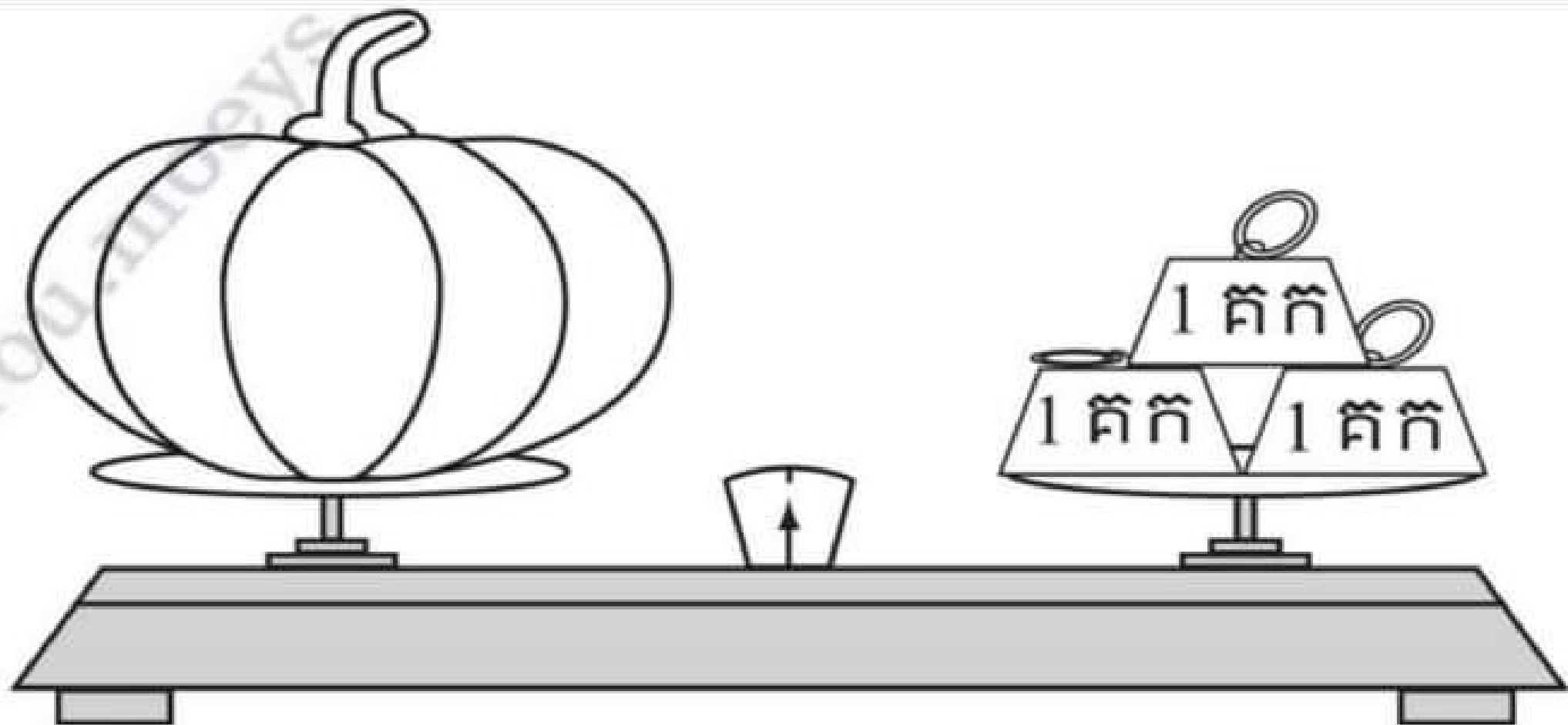
ប្រភេទកូនជញ្ជាំងគិតជាគីឡូក្រាម



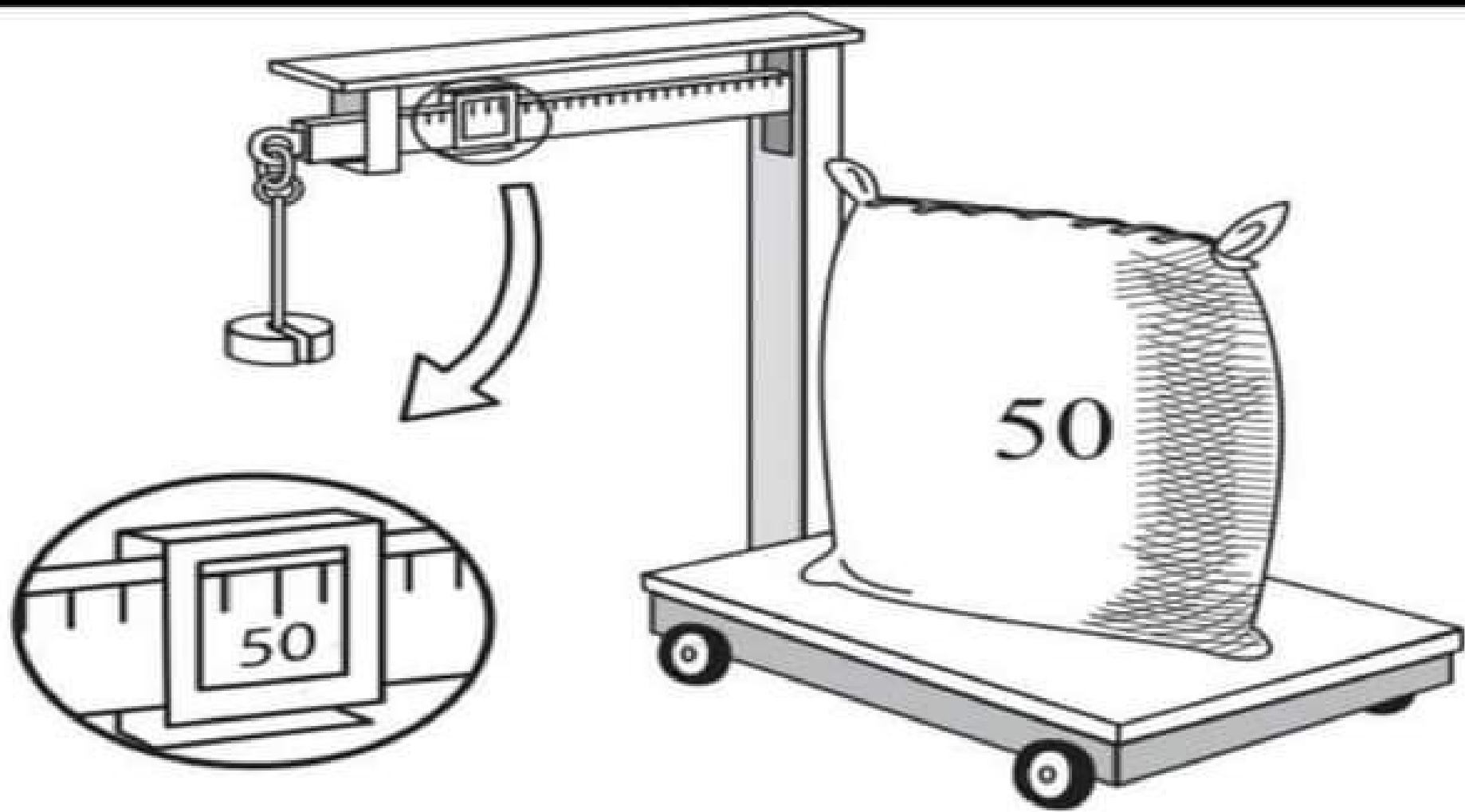
គីឡូក្រាមជាខ្នាតសម្រាប់វត្ថុធំៗ ។
សរសេរ "គីក" អាចថាគីឡូក្រាម ។



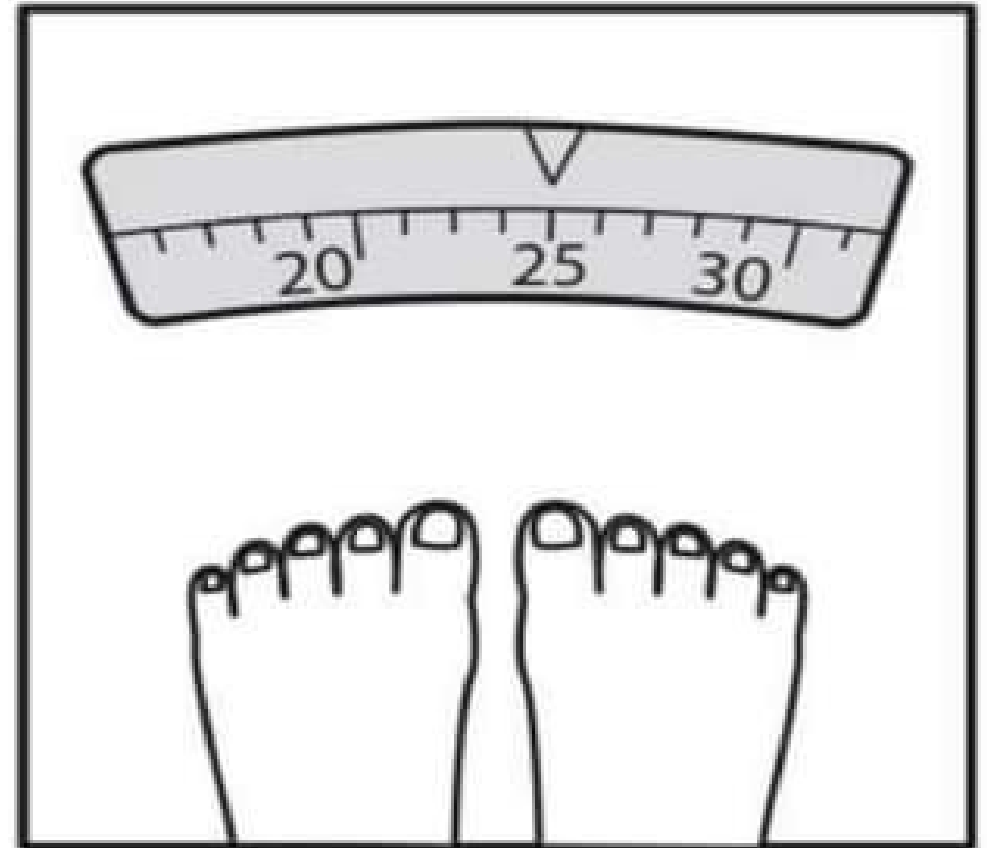
ទាម្បយក្បាលមានទម្ងន់ 2 គីឡូ



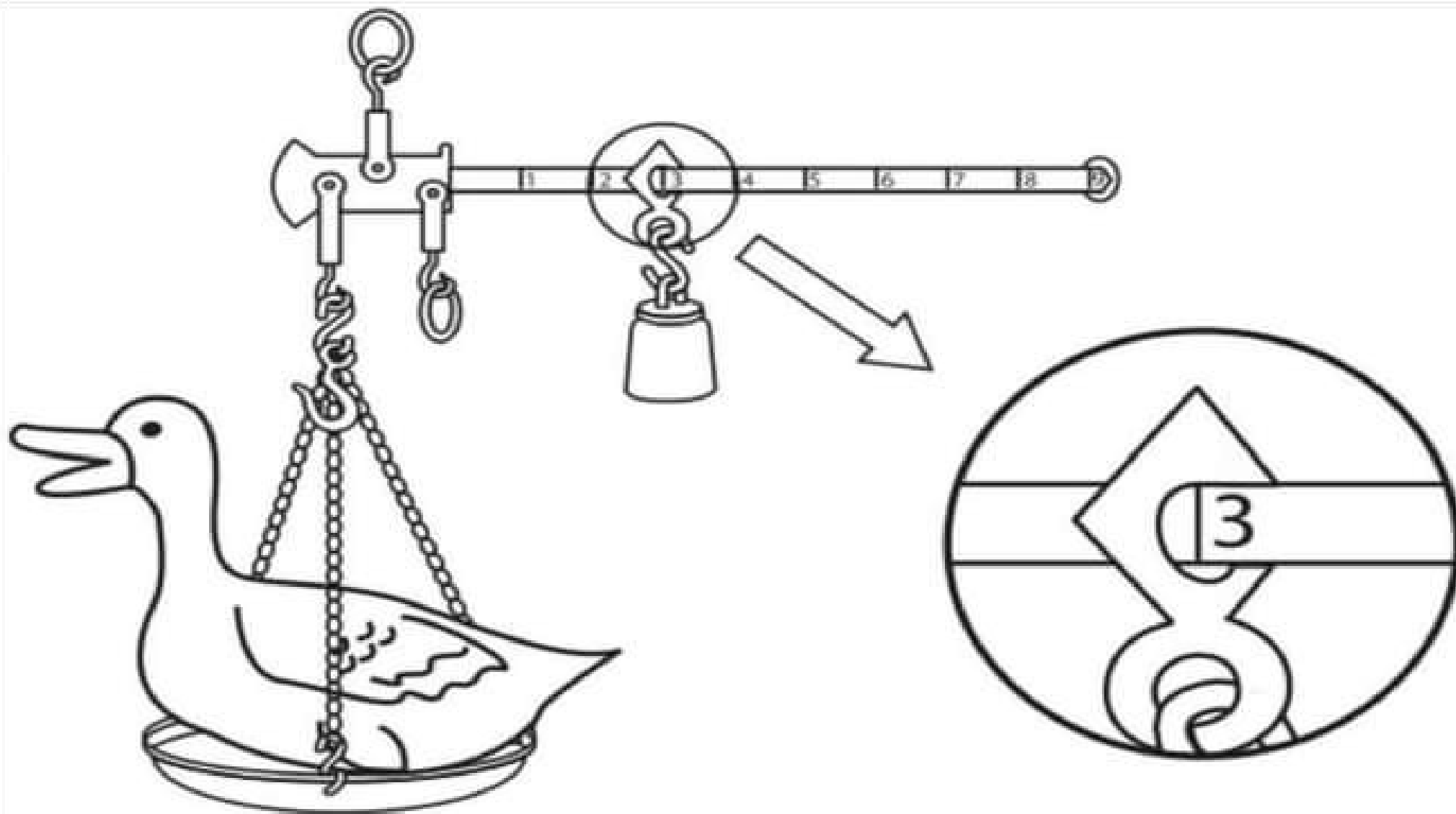
ផ្លែស្ពៅនេះមានទម្ងន់ 3 គីក្រា



ស្រូវមួយកាតុងមានទម្ងន់ 50 គីឡូក្រាម



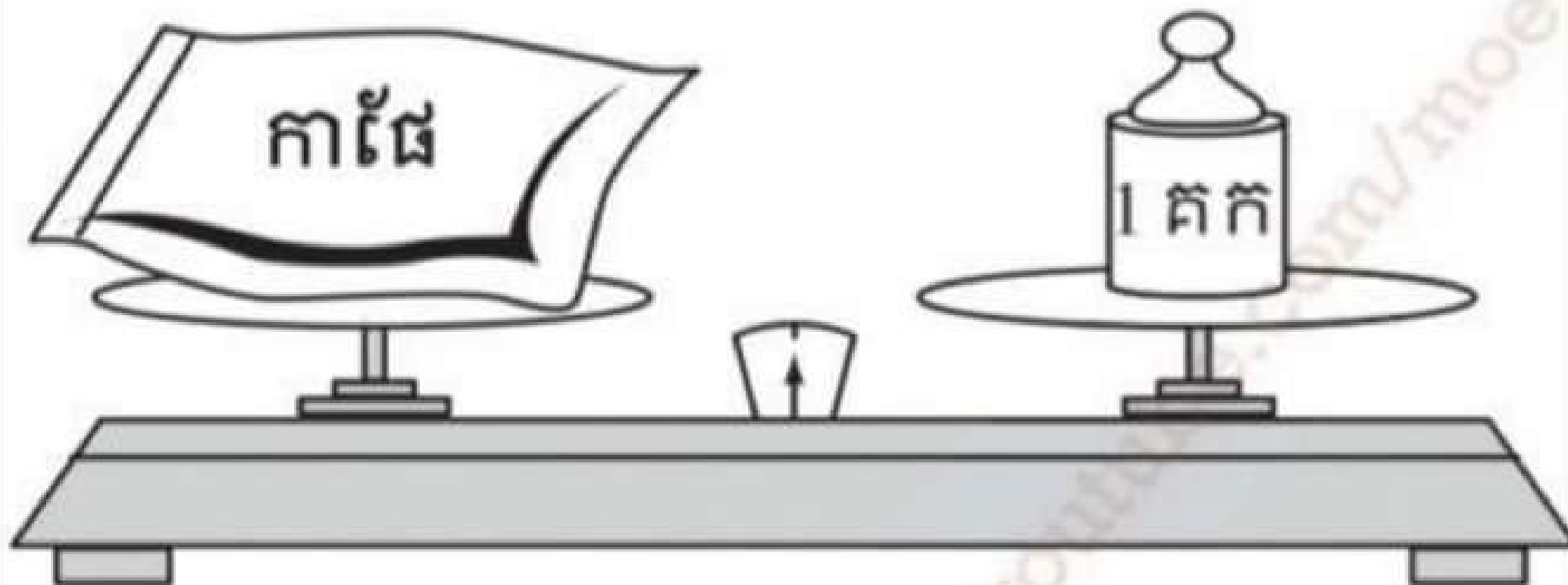
ចាង់នីមានទម្ងន់ 25 គីក



ទាមានទម្ងន់



គីកី ។



កាដៃមានទម្ងន់ គីក្រា ។



មាន់មានទម្ងន់

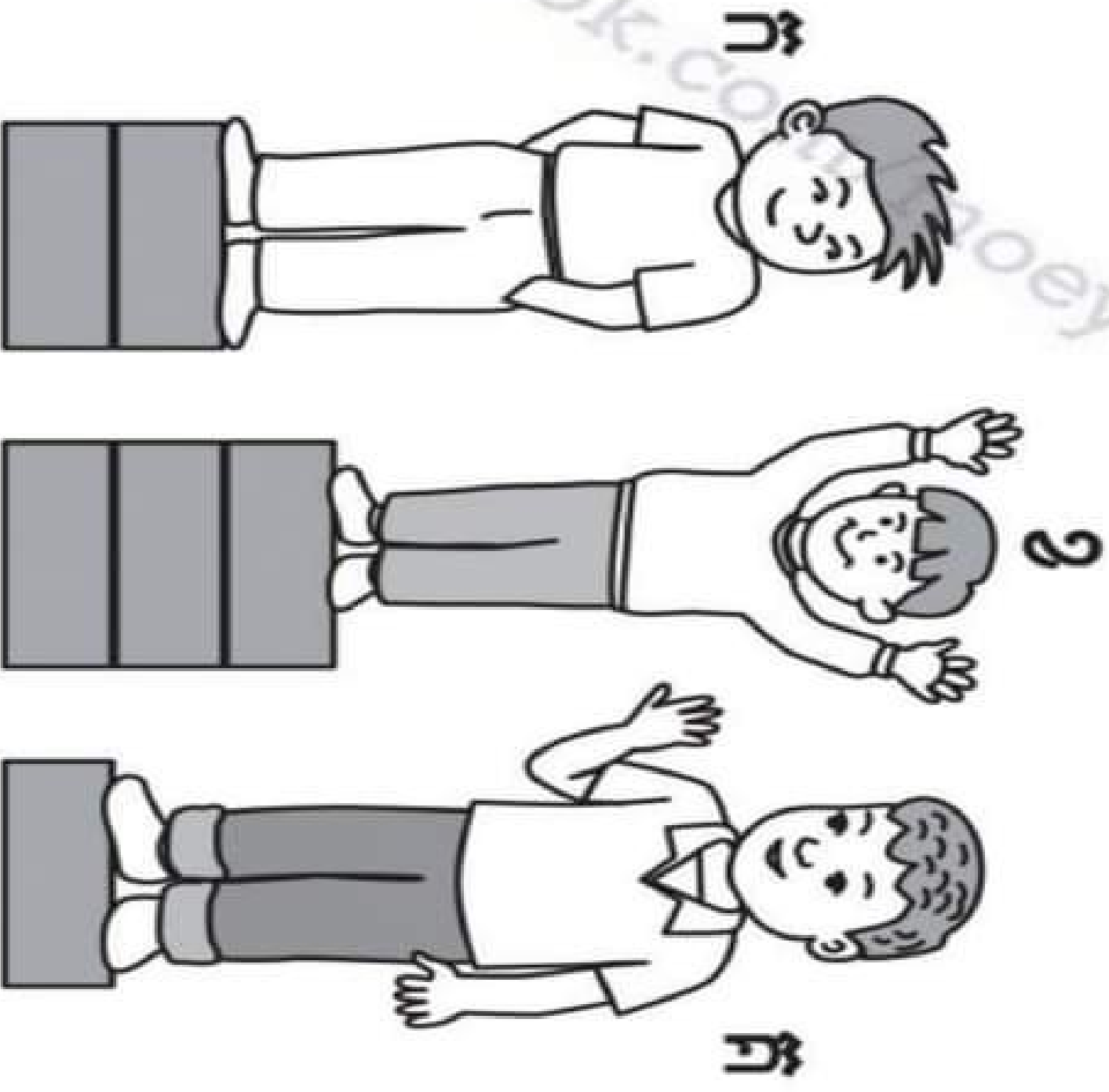


គីក ។



សុខាមា នទម្ងន់.... គីកី ។

ផ្ទះជាងគេបំផុត



19 គក

17 គក

20 គក

ស្រីហាលជាង៤៥ឆ្នាំ

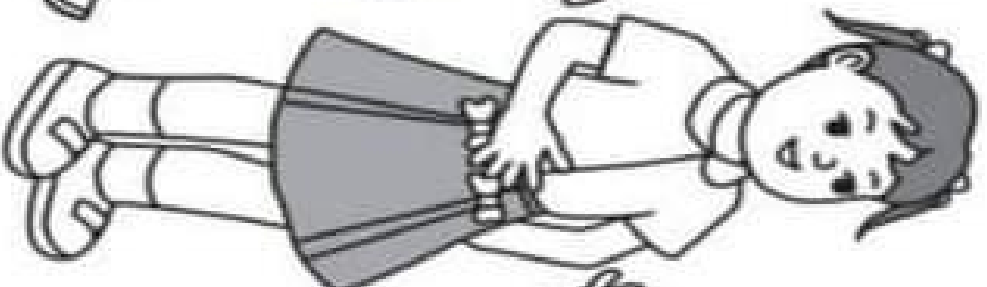
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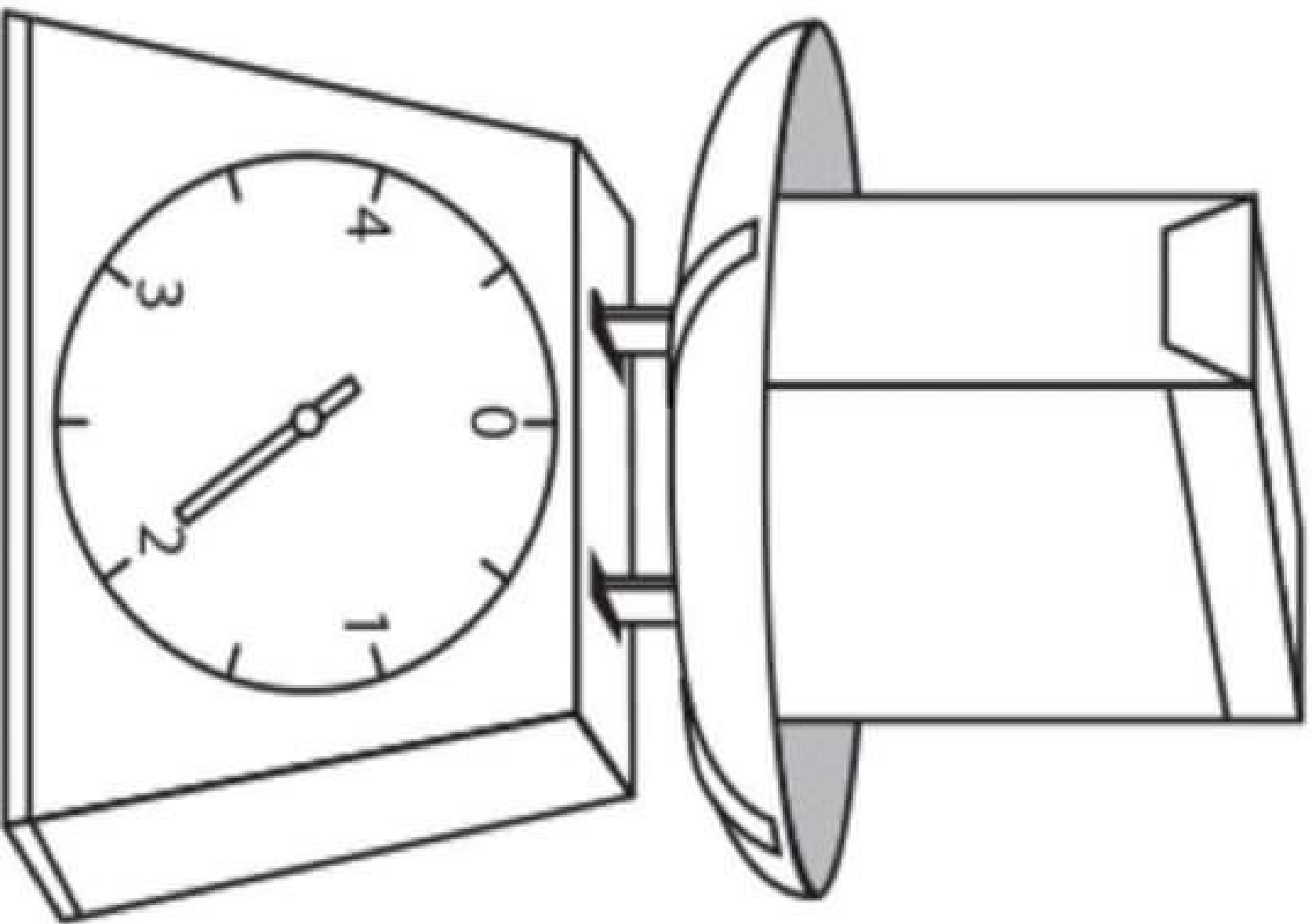
50 គីឡូ

32 គីឡូ

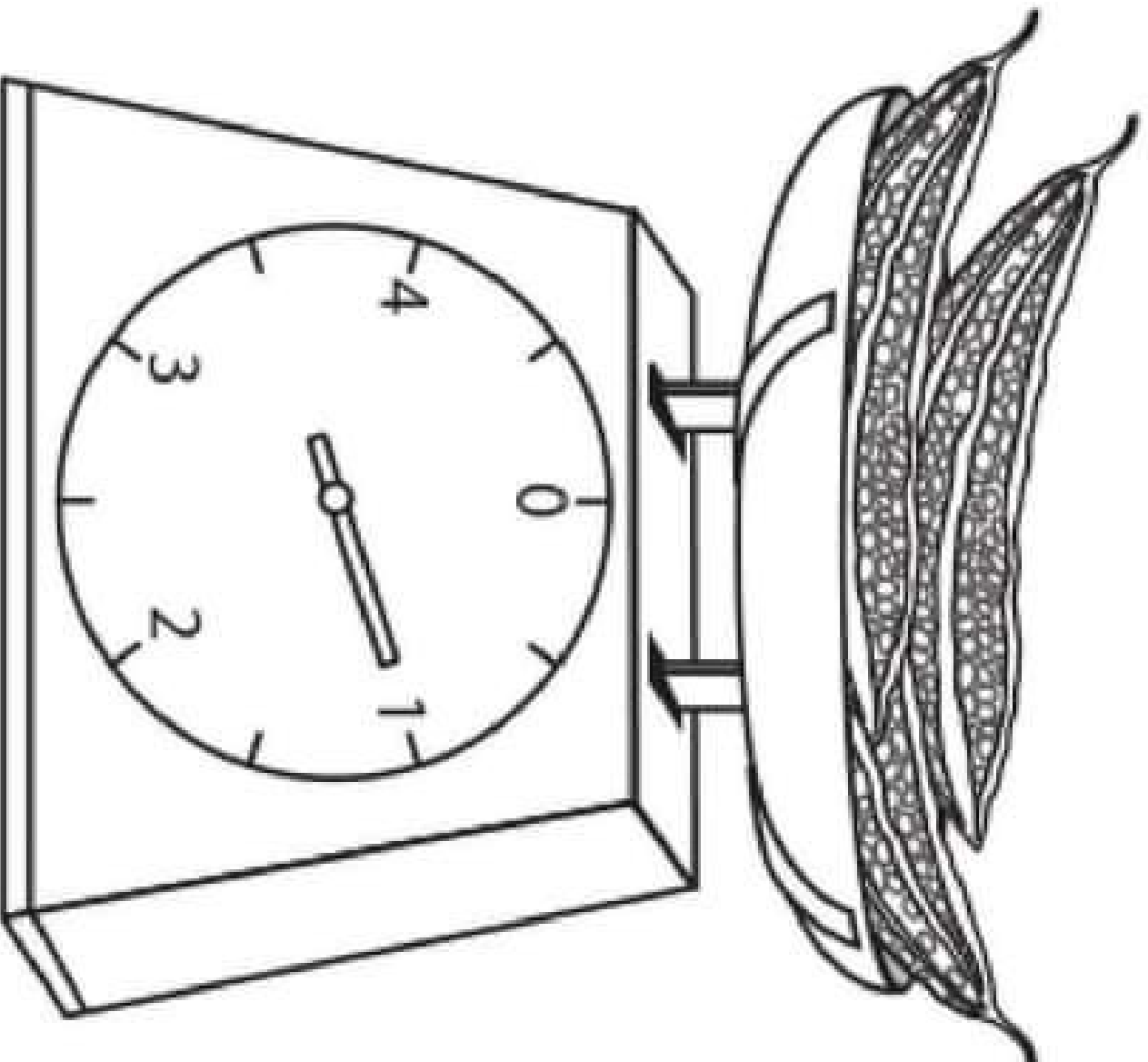
20 គីឡូ

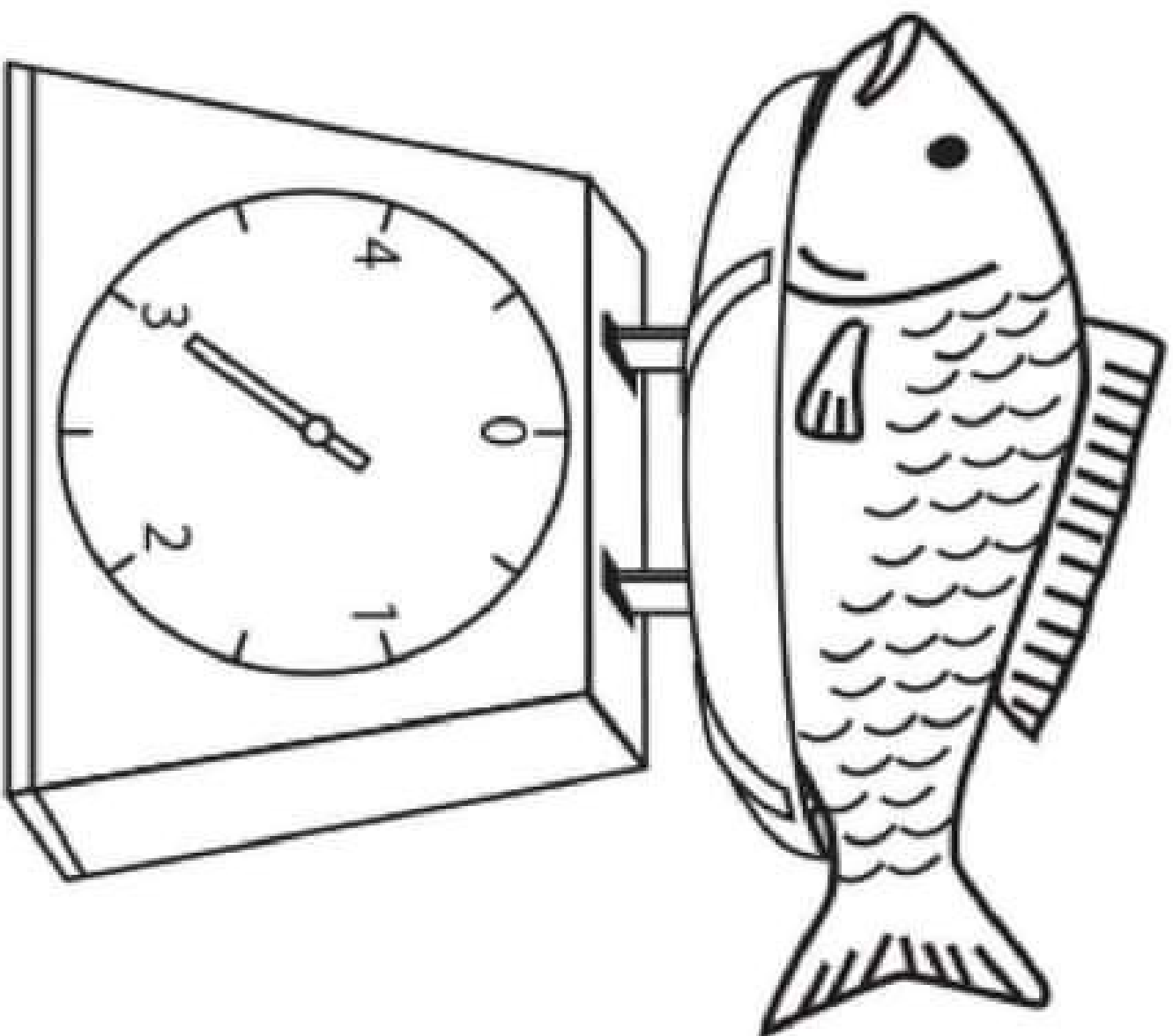
16 គីឡូ

1

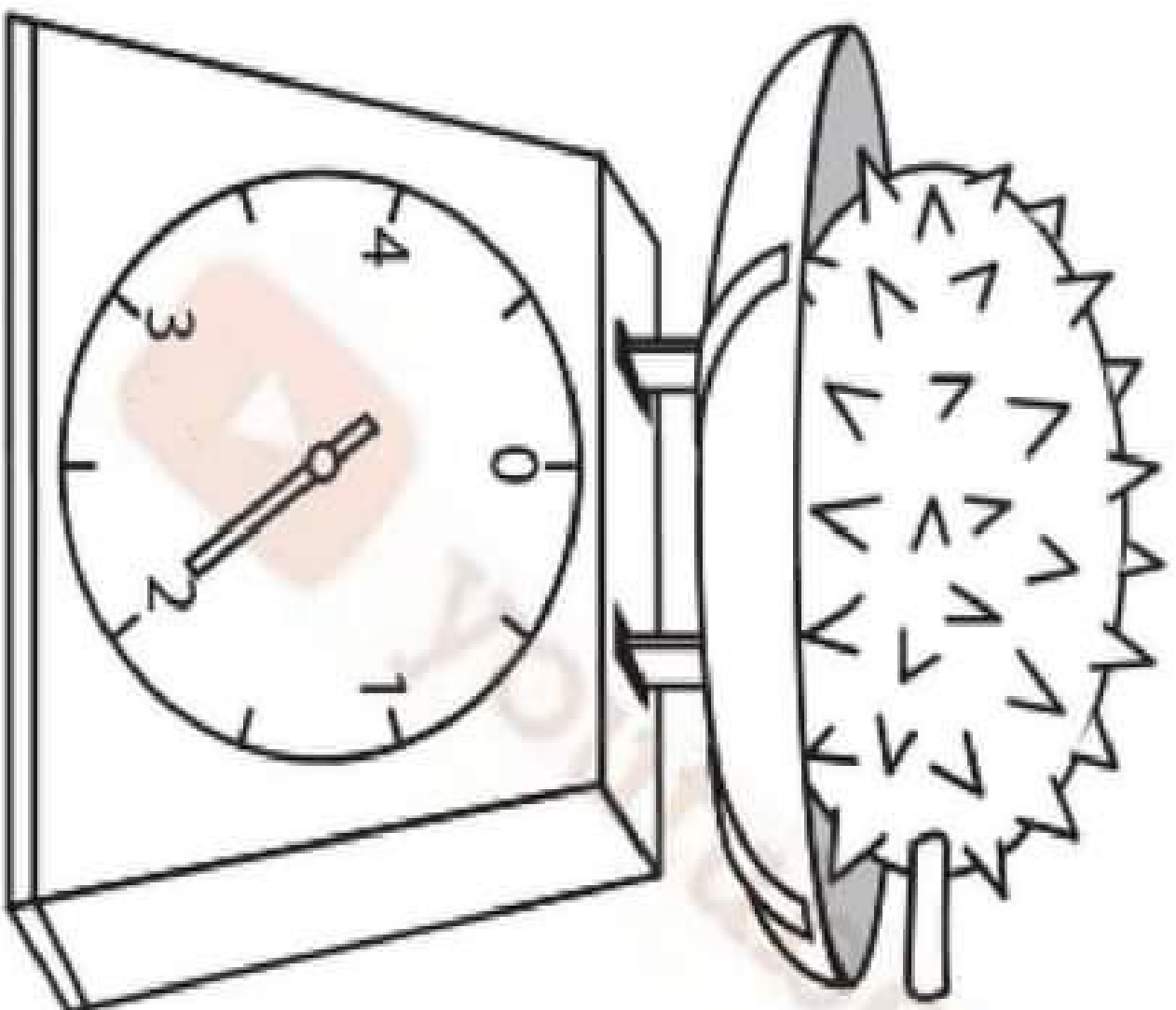


2

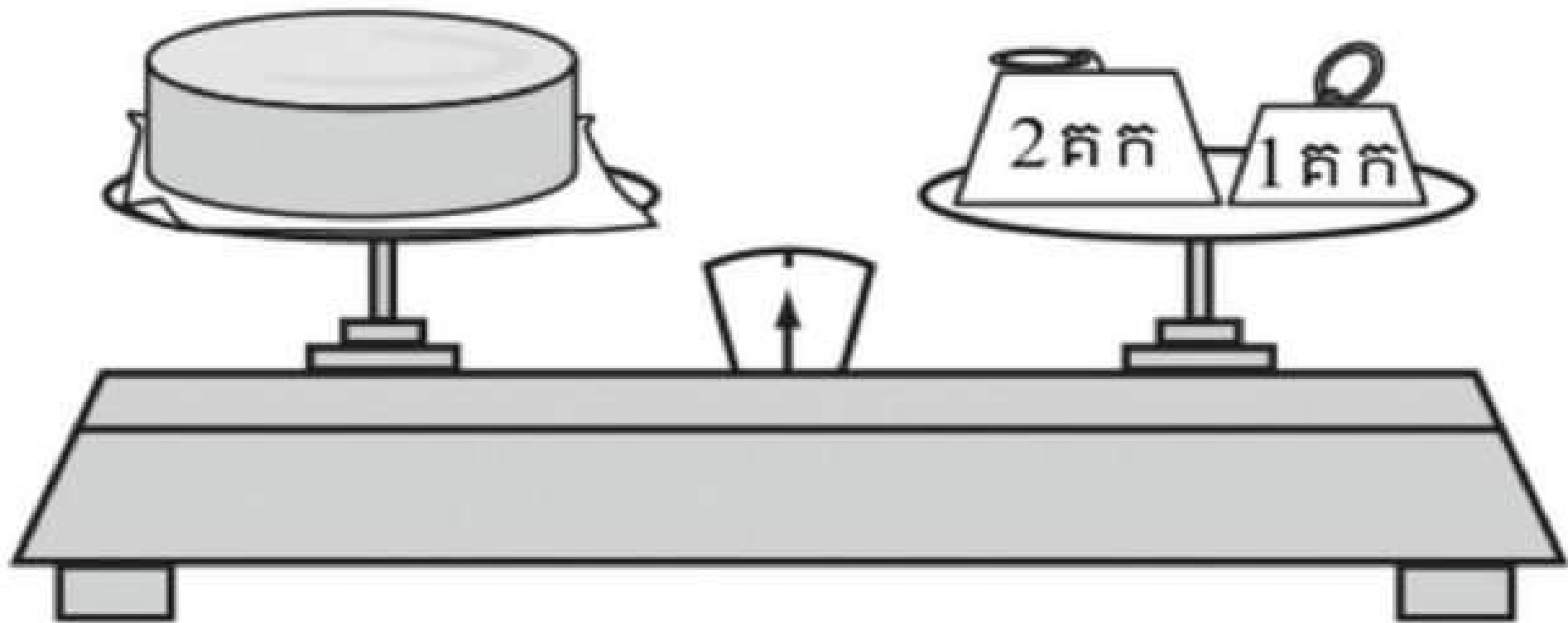




3



4



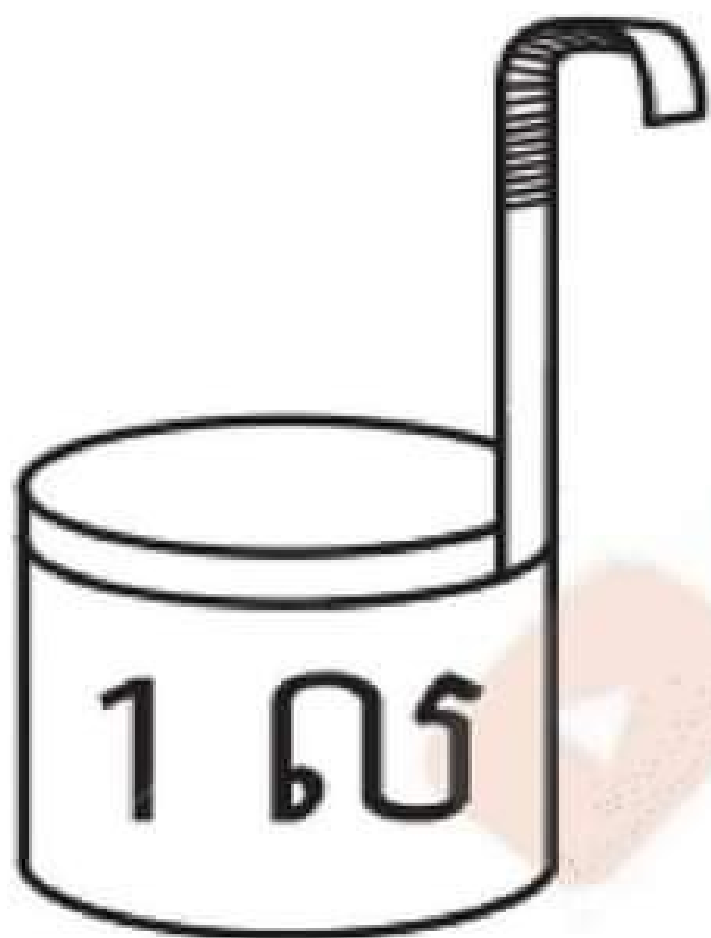
ស៊ុនត្នោតមានទម្ងន់... គីក ។



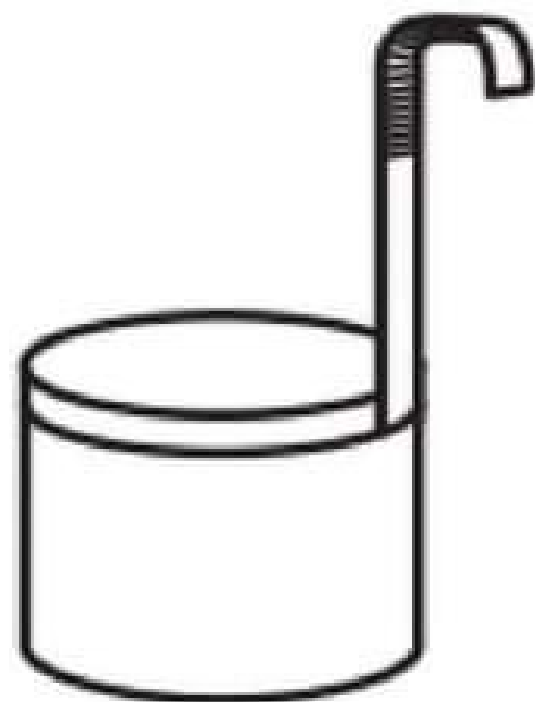
មាន់មាន់ទម្ងន់.... គីកី ។



សុខាមា នទម្ងន់.... គីកី ។

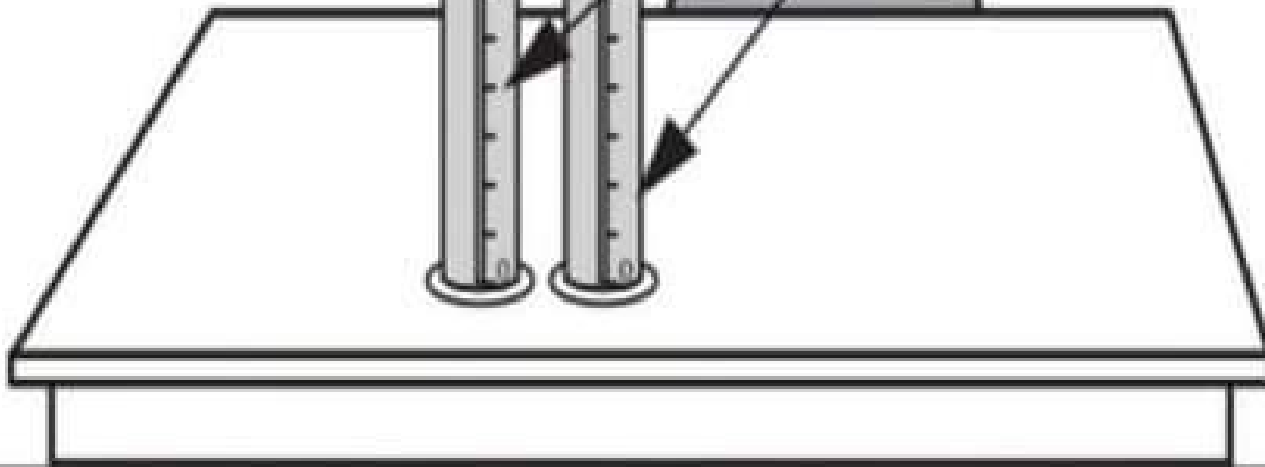


1 សីត្រ



ក៏ ខ្លះ សីត្រ

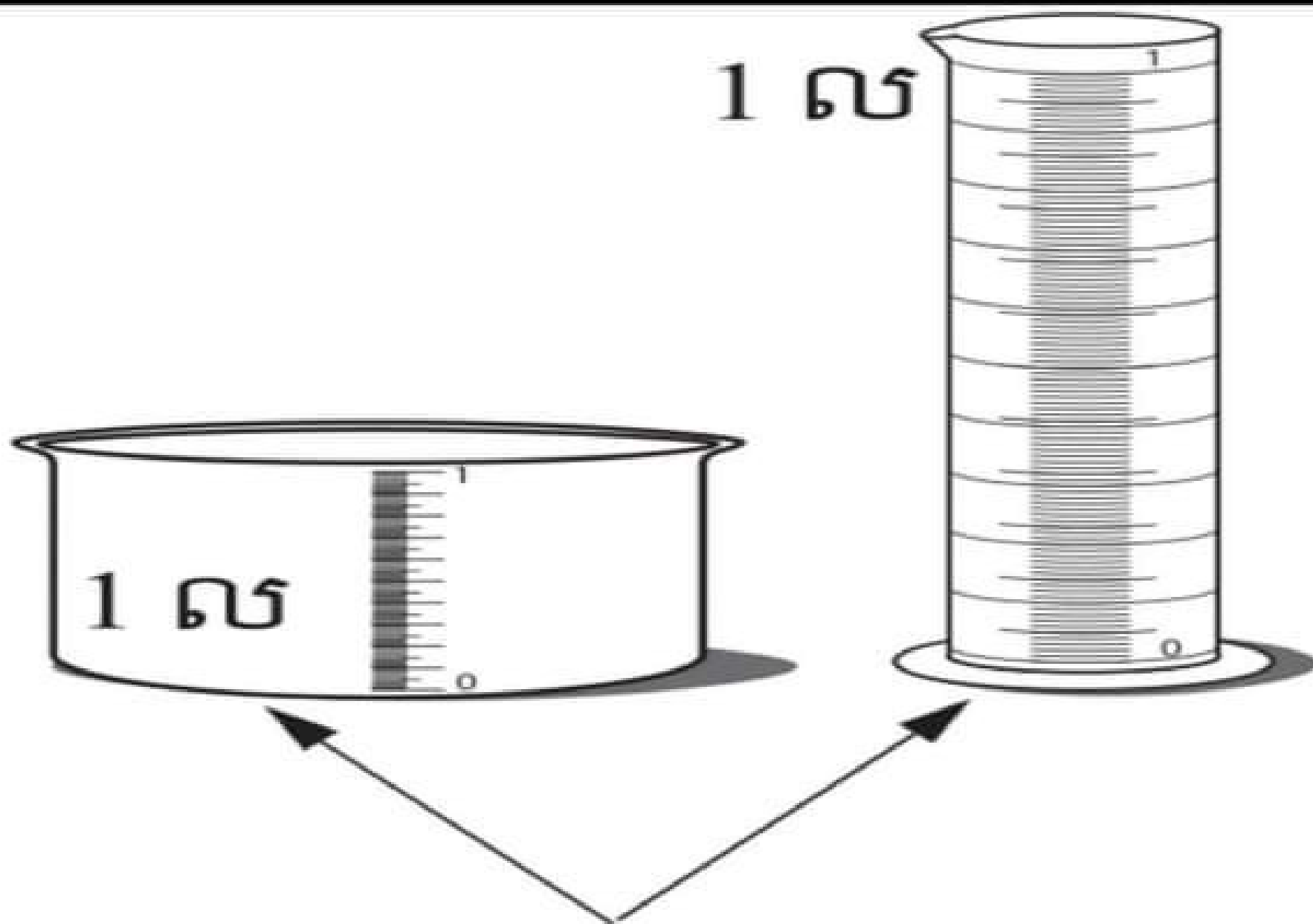
កែវក្រិតមានចំណុះ 1 លីត្រ



ខ្ញុំវាល់ទឹកដាក់ក្នុងចានបាន 5 ល



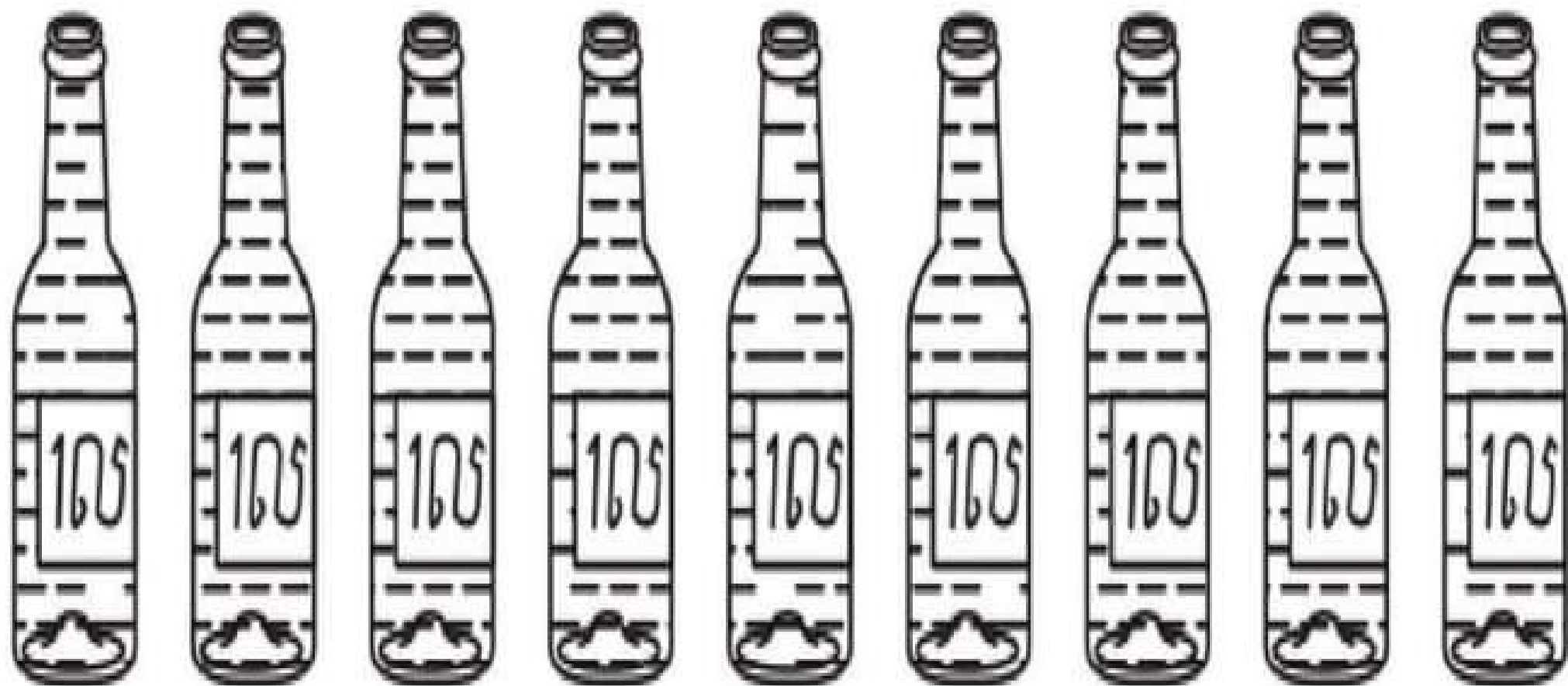
ធុងទឹកនេះមានចំណុះ 5 ល

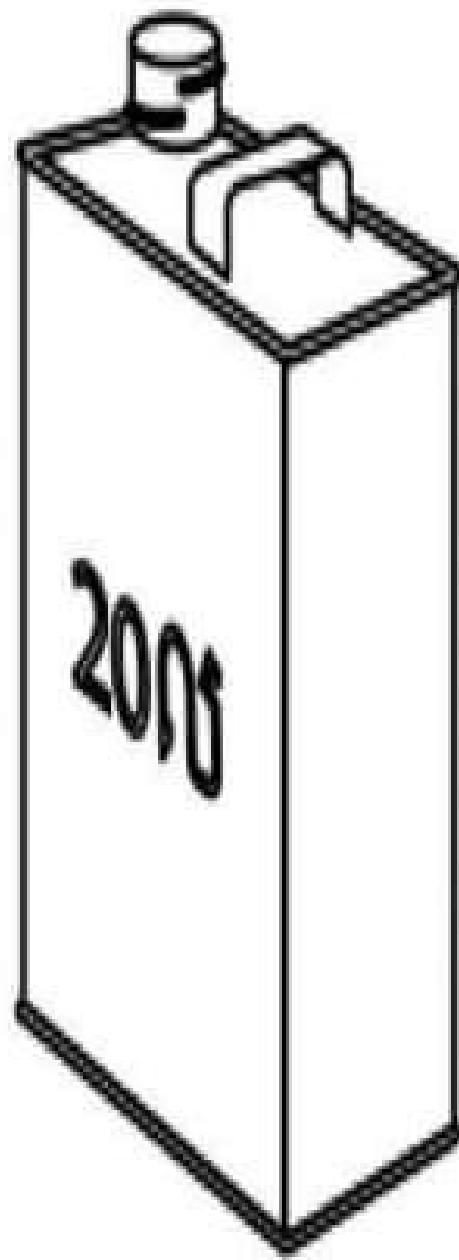
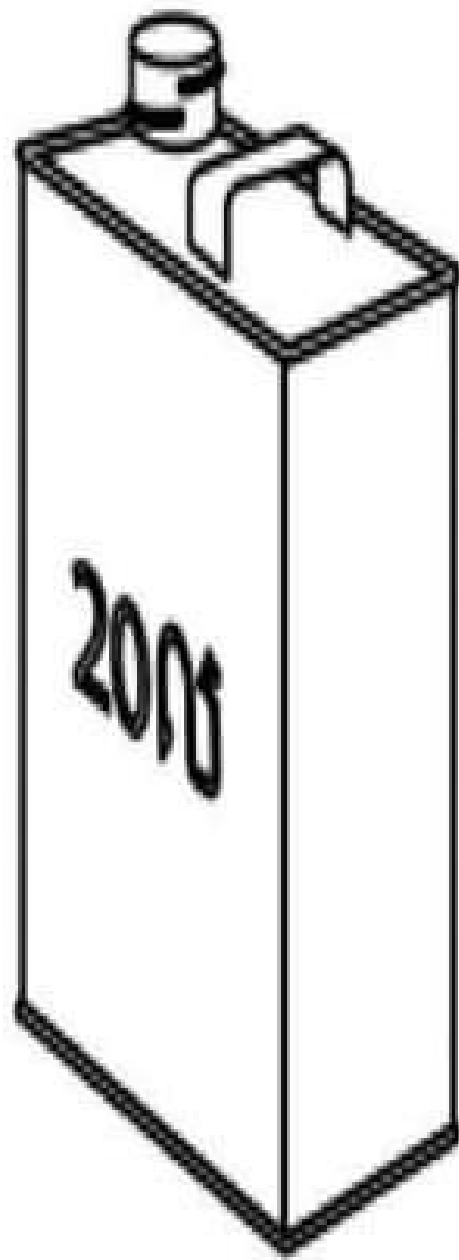
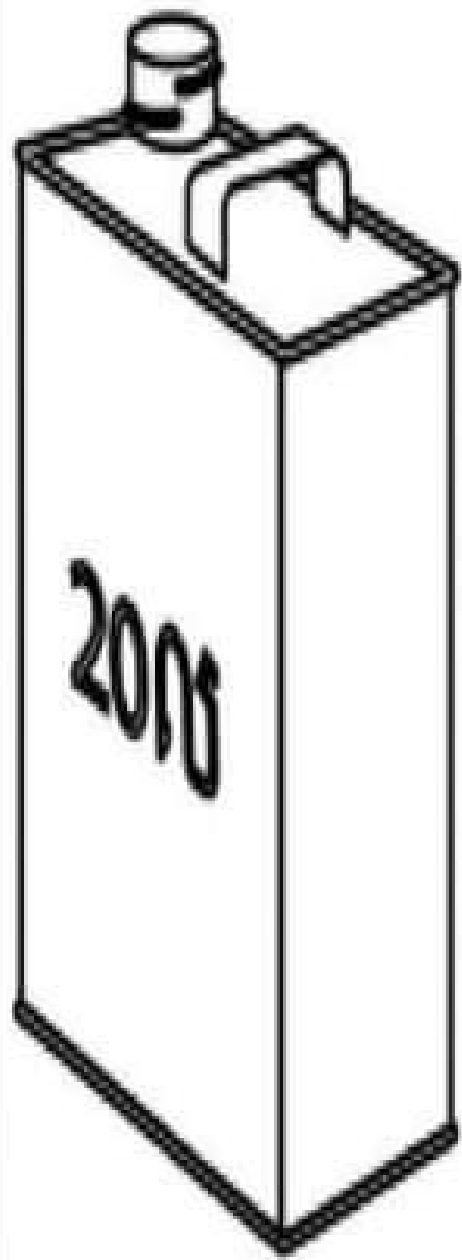


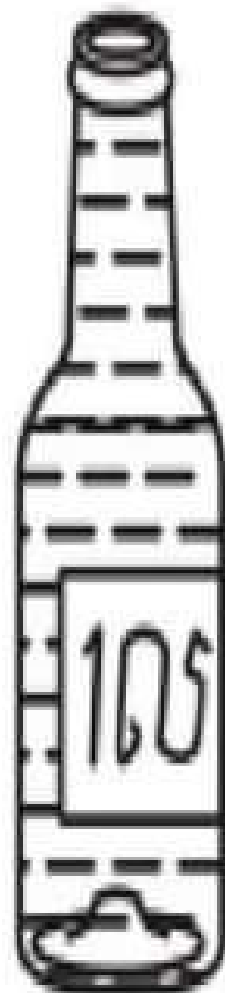
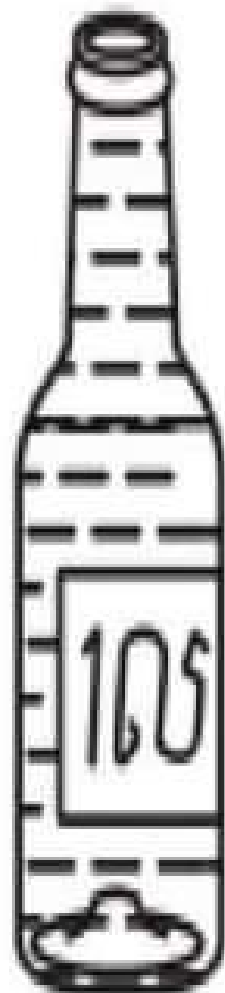
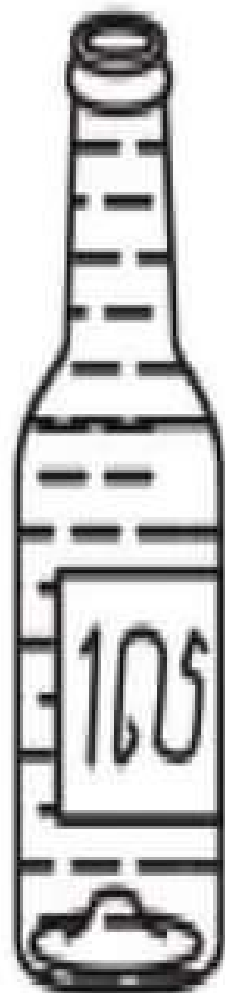
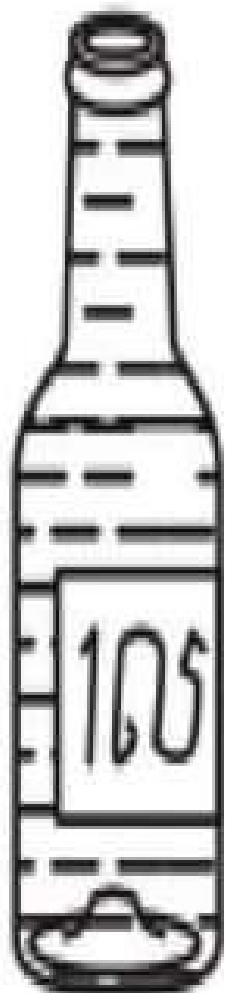
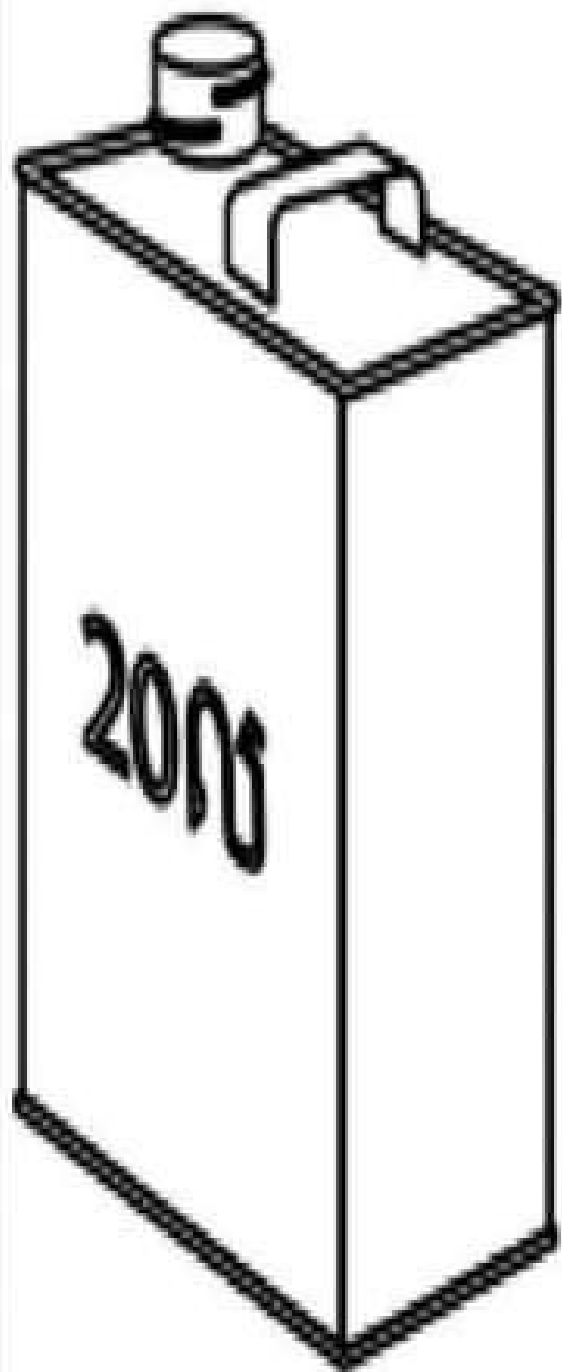
តើ វត្ថុ ត្រី ត្រី មាន ចំណុះ 1 ល

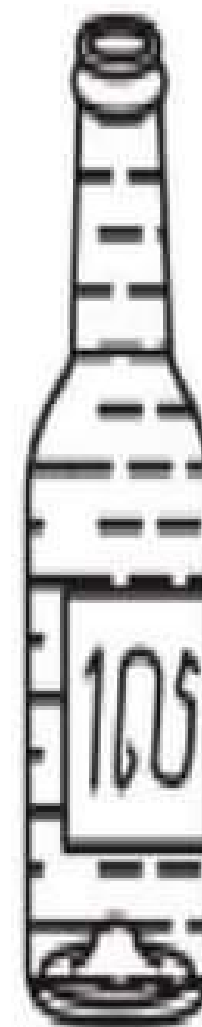
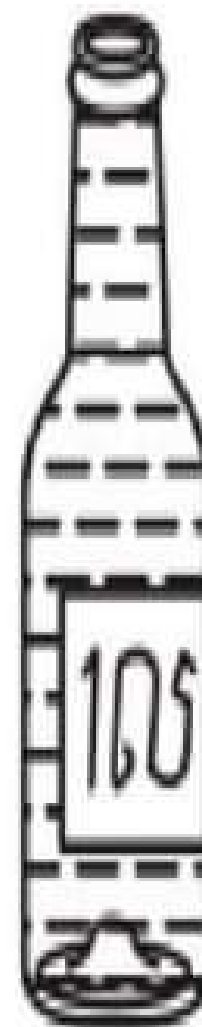
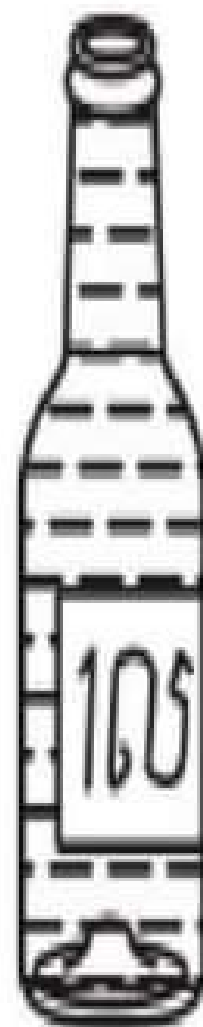
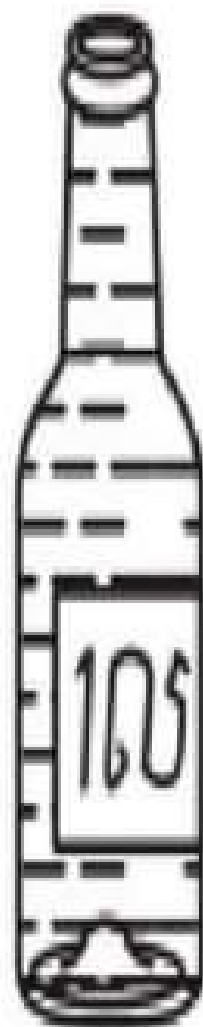
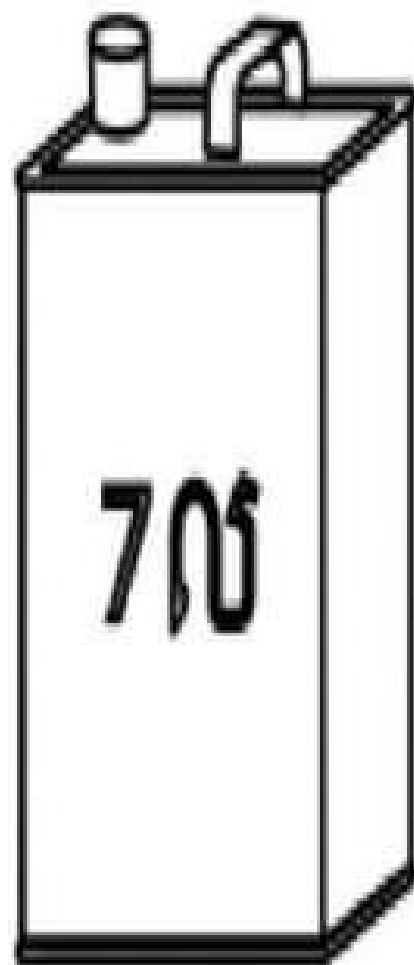
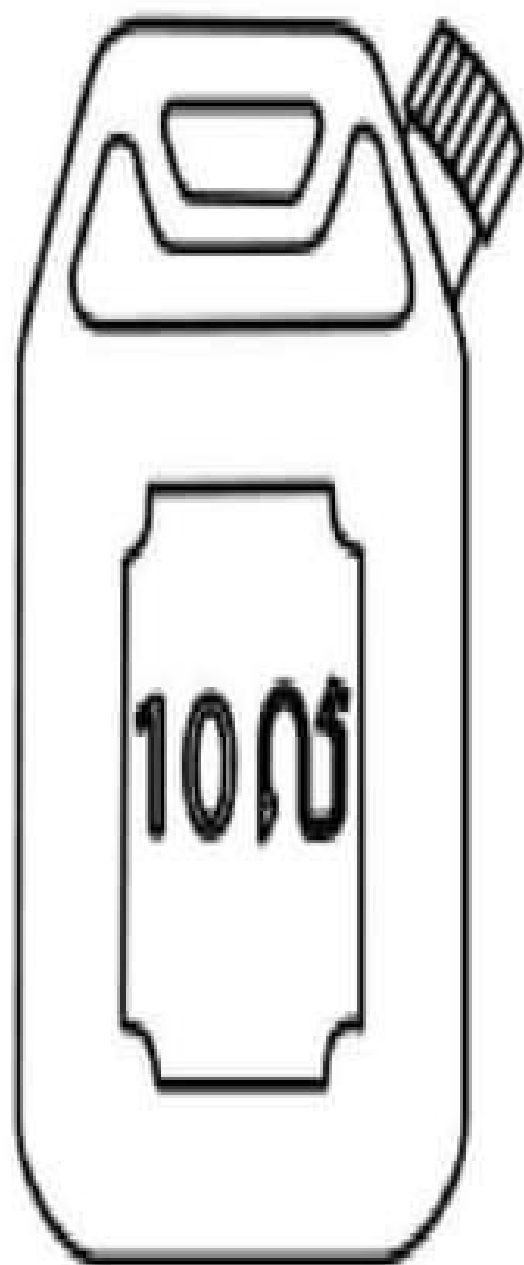
ដើមទឹកនេះមានចំណុះ 5 ល

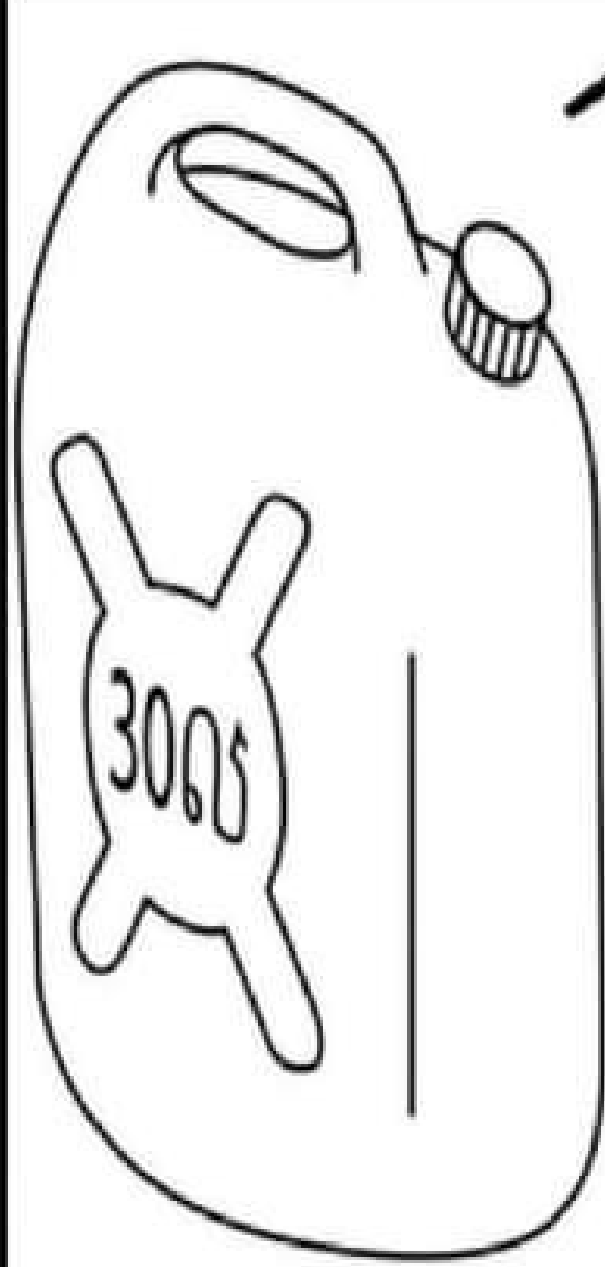


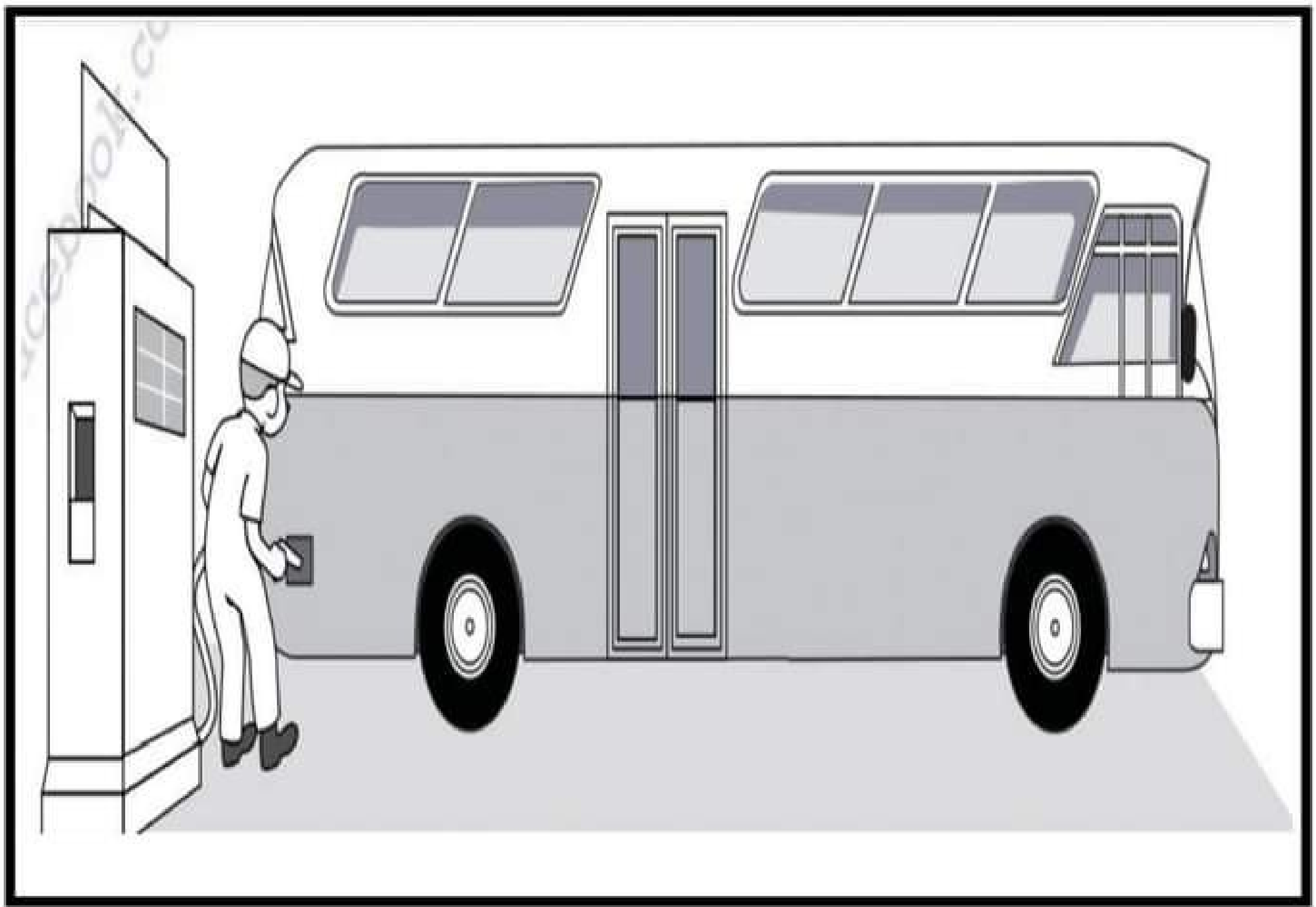




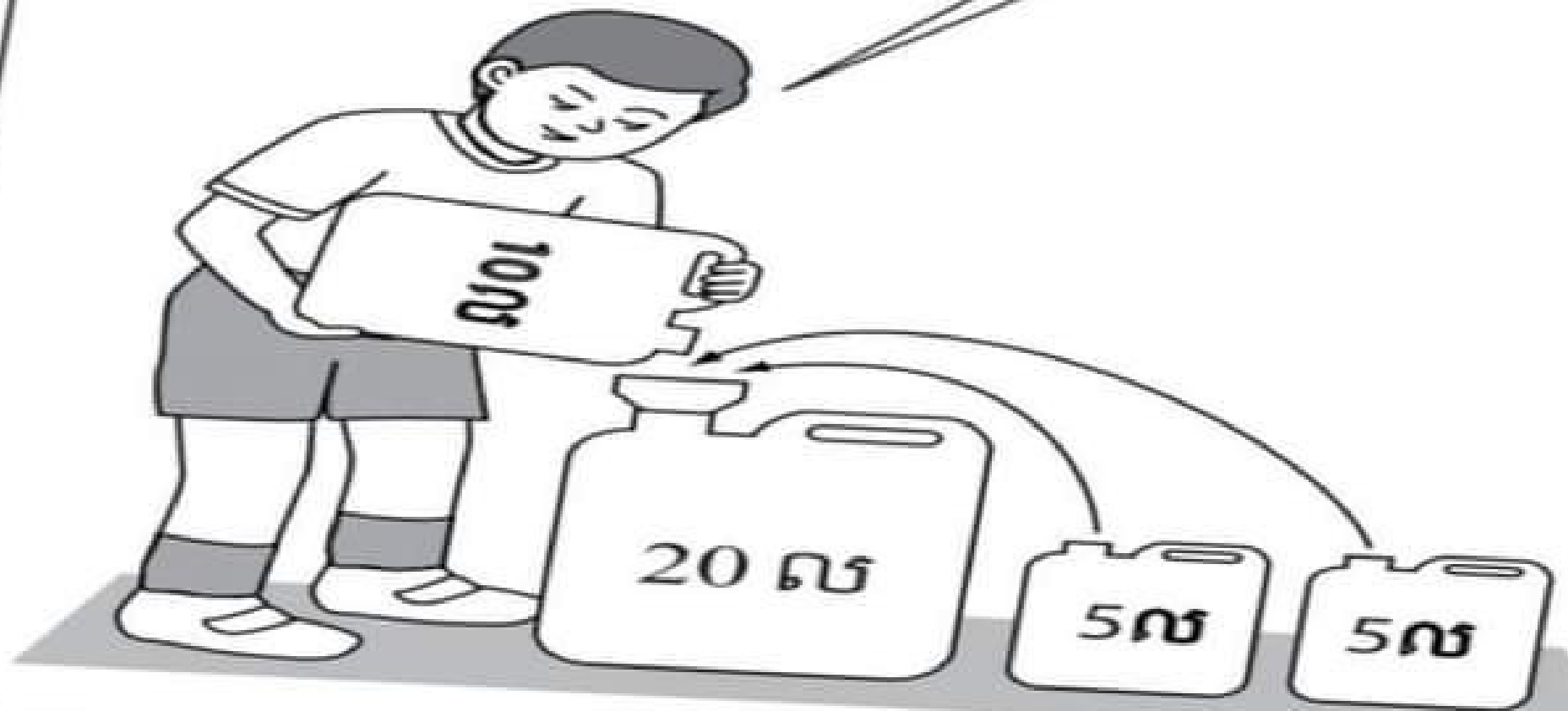








ផ្ទុកប្រេងសាំងមាន
ចំណុះ 20 ល

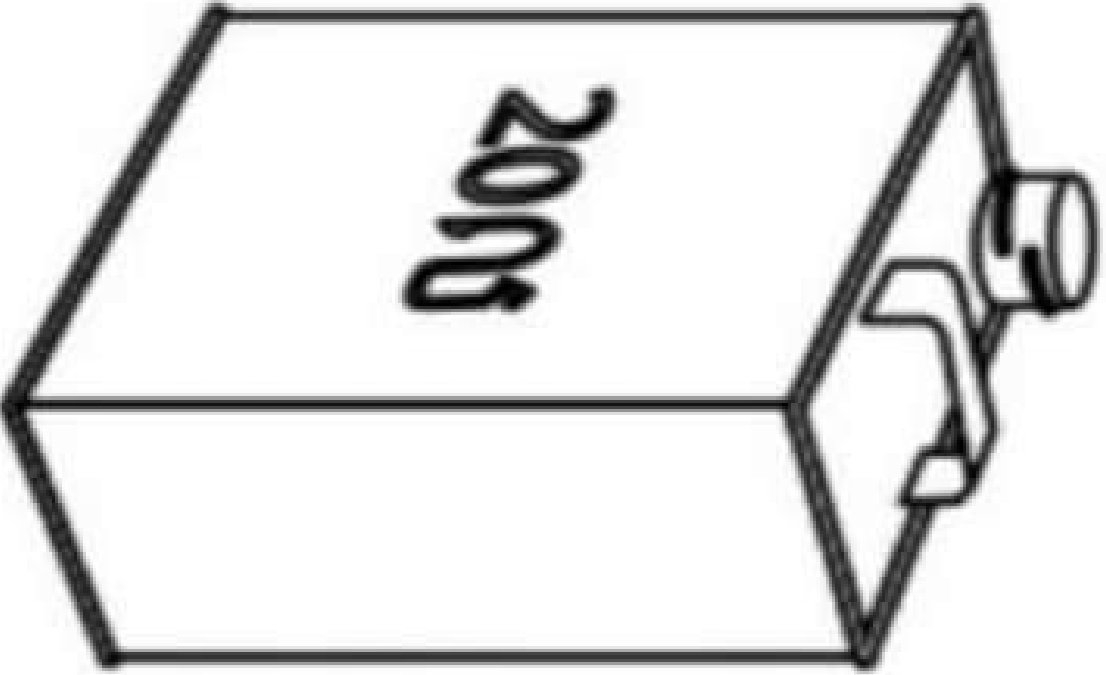


ខ្ញុំមានទឹកមួយឃ្លោកចំណុះ 1 ល

លក្ខណៈមានទឹក
តិចជាងយ៉ា យ៉ា 1 ល

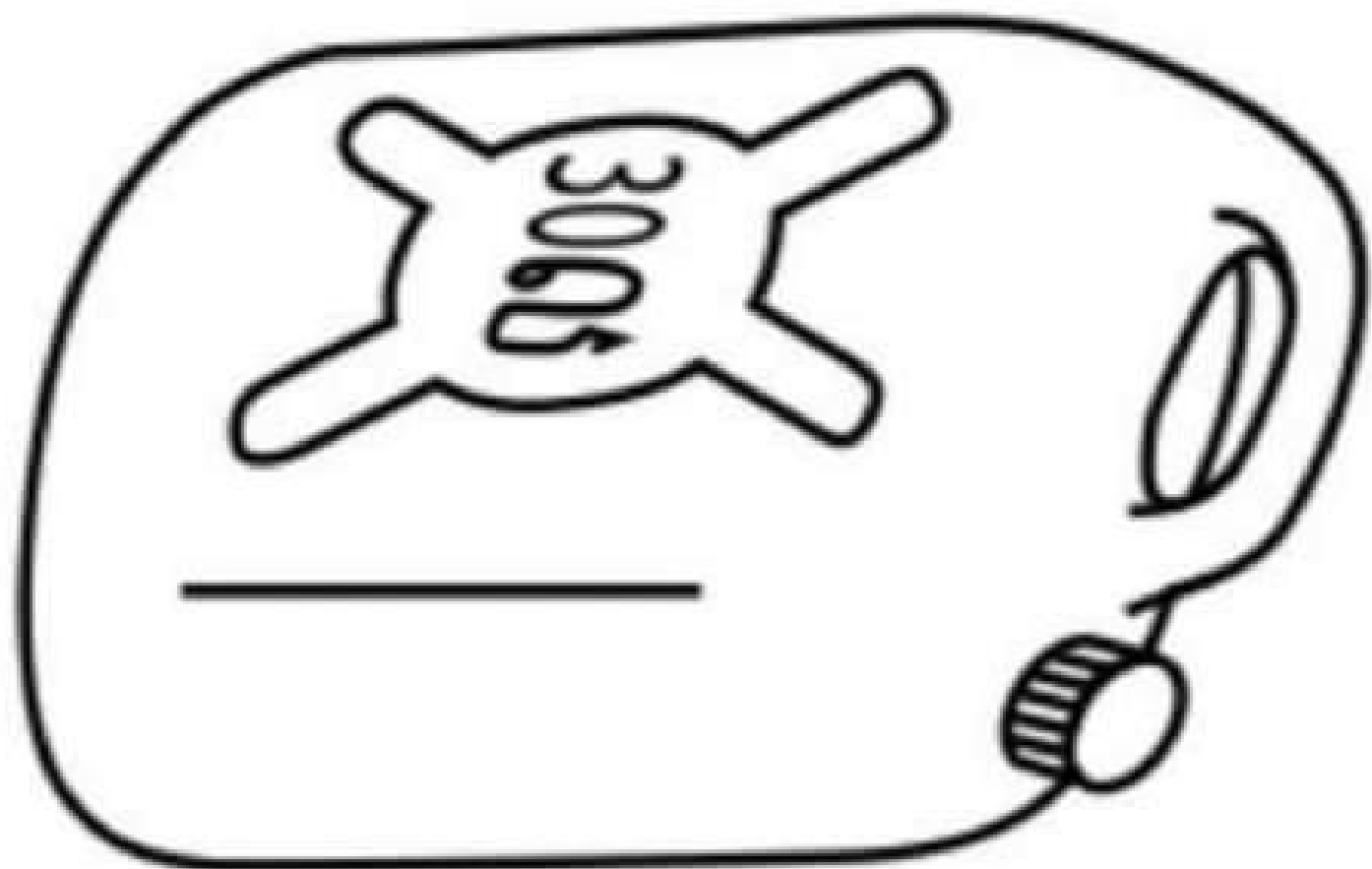
ខ្ញុំមានទឹកមួយបំពង់ចំណុះ 2 ល



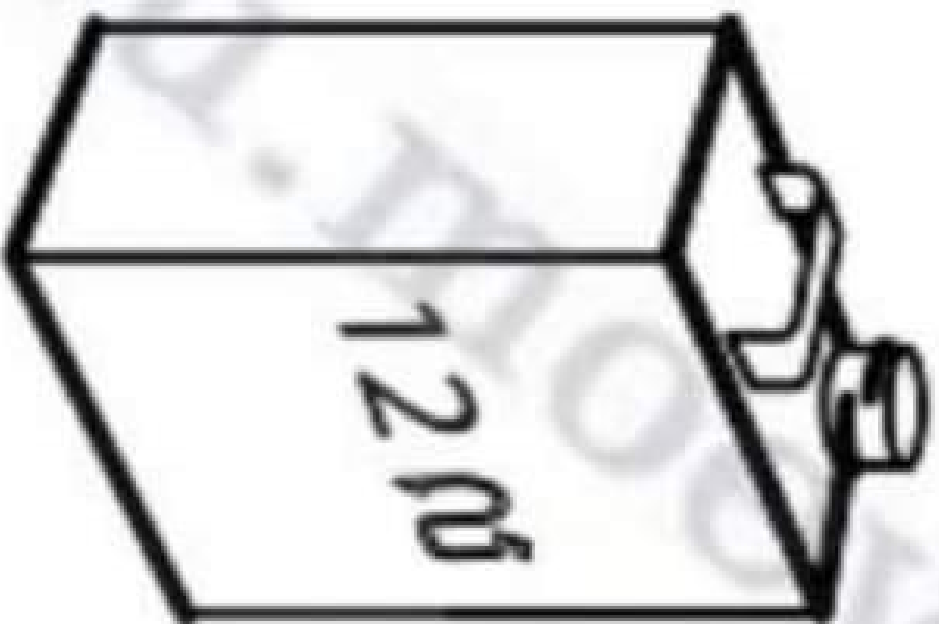


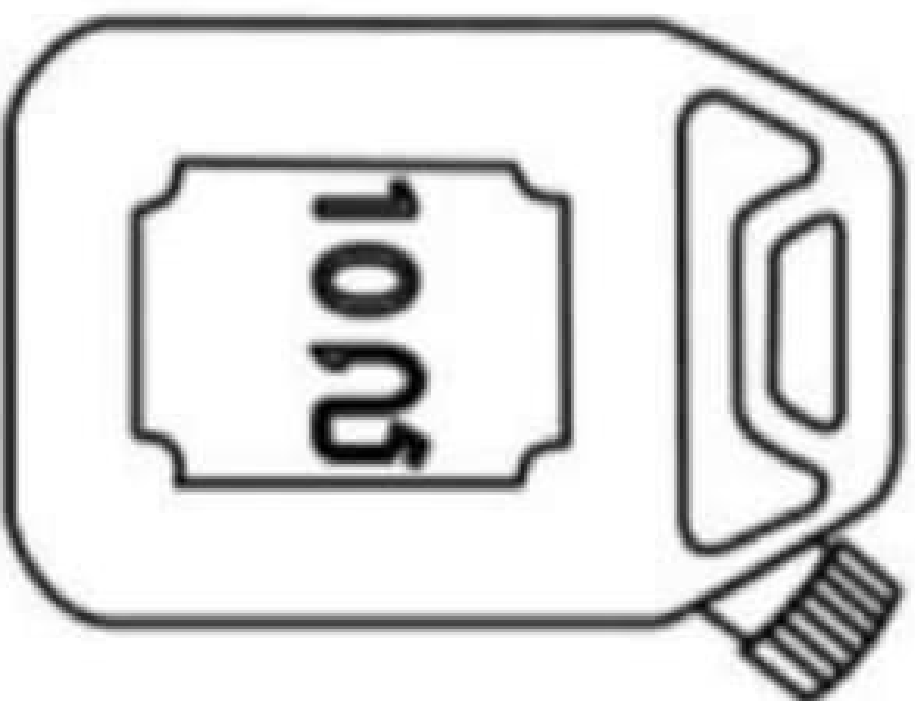
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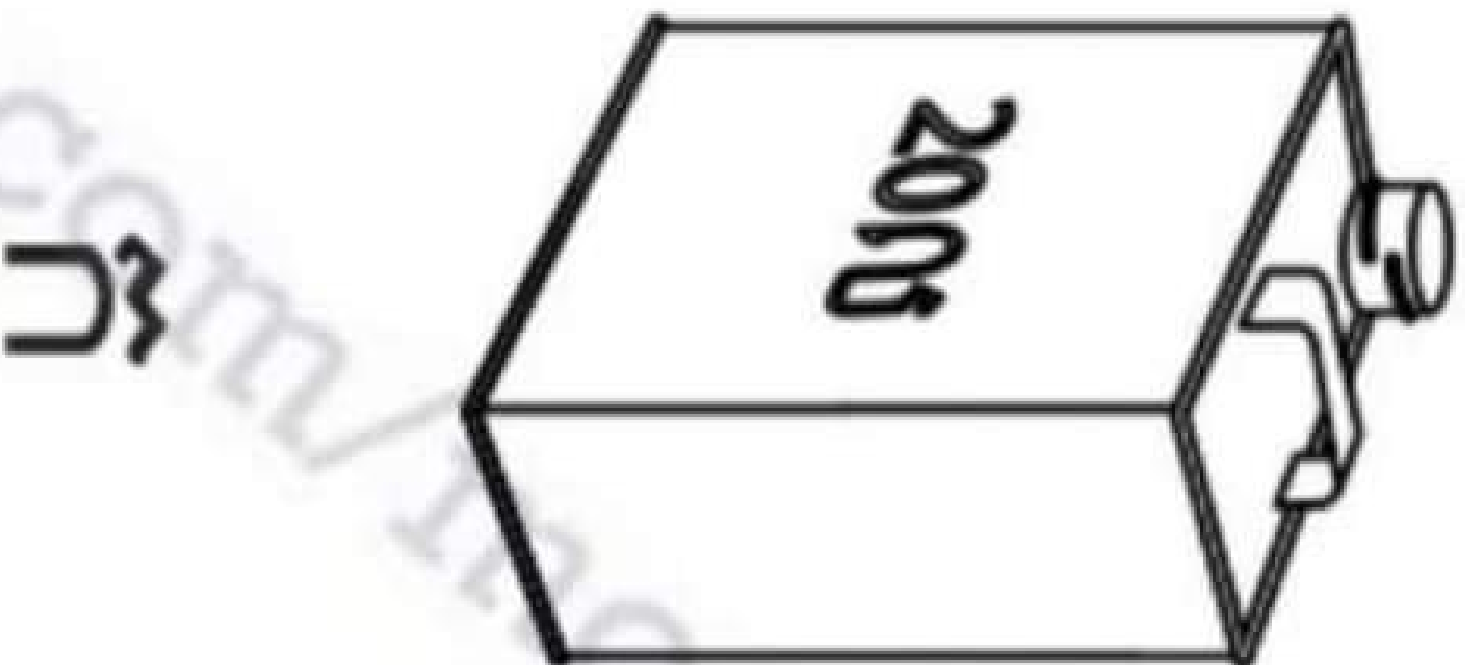


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