

የተጠበቀ፣ አስተማማኝ እና ጤናማ-በአዲሱ አገር ስኬታማ የሚያደርግብ ቀልፎች  
 የምግብ አጠባበቅ እና የቤት አያያዝ - 4

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

AMHARIC

<p>ወይዘሮ ሊ ለአርሰዋም ሆነ ለሴት ልጅዋ ጤናማ ምግብ መምረጥ ምን ያህል በጣም አስፈላጊ እንደሆነ አውቃለች። አሜሪካ ውስጥ ጤናማ ያልሆነ ብዙ ምግብ መመገብ እና መወፈር በጣም ቀላል ነው። የሊ ቤተሰብ ብዙ አትክልት እና ፍሬ-ፍሬ እንዲሁም ትንሽ ስጋ እና ስታርች የበዛበት ምግብ መመገባቸውን ያረጋግጣሉ። ብዙ ጨው፣ ዘይት፣ ሰካር፣ ወይም ስብ እንዳይበሉ በጣም ይጠነቀቃሉ።</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>እንዲሁም አርሰዋ ሴት ልጅዋ ብዙ የለሰላሳ መጠጦች፣ ወይም ሌሎች ሰካር ያላቸው መጠጦች አለመጠጣትን ታረጋግጧል። ለልጆች ጥርስ በጣም መጥፎ ነው። ለእነርሱ የተሽለ የሚሆነው፣ እና በጣም ውድ ያልሆነው፣ በምትኩ ውሃ መጠጣት ነው።</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>እነኚህ ሶስት ሰደተኛ ቤተሰቦች በአዲሷ ሃገራቸው አሜሪካ ውስጥ እንደት መኖር እንዳለባቸው ብዙ ተምረዋል። በጤንነት እንደት መቆየት እንደሚችሉ፣ ቢታመሙ ምን ማድረግ እንዳለባቸው እና፣ በፊት ይኖሩበት ከነበረው ሃገር ሊለዩ የሚችሉ ህጎችን በአሜሪካ ውስጥ እንደት መከተል ይችላሉ የሚሉትን ተምረዋል።</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>ጥያቄ ካለዎት ወይም ተጨማሪ መረጃ ካስፈለገዎት፣ አባክዎን ጉዳይ አስፈጻሚዎን (case worker) ያነጋግሩ።  ወደ አዚህ እንኳን በደህና መጡ፣ ለአርሰዋም ሆነ ለቤተሰብዎ በአሜሪካ ውስጥ የጀመሩት አዲሱ ህይወትዎ ደህንነቱ የተጠበቀ፣ ስኬታማ እና ደስታ የተሞላበት እንዲሆንልዎ እንፈልጋለን።</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>

Text is from 'Safe, Smart and Healthy: Keys to Success in Your New Home' created by the Ohio Department of Job and Family Services - Refugee Services Section. This handout has been funded in whole or in part with Federal funds from the National Library of Medicine, National Institutes of Health, Department of Health and Human Services, under Blanket Purchase Agreement No. HHSN276201400002B.