

**Salama, Maridadi na Yenye afya - Funguo za Ufanisi katika Makao yako Mapya
Usalama wa Chakula na Utunzaji nyumba - 4**

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

SWAHILI

<p>Bi. Li amegundua umuhimu wa kuchagua vyakula vyenye afya kwake na kwa mtoto wake wa kike. Nchini Marekani, ni rahisi sana kula vyakula visivyofaa, na kunenepa. Familia ya Li huhakikisha wanakula chakula chenye mboga <i>nyingi</i> na matunda, na nyama <i>kiasi</i> na vyakula vya wanga. Wao ni waangalifu sana wasitumie chumvi, sukari nyingi au mafuta kutoka kwa wanyama.</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>Yeye huhakikisha pia mtoto wake wa kike hanywi soda nyingi, au vinywaji vingine vyenye sukari. Ni mbaya sana kwa meno ya watoto. Ni bora kwao na inakugharimu kidogo, kunywa maji badala yake.</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>Familia hizi tatu za wakimbizi zimejifunza mengi kuhusu namna ya kuishi katika nchi yao mpya, Marekani. Wamejifunza jinsi ya kuwa wenye afya, cha kufanya wakiwa wagonjwa, na jinsi ya kufuata sheria nchini Marekani ambazo ni tofauti na nchi walimoishi mwanzo.</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 <i>do</i> get sick, and how to follow laws in America that may be different from the country where they lived before.</p>
<p>Kama una maswali yoyote, au unahitaji maelezo zaidi, tafadhali wasiliana na mfanyakazi wa kesi yako. Unakaribishwa hapa, na tunataka maisha yako mapya nchini Marekani yawe salama, yenye ufanisi, na yenye furaha kwako na familia yako.</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>