

**Salama, Maridadi na Yenye afya - Funguo za Ufanisi katika Makao yako Mapya
Usalama wa Chakula na Utunzaji nyumba - 2**

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

SWAHILI

<p>Bw. Ba anajua ya kwamba yeye na mke wake wanaweza kuwa wagonjwa sana, wakishindwa kushughulikia chakula vizuri. Hata kama hutumii vyombo kama vile vijiko na umma kula chakula chako, ni muhimu sana kwamba utumie vyombo kwa kupakua chakula. Hii huepusha kuenea kwa vijidudu wa aina yoyote kwenye mikono yako, na wadudu wengine ambao wanaweza kusababisha ugonjwa.</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 <i>eat</i> your food, it is very important that you use utensils to <i>serve</i> the food. This avoids spreading any germs on your hands to others, which can cause illness.</p>
<p>Familia ya Ba hula chakula chao kwenye meza, badala ya kula sakafuni. Hii hupunguza nafasi ya chakula kuwa na vijidudu walio kwenye sakafu, ambao wanaweza kukufanya wewe na familia yako kuugua.</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>Wakati familia ya Ba inapoleta chakula nyumbani, wana hakikisha wanakihifadhi vizuri. Mifuko ya maharagwe na mchele inapaswa kuwekwa ndani ya kabati, wala sio kwenye sakafu.</p> <p>Mayai, maziwa, siagi, jibini na nyama lazima ziwekwe ndani ya friji.</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.</p> <p>Eggs, milk, butter, cheese and meat must be kept in the refrigerator.</p>
<p>Wakati unapotumia kisu na kibao cha kukatia ili kukata nyama, lazima utumie kisu safi, tofauti na kibao safi cha kukatia mboga, jibini au siagi.</p> <p>Nyama mbichi inaweza kukufanya uugue sana. Hakikisha umenawa mikono yako baada ya kugusa nyama mbichi.</p> <p>Bi. Ba hupika vyakula vyao mpaka vinapoiva kabisa, kwa hivyo haviwafanyi kuwa wagonjwa. Wakimaliza, chakula kilichobaki hufunikwa na kuwekwa ndani ya friji.</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.</p> <p>Raw meat can make you very sick. Be sure to <i>wash your hands</i> after you touch any uncooked meat.</p> <p>Mrs. Ba cooks all their food completely, so it does not make them sick. When they are finished, the leftover food is covered and kept in the refrigerator.</p>

Familia ya Ba hutazama *muda* ambao chakula kimekuwa kwenye friji. Chakula ambacho kimekaa sana kinaweza kuharibika na kukufanya uugue. Chakula kilichobaki *kilichopikwa* kinapaswa kuliwa kati ya siku tatu au nne.

Chakula kilichofungwa kutoka dukani kitakuwa na *tarehe ya kuisha*, na kinahitaji kuliwa kabla ya tarehe hiyo. Tarehe ya kuisha itaonyesha mwezi, siku na mwaka, kama hivi:

Wakati chakula kimekaa au kimefikia tarehe ya kuisha, kinapaswa kutupwa kwenye jaa la takataka.

The Ba family pays attention to how *old* the food in their refrigerator is. Food that is too old can spoil and make you sick. Leftover *cooked* food should be eaten within three or four days.

Packaged food from the store will have an *expiration date* on it and needs to be eaten before that date. The expiration date will show the month, day and year, like this:

When food is old or reaches the expiration date, it should be thrown in the garbage.