

**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 – 4

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

HAKHA CHIN

<p>Mrs. Li nih an ca ah dam nak lei bawm tu rawl ei ding thim a thiam. A merican ram ah dam nak sitheng lo in thau nak a chuah pi mi rawl tam pi ie sual a fawi te. Li chung khar cu hangtheih hanghnah le thingthei tempi an ei I sa le rawl atlawm deuh in an ei. Ralrin te in cite, chiti, sathau an ei.</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>A fu nu thlun mi tam pi ei din kha a ral rin fawn. A thlum mi ei tuk cu hngakchia hna haa ca ah ttih nung a si. Ti tam pi din ter hi a man zong aa awk leng ah an caah a ttha deuh.</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>Refugee chung khar thum hna nih an khausak nak hmun thar American cun ram ah nun ning a tam pi an cawng. Ngandam te in um tthut an cawng, an zawt tik ah zei tin dah kan tuah lai ti an cawng, an rak um hlun nak ram he aa khat lo mi phung le upadi zeitin dah kan zulh lai ti zong an cawng.</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>Bia hal ding na ngeih a si ah cun asiloah a tam deuh in theih na duh mi hna a um ah cun nang mah kong rian a ttuan tu sin ah contact tuah. American ram ah a him mi, nun nak thar, khua awng a pemh mi le, aa nuam mi chungkhar le aa nuam mi na si nak hnga ka nin don (welcome).</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>