

# सुरक्षित, तीक्ष्ण तथा स्वस्थ: तपाईंको नयाँ घरमा सफलताको कुञ्जी

## खाद्य सुरक्षा तथा हाउसकीपिंग - 4

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

### Food Safety and Housekeeping – 4

### NEPALI

<p>श्रीमती लि ले आफ्नो तथा छोरीको लागि, स्वास्थ्यवर्धक खाना खानु कति जरुरी छ भनेर थाहा पाएकी छिन् । अमेरिकामा, धेरै मात्रामा अस्वस्थ खाना खाएर मोटो हुनु सजिलै छ । लि हरू प्रचुर मात्रामा सब्जी र फलहरू तथा केही मासु र माडसहितको खाना पनि खाने गर्छन् । उनीहरू धेरै नुन, तेल, चिनी, अथवा वोसो नखान्न होसियार रहन्छन् ।</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>आफ्नी छोरीले धेरै सोडापानी या चिनी हुने अरु झोलहरू नपियोस भनेर पनि उनी होसियार हुन्छिन् । बच्चाहरूका दाँतका लागि यो एकदम नराम्रो हो । यसको सट्टा उनीहरूका लागि पानी पिउनु, यो भन्दा राम्रो, र सस्तो पनि हो ।</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>तीनवटा शरणार्थी परिवारहरूले उनीहरूका नयाँ घर, अमेरिका, मा बस्नेबारे धेरै सिक्सकेका छन् । कसरी स्वस्थ बस्नु, विमार भएमा के गर्नु, तथा पहिला बसेका देशको भन्दा फरक हुन सक्ने, अमेरिकी कानूनको कसरी पालना गर्नु, भनेर उनीहरूले सिक्सकेका छन् ।</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>तपाईंको केही प्रश्नहरू भए, अथवा थप जानकारी चाहिएमा, कृपया तपाईंको केस-वर्करलाई सम्पर्क गर्नुहोला ।</p> <p>तपाईंलाई यहाँ स्वागत छ, र हामी चाहन्छौं, तपाईं र तपाईंको परिवारको लागि अमेरिकामा नयाँ जीवन सुरक्षित, सफल तथा रमाइलो होस् ।</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>