

Umutekano, Ubushishozi n'Ubuzima: Ngizo Imfunguzo z'Ishya n'Ihirwe mu rugo rwawe.
Isuku y'Ibyokurya n'Iyaho dutuye – 4

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

KINYARWANDA

<p>Umugore wa Li yamenye akamaro ko guhitamo uburyo bwo kugaburira umuryango we ibiribwa bifite intungamubiri nyinshi. Muri Amerika, biroroshye kurya ibiribwa byinshi byangiza ubuzima bigatera n'umubyibuho udasanzwe. Umuryango wa Li wita cyane ku kurya imboga n'imbuto nyinshi, inyama n'ibindi biribwa byubaka umubiri. Birinda kurya umunyu mwinshi, amavuta, isukari n'ibinure.</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>Akora kandi ku buryo umukobwa we atanywa soda nyinshi cyangwa ibindi binyobwa birimo isukali. Ni bibi cyane ku menyo y'abana. Ni byiza cyane kuri bo kandi birahendutse kunywa amazi kurusha ibyo bindi binyobwa.</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>Ya miryango itatu y'impunzi yize byinshi cyane kubirebana n'imibereho yabo iwabo hashya muri Amerika. Bize uko bashobora gukomeza kugira ubuzima bwiza, uko babyifatamo <i>baramutse</i> barwaye, no gukurikiza amategeko y'Amerika, ashobora kuba atandukanye n'ayigihugu babagamo mbere.</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>Niba ufite ikibazo cyangwa ukeneye ibindi bisobanuro wavugana n'umukozi ugushinzwe.</p> <p>Tuguhaye ikaze hano kandi twikwifurije ubuzima bwiza muri America, burangwa numutekano n'amahirwe kuri wowe n'umuryango wawe.</p>	<p>If you have any questions, or need further information, please contact your case worker.</p> <p>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>