

တၢ်ဘၣ်တၢ်ဘၢ,တၢ်ကူၣ်သ့ဒီးတၢ်အိၣ်ဆူၣ်အိၣ်ချ-တၢ်ရူၣ်လၢနကအိၣ်မူပဲၤဒီးတၢ်မၤနၢၤလၢနဟံၣ်အ
သီ

တၢ်အိၣ်တၢ်အိၣ်တၢ်ကူၣ်တၢ်လၢ်ဒီးတၢ်ကွၢ်ထွဲဟံၣ်သီ - 4

Safe, Smart and Healthy – Keys to Success in Your New Home
Food Safety and Housekeeping - 4
KAREN

<p>မံးစံးလံသ့ၣ်ညါဝဲလၢအရူၣ်လၢကယုထၢတၢ်အိၣ်လၢ အလၢပဲၤဒီးတၢ်အိၣ်ဆူၣ်အိၣ်ချလၢအဂီၢ်ဒီးအဖိမုၢ်အဂီၢ်လီၤ. လၢအမဲရကၤအပူၤညီၣ်မးလၢနကအိၣ်ဘၣ်တၢ်အိၣ်လၢတလၢပဲၤ ဒီးတၢ်အိၣ်ဆူၣ်အိၣ်ချဒီးဘိၣ်ထီၣ်ချန့ၣ်လီၤ.မံးစံးလံအဟံၣ်ဖိပီဖီအိၣ်ဝဲ တၢ်တၢ်လၢဒီးတၢ်သုတၢ်သၣ်တဖၣ်အါအါဒီးတၢ်ဖံးတၢ်ညၣ်တနီၤဒီး တၢ်အိၣ်လၢအိၣ်ဒီးအယဲၤတနီၤလီၤ.အဝဲသ့ၣ်ပလီၤအသးလၢအသုတအိၣ်အံၣ်သ့ၣ်,သိ, အံၣ်သ့ၣ်ဆါဒီးတၢ်အသိအါအါဘၣ်လီၤ.</p>	<p>Mrs. Li has found out how important it is to choose healthy foods for herself and her daughter. In America, it is very easy to eat too much unhealthy food and get fat. The Li's make sure to eat a lot of vegetables and fruits, and some meat and starchy foods. They are very careful not to eat too much salt, oil, sugar, or fat.</p>
<p>အဝဲမၤလီၤတၢ်သိးအဖိမုၢ်တအိၣ်စိၣ်နီၣ်ဖိ(ဖိ)အထံတဖၣ်မုတမ့ၢ်တၢ်ထံအဂၤလၢအအိၣ်ဒီး အံၣ်သ့ၣ်ဆါတဖၣ်ဘၣ်လီၤ.တၢ်အံၣ်မ့ၢ်တၢ်တဂ့ၤလၢဖိသ့ၣ်အဂီၢ်လီၤ. တၢ်အိၣ်ထံယိယိမ့ၢ်တၢ်လၢအဂ့ၤဒီးအပူၤဘၣ်တခါလီၤ.</p>	<p>She also makes sure her daughter does not drink too much soda pop or other drinks with sugar. It is very bad for children's teeth. It is better for them, and much less expensive, to drink water instead.</p>
<p>ပုၤဘၣ်ကီၢ်ဘၣ်ခဲဟံၣ်ဖိပီဖီသၢန့ၣ်အံၣ်မၤလိန့ၣ်တၢ်အါမး ဘၣ်ယးဒီးတၢ်အိၣ်တၢ်ဆိးလၢအဝဲသ့ၣ်အဟံၣ်သီသီသီလၢအမဲရကၤကီၢ်အပူၤန့ၣ်လီၤ. အဝဲသ့ၣ်မၤလိမၤဒီးန့ၣ်ဝဲလၢကဘၣ်အိၣ်ဆိးလၢကပဲၤဒီးတၢ်အိၣ်ဆူၣ်အိၣ်ချဒ်လဲၣ်, ကဘၣ်မၤတၢ်မနုၤသ့ၣ်တဖၣ်ဖဲအဝဲသ့ၣ်ဆူးဆါထီၣ်အခါဒီးကဘၣ်လူၤပိၣ်မၤထွဲ ကီၢ်အမဲရကၤအသဲစးတၢ်ဘျၢတဖၣ်လၢအကလီၤဆီဒီးထံကီၢ်လၢအဝဲသ့ၣ် အိၣ်ဆိးတ့ၢ်ဝဲတဖၣ်ဒ်လဲၣ်န့ၣ်လီၤ.</p>	<p>The three refugee families have learned a lot about living in their new home, America. They have learned how to stay healthy, what to do if they do get sick, and how to follow laws in America that may be different from the country where they lived before.</p>
<p>နတၢ်သံကွၢ်သံဒီးမ့ၢ်အိၣ်တမံၤမံၤမုတမ့ၢ်လိၣ်ဘၣ်တၢ်ဂ့ၢ် တၢ်ကျိၤအါထီၣ်ဆူၣ်ညါန့ၣ်ဝံသးစူၤဆဲးကျိးန့ၣ်ပုၤမၤတၢ်ဖိလၢ အမ့ၢ်ပုၤမၤတၢ်ဖိလၢအမၤတၢ်ဘၣ်ယးနတၢ်ဂ့ၢ်န့ၣ်တက့ၢ်. နဘၣ်တၢ်တူၢ်လိၣ်မုၢ်နၢၤဖဲအံၣ်ဒီးပအံၣ်ဒီးလၢနၢၤဒီးနပုၤဟံၣ်ဖိပီဖီ တဖၣ်အတၢ်အိၣ်မူၤသီလၢကီၢ်အမဲရကၤအပူၤကအိၣ်ဒီးတၢ်ပူၤဖျဲး, လၢပဲၤဒီးတၢ်သ့ၣ်ဖုံသးညီၣ်န့ၣ်လီၤ.</p>	<p>If you have any questions, or need further information, please contact your case worker. You are welcome here, and we want your new life in America to be a safe, successful and happy one for you and your family.</p>

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