

**ድህነት ብልጽግና ጥሂናቸውን መፍትሕ ምህባላቸውም አብ ሓድሽ ገዛቸውም
ውሕስነት መግብን አተሓሕዛ ገዛን - 2**

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

<p>አቶ ባን በዓልቲ ቤቱን እንተድላ መግቦም ብግቡእ ክከናዥኩ ዘይከሊሎም ንሕማም ከም ዚቃልዑ ርዱእት እዮም። ከም ማንካን ፋርኪታን ንክትምገብ እንተዘይተጠቐምካሎም እኳ ንምግብኻ ከተቐርብ ኣዝዮም ኣገደስቲ እዮም። እዚ ካብ ኣእዳውካ ሕዋስት (ጀርምታት) ናብ ካልእ ከይዝርግሑ ጠንቂ ሕማም ከይከውን ዝከኣል እዩ።</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>ስድራቤት አቶ ባ መግቦም አብ ክንዲ አብ ባይታ፣ አብ መብሊዒ (ጣውላ) ኮይኖም እዮም ዚበልዑ። ምክንያቱ ካብ ባይታ ዝመጹ ጀርምታት ንሕማም ጠንቂ ስድራቤትካ ዝኾኑ፣ ከድሕነካ ዚክኣል እዩ።</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>ስድራቤት አቶ ባ መግቢ ናብ ቤቶም ምስ ኣምጽኡ፣ አብ ስቱር ቦታ ከም ዝክበንዎ የረጋግጹ እዮም። ከረጸት(ባኮ) ዓይነታትር፣ ፋዝ ዘኣመሰሉ ኣብ ከብሒ ደኣምበር ኣብ ባይታ ኪቐመጡ የብሎምን። እንቃቕሖ፣ ጸባ፣ ጠስሚ፣ ፋርማጆን ስጋን ኣብ ፍርጅ ወይ ተላጃ ክቐመጡ ይግባእ።</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>ካራን መምተሪ ስጋን፣ ንምክታፍ ስጋ ምስተጠቐምካ፣ ንኣታክልትን ንውጽኢት ጸባን ዝኾኑ መግቢ ንምክታፍ ካልእ ጽሩይ መምተርን ካራን ተጠቐም። ዘይበሰለ ስጋ ኣጸቢቐ ከሓመካ ይክኣል እዩ። ድሕሪ ጥረ ስጋ ብኢድካ ምሓዝካ፣ ኣእዳውካ ክትሕጸብ ኣይትዘንግዕ።</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.</p>

<p>ወ/ሮ ባ ስድራቤታ መታን ከይሓሙ፣ ኩሉ መግባም ተብሰሎ እያ። መግባም በሊዓም ምስ አብቅዑ፣ እቲ ተረፍ ተኸዲኑ አብ ፍርጅ እዩ ዝቐመጥ።</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>
<p>ስድራቤት አቶ ባ ምግባም አብ ፍርጅ ክንደይ መዓልቲ ከም ዝቐንይዎ የስተውዕልሉ እዮም። ነዊሕ ዝተዓቕሩ መግቢ ክባላሾን ከሕመካን ዝኸለል እዩ። ተሰራሖ ዝተረፈ መግቢ አብ ውሽጢ ሰለስተ ወይ ኣርባዕተ መዓልቲ ክብላዕ ኣለዎ።</p> <p>ዝተዓሸጉ መግቢ ካብ መክዘን ዝወድቅሉ ዕለት ስለዘለዎም ቅድሚ ምውዳቕ ክብልዑ ኣለዎም። ንአብነት ዝወድቅሉ ዕለት ወርሕን መዓልትን ዓመትን ከምዚ ዚስዕብ የመልክት።</p> <p>ነዊሕ ዝጸንሐ መግብን ዕለተን ምውዳቕ ዘብቐዐ ናብ እንዳ ንሓፍ ኪድርብ ኣለዎ።</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>