

**Ammaan, Caqli-Badnaan, iyo Caafimaad Wacnaan -
Waxyaalaha muhiimka ah ee aad guul ku gaari lahayd Wadankaaga Cusub
Ammaanka Cuntada iyo Shaqo Guri - 2**

**Safe, Smart and Healthy – Keys to Success in Your New Home
Food Safety and Housekeeping - 2**

SOMALI

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| <p>Mudane Ba waa u og yahay in isaga iyo xaaskiisu ay si weyn u jiran karaan haddii aanay si haboon u isticmaalin cuntada. Xiitaa haddii aanad isticmaalin qalabka sida qaado iyo fargeeto si aad u <i>cuntid</i> cuntada, waxa si weyn muhiim u ah inaad isticmaashid qalab si aad dadka u <i>siisid</i> cuntada. Taasi waxay ka hortagaysaa inaad dadka ku sii fidisid jeermiga saaran gacmahaaga, taasoo keeni karta cudur.</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>Qoyska Ba waxay cuntada ku cunaan miiska halka ay ku cuni lahaayeen dhulka. Taasi waxay yareynaysaa suurogalka in jeermiga dhulka, ee cudur ku ridi kara adiga iyo qoyskaaga, uu soo gaadho cuntada.</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>Marka qoyska Ba cunto guriga keenaan, waxay u hubsadaan inay si haboon u kaydiyaan. Bacaha ah digirta iyo bariiska waa in la galiyo kabadhada ama khaanadaha waana inaan marna la dhigin dhulka.</p> <p>Ukunta, caanaha, subagga, jiiska ama faramaajada iyo hilibka waa in la galiyo qaboojiyaha.</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>Marka aad isticmaalaysid mindi iyo looxa jarjarista si aad u jarjartid hilib, waa inaad isticmaashid mindi kale iyo loox jarjaris oo kale oo nadiif ah si aad u jarjartid khudaar ama waxyaabaha caanaha ka sameysan. Hilibka aan la karin si weyn baad ugu jiran kartaa. U hubso inaad <i>dhaqdid gacmahaaga</i> ka dib marka aad taabatid hilib aan la karin.</p> <p>Marwo Ba si buuxda ayay dhamaan cuntadooda u karisaa, si aanay ugu jiran. Marka ay dhameeyaan, cuntada soo hadha waa la daboolaa waxana lagu kaydiyaa qaboojiyaha.</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> |

Qoyska Ba waxa uu u fiirsadaa *mudada* ay cuntadu ku jirtay qaboojiyahooda. Cuntada si weyn u gabowday way xumaan kartaa waana aad ku jiran kartaa. Cuntada soo hadhay ee *karsan* waa in lagu cuno saddex ama afar maalmood gudahood.

Cuntada baakado ama qardaas ku jirta ee dukaanka waxay lahaan doontaa *taariikh dhicitaan (expiration date)* waxana loo baahan yahay in la cuno taariikhdaas ka hor. Taariikhda dhicitaanku waxay muujin doontaa bisha, maalinta iyo sannadka, sidan oo kale:

“March 10, 2015” oo ah 10-ka Bisha Saddexaad sannadka 2015.

Marka cuntadu gabowdo ama ay gaadho taariikhda dhicitaanka, waa in lagu tuuro qashinka.

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.