

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

KIRUNDI

<p>Umupfasoni Li yaramenye akamaro ko kurobanura imfungurwa zitera amagara meza kuri we hamwe n'abamukobwa biwe. Muri Amerika biroroshe cane gufungura vyinshi bitari vyiza, bitera kuvyibuha kandi bigatuma ugwara. Abo kwa Li bafungura imboga nyishi, ivyamwa, inyama n'izindi mfungurwa z'intungamubiri. Baririnda kurya umunyu mwinshi, amavuta menshi, isukari nyinshi canke 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>Aritwararika kubuza umukobwa wiwe ngo ntanywe isoda nyinshi canke ibindi binyobga birimwo isukari nyinshi. Ni bibi ku menyo y'abana. Kubaha amazi ni vyiza kandi nivyo bizimbutse.</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>Imiryango itatu y'impunzi yarize vyinshi bijanye no kuba mu gihugu cabo gishasha, ari co Amerika. Barize ingene bashobora kugira amagara meza, ico bokora hamwe <i>bogwara</i>, n'ingene bokurikiza amategeko yo muri Amerika ashobora kuba atandukanye n'ayo mu gihugu bahoramwo.</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>Ni waba ufise ikibazo, canke ikindi cose wifuza kumenya , vugana n'umukozi ashinzwe abimukira.</p> <p>Tuguhaye ikaze hano muri Amerika kandi twifuza ko ubuzima bwawe bworangwa n'umutekano , iterambere hamwe n'umunezero kuri wewe no kumuryango wawe wose.</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>