

**ድህነት ብልጽግና ጥሂናሹምን መፍትሕ ምህባለኹም ኣብ ሓድሽ ገዛኹም
ውሕስነት መግብን ኣተሓሕዛ ገዛን - 4**

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

<p>ወ/ሮ ሊ ንእላን ንደቃን ጥዑይ መግቢ ምምራጽ ከንደይ ኣገዳሲ ምዃኑ በጺሓቶ ኣላ። ኣብ ኣሚሪካ፣ ናይ ብዙሕ ጥዕና ዘይብሉ መግቢ ክትበልፅን ክትረገድን ቀሊል እዩ። ስድራቤት ሊ ብዙሕ ኣትክልትን ፍሩታታትን፣ ከም ሲጋ፣ ሩዝ፣ ድንሸን ባረን ክበልፀው ናይ ምጽጃታት እዮም። ብዙሕ ጨውን፣ ዘይትን፣ ሽኮርን ወይ ስብሕን ከይበልፀው ኣዝዮም ጥንቁቓት እዮም።</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>ከምኡውን ንላ ብዙሕ ለሰላሳ መስተ ወይ ብሽሽር ዝስተዩ ካልኦትን ከይተበዘሕ ትጥንቀቅ እያ። ንኣስናን ቆልፀ ኣዝዮ ሕማቕ እዩ። እኳ ድኣ ቆልፀ ማይ ኪስተዩ ዝሓሸን ዝሓሰረን እዩ።</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>እቶም ሰለስተ ስደተኛ ስድራቤታት ብዙሕ መነባብሮ ሓድሽ ቤት ኣብ ኣሚሪካ ተማሂሮም ኣለዉ። ብጥዕና ብሽመይ ከምዝነብሩ ፣ እንተድኣ ሓሚጥም እንታይ ኪገብሩ ከምዘለዎም፣ ከመይ ጌሮም ሕጊ ኣብ ኣሚሪካ ከም ዝሕልዉ ካብ ካልኦት ሃገራት ዝጸንሑዎ ዝተፈለዩ ኪኸውን ስለዝኸለል ተማሂሮም ኣለዉ።</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>እንተድኣ ገለ ሕቶ ኣለዩካ ወይ ንቀጻሊ ዘድለይካ ሓበሬታ ደሊኻ፣ ብክብረትካ ንኣሳላጢኻ ተወከስ። እንቋፅ ናብዚ ብደሓን መጻእኩም፣ መነባብሮኹም ኣብ ኣሚሪካ ውሑስ፣ ዕውትን ሕገ-ስን ንዓኹምን ንደቅኹምን ክኾነልኩም ንደሊ።</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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