

**Him tein, Smart tein le Dam tein: Na um nak hmun thar
ah khuaawng pemh nak tawh fung hna.**

Ei le din ttha ten i chiah ning le Inn chung zoh khen ning – 2

Safe, Smart and Healthy – Keys to Success in Your New Home

Food Safety and Housekeeping – 2

HAKHA CHIN

<p>Mr Ba le a nupi nih rawl ttha te kan ei lo ah cun kan zaw lai ti a theih. Rawl ei nak ah darkeu na hman lo hmah ah rawl suah nak ah keu hman a herh. Keu na hman tik ah na kut i a um mi zawt nak rung rul midang a chon kho hna lo.</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>Ba chung khar zal thiang ah rawl ei lo in cabui cung ah rawl an ei. Zal thuang ah a um kho mi zawt nak rung rul ca buai cung i rawl nan ei tik ah a khamh i na chung khar le nang mah zawt nak in nan thiang lai.</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>Ba chung khar hna nih an inn ah raawl an rak ken tik ah ttha te in an chiah. Facang bek (bag) le hang thei hna nan cawk tikah Bizu chung ah chiah a herh, zeitik hmanh ah zal tluang cung ah chia hna hlah.</p> <p>Arti, cawhnuk, cawhnuk thaw pat ti hna le sa ti bantuk hna cu kiker nak bizu (refrigerator) chung ah ttha te chiah-ding a si.</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>Sa na can tik ah nam te le can danh a dang te in hmang hna, hangthei hnah riam nak candah le nam te hmang tti hna hlah. Sahring nih an zawt ter hkawh. Sahring chumh lo in na tongh paaoh ah na kut i ttawl.</p> <p>Mrs. Ba nih ttha te in rawl a chuan, cucaah cun a chungkhar a zawt ter hna lo. An ei dih in rawl a hlei mi ttha te in an khuh i refrigerater chung ah an chiah.</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>

Ba chung khar nih rawl tthiang ttha te ina an til kawi. Rawl a tthing tuk cang mi nih an zawt ter khawh. Rawl tthing cu nithum, ni li cung ah ei dih ding a si.

A tawm in zuar mi rawl cu a ni khiah mi chung in ei ding a si. A ni, thla le kum, a luan caan ttial chih an si dih. Ani a luan cang mi rawl tawm cu hmun thur chiahnak ah hlonh ding a si.

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.