

Umutekano, Ubushishozi n'Ubuzima: Ngizo Imfunguzo z'Ishya n'Ihirwe mu rugo rwawe.

## Isuku y'Ibyokurya n'Iyaho dutuye – 2

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

Food Safety and Housekeeping – 2

### KINYARWANDA

<p>Ba azi ko we n'umugore we bashobora kurwara cyanemu gihe batitaye ku isuku y'ibyo kurya. Niyo waba <i>utarisha</i> ibiyiko cyangwa se 'amakanya, ni ngombwa gukoresha imidaho yarura ibiryo mu gihe cyo gufungura. Ibi bituma mudakwirakwiza mikorobe ziri ku ntoki zanyu ku biryo, kuko bishobora kwanduza abandi uburwayi.</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>Kwa Ba barira ibyo kurya byabo ku meza aho kurira hasi. Ibyo bituma mikorobi ziri hasi zitinjira mu byokurya, bityo bikaba byatera uburwayi mu muryango.</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>Kwa Ba iyo bazanye ibiribwa mu rugo babibika neza. Imifuka y'ibishyimbo niy'umuceli bayishyira mu tubati, ntibigera narimwe bayishira hasi.</p> <p>Amagi, amata, amavuta, foromaji n'inyama ni ngombwa kubikwa muri firigo.</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>Mu gihe ukoresha icyuma n'urubaho rwo gukatiraho inyama, koresha ikindi icyuma gisukuye kandi kitari icyo ukatisha imboga cyangwa ibyo kurya bikomoka ku mata. Inyama mbisi zishobora gutera uburwayi. <i>Karaba mu ntoki</i> igihe cyose ukoze ku nyama mbisi.</p> <p>Umugore wa Ba ateka ibiryo bye bigashya neza kugirango bitabatera uburwayi. Iyo bamaze gufungura, ibiryo bisigaye arabipfundikira akabishyira muri firigo.</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>

Umuryango wa Ba wita ku gihe ibiryo bimaze muri firigo. Iyo bitinzemo cyane, birangirika bikaba byatera uburwayi. Ibiryo bisigaye bitetse, byagombye kuribwa mu iminsi itatu cyangwa ine.

Ibiryo bifunze biguzwe mw' isoko biba byanditseho igihe ntarengwa bigomba kuribwaho. Bigomba kuribwa mbere y'icyo gihe. Igihe ntarengwa cyerekana ukwezi, umunsi n'umwaka. Urugero ni nkuru:

Iyo ibyo kurya bitinze cyangwa birengeje itariki ntarengwa bigomba kujugunywa ahagenewe kujugunywa imyanda.

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.