

တၢ်ဘၣ်တၢ်ဘၢ,တၢ်ကူၣ်သ့ဒီးတၢ်အိၣ်ဆူၣ်အိၣ်ချ-တၢ်ရူၣ်လၢနကအိၣ်မူပဲၤဒီးတၢ်မၤနၢၤလၢနဟံၣ်အ
သီ

တၢ်အိၣ်တၢ်အိၣ်တၢ်ကူၣ်တၢ်လၢ်ဒီးတၢ်ကွၢ်ထွဲဟံၣ်သီ - 2

**Safe, Smart and Healthy – Keys to Success in Your New Home
Food Safety and Housekeeping - 2**

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<p>မံးစထၢၣ်ဘးသ့ၣ်ညါလၢအဝဲသ့ၣ်မ့ၢ်တကတၢ်တၢ်အိၣ်တၢ်အိၣ်ဂ့ၤဂ့ၤအယီ အဝဲဒီးအမၤတဖၣ်ကဆူးဆါထီၣ်လီၤ.နမ့ၢ်တသူနီၣ်တၢ်ဒီးနီၣ်ဆဲးတဖၣ်ၣ်လဲၣ်နကြၢးသူ လီၤဘၣ်လီၤခိၣ်လၢကထၢန့ၣ်လီၤတၢ်အိၣ်အဂီၢ်လီၤ.တၢ်အံၤကံၤသံၤတၢ်ရၤလီၤ တၢ်ဆါယၢ်လၢနစုဆူပုၤအဂၤတဖၣ်အအိၣ်လၢကဒီးအိၣ်ထီၣ်တၢ်ဆူးတၢ်ဆါတဖၣ်လီၤ.</p>	<p>Mr. Ba knows that he and his wife could become very sick if they do not handle food properly. Even if you do not use utensils like spoons and forks to eat your food, it is very important that you use utensils to serve the food. This avoids spreading any germs on your hands to others, which can cause illness.</p>
<p>ဘးအဟံၣ်ဖိယီဖိအိၣ်တၢ်အိၣ်လၢစီၤနီၣ်ခိၣ်ဖိခိၣ်လၢကအိၣ်ဝဲလၢသ့ၣ် ဘၣ်ခိၣ်အလီၢ်န့ၣ်လီၤ.တၢ်အံၤကမၤစ့ၤလီၤတၢ်အခွဲးအယၢ်လၢနဒီး နပုၤဟံၣ်ဖိယီဖိတဖၣ်ကမၤန့ၢ်တၢ်ဆါယၢ်လၢအအိၣ်လၢသ့ၣ်ဘၣ်ခိၣ်လၢကမၤဆူးမၤဆါ နပုၤဟံၣ်ဖိယီဖိလီၤ.</p>	<p>The Ba family eats their food from the table instead of eating on the floor. This reduces the chance of food having germs from the floor that can make you and your family sick.</p>
<p>ဖဲဘးအဟံၣ်ဖိယီဖိဖဲက့ၤစိၣ်တၢ်အိၣ်လၢဟံၣ်အခါ,အဝဲမၤလီၤတံၢ်ဝဲ လၢကဟံၣ်ယၢ်တၢ်အိၣ်တဖၣ်ဂ့ၤဂ့ၤလီၤ.ဝဲထၢၣ်ဒီးဟုသးထၢၣ်တဖၣ် တၢ်ကဘၣ်ထၢန့ၣ်အိၣ်လၢစီၤထီၣ်ထူၣ်(ဘၢ်ဂီၢ်)တဖၣ်အပူၤဒီးတၢ်တဘၣ် ဟံၣ်လီၤအိၣ်လၢဖူၤဖိခိၣ်ဘၣ်. တၢ်ဂီၢ်,တၢ်န့ၣ်ထံ,ထီၣ်ဘးဒီးတၢ်န့ၣ်ထံလီၤသကၢတဖၣ်ဒီးတၢ်ညၣ်တဖၣ် န့ၣ်တၢ်ကဘၣ်ဟံၣ်အိၣ်လၢတၢ်ရၢၢ်အပူၤလီၤ.</p>	<p>When the Ba family brings food home, they make sure they store it properly. Bags of beans and rice should be put into cupboards and never kept on the floor. Eggs, milk, butter, cheese and meat must be kept in the refrigerator.</p>
<p>ဖဲတၢ်သူၤဒီးရူတဖၣ်လၢကျိတၢ်ညၣ်ဝဲအလီၢ်ခံ,နကဘၣ်သူၤလၢအ ကဆိၣ်ဒီးရူကဆိၣ်အသိတဘၣ်လၢကဆိၣ်လီၤတၢ်ဒီးတၢ်လၢၣ်ဒီးတၢ်အိၣ် တၢ်အိၣ်လၢတၢ်မၤအိၣ်ဒီးတၢ်န့ၣ်ထံတဖၣ်လီၤ.တၢ်ညၣ်သံကစဲၣ်တဖၣ်န့ၣ် မၤဆူးမၤဆါနၢၤသ့လီၤ.ဖဲနဖိၣ်တၢ်ညၣ်အသံကစဲၣ်ဝဲန့ၣ်,သ့ကဆိၣ်နစုတက့ၢ်. မံးစံးဘးဖိတၢ်အိၣ်တဖၣ်မံမံအယီ,တၢ်တမၤဆူးမၤဆါအိၣ်ဘၣ်.ဖဲအဝဲသ့ၣ်အိၣ်တၢ်ဝဲ, တၢ်အိၣ်လၢအအိၣ်တၢ်တဖၣ်န့ၣ်ဟံၣ်ဘၢဝဲဒီးဟံၣ်ဝဲလၢတၢ်ရၢၢ်အပူၤလီၤ.</p>	<p>When using a knife and cutting board to cut meat, you must use a different clean knife and a different clean cutting board for cutting vegetables or dairy foods. Raw meat can make you very sick. Be sure to wash your hands after you touch any uncooked meat. Mrs. Ba cooks all their food completely, so it does not make them sick. When they</p>

	<p>are finished, the leftover food is covered and kept in the refrigerator.</p>
<p>ဘီးအပူဟပ်ဖိဖိတဖတ်သုတ်ပတ်သးလာတၢ်အိၣ်တၢ်အီၤလၢ တၢ်ခုၣ်တဖၣ်အပူၤအိၣ်ပဲၤသီလံလဲၣ်လီၤ.တၢ်အိၣ်လီၤလံၤတဖၣ်ဟး ဂီၤမးဆူးမးဆါနၤသ့လီၤ.တၢ်အိၣ်လၢတၢ်ဖိအီၤဝံၤအိၣ်တီၢ်တဖၣ်တၢ် ကးအိၣ်လၢအီၤလၢသၢသီလွံၤသီအတီၢ်ပူၤလီၤ.</p> <p>တၢ်အိၣ်လၢတၢ်ပူၤအီၤလၢစတီၢ်တဖၣ်အပူၤကအိၣ်မုၢ်နံၤလၢအပတ်ဖျါ ထီၣ်တၢ်အိၣ်အမုၢ်နံၤလၢအခါဖဲလဲၣ်တၢ်ကဘၣ်အိၣ်အီၤတချုး အနံၤအသီလၢဘၣ်လီၤ.တၢ်အိၣ်အမုၢ်နံၤမုၢ်သီလၢန့ၣ်ပတ်ဖျါထီၣ်ဝဲအလါ, အသီအနံၣ်အံၤ- ဖဲတၢ်အိၣ်လီၤလံၤတုၤအမုၢ်နံၤမုၢ်သီလၢလံတစု,တၢ်ကဘၣ်ကွံၣ် လီၤဆူတယၣ်အပူၤလီၤ.</p>	<p>The Ba family pays attention to how <i>old</i> the food in their refrigerator is. Food that is too old can spoil and make you sick. Leftover <i>cooked</i> food should be eaten within three or four days.</p> <p>Packaged food from the store will have an <i>expiration date</i> on it and needs to be eaten before that date. The expiration date will show the month, day and year, like this:</p> <p>When food is old or reaches the expiration date, it should be thrown in the garbage.</p>