

**Ammaan, Caqli-Badnaan, iyo Caafimaad Wacnaan -
Waxyaalaha muhiimka ah ee aad guul ku gaari lahayd Wadankaaga Cusub
Ammaanka Cuntada iyo Shaqo Guri - 4**

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

SOMALI

<p>Marwo Li waxay ogaatay sida ay muhiim u tahay inay cuntooyin caafimaad leh u doorato nafteeda iyo inanteeda. Gudaha Maraykanka, waxa si weyn u fudud in la cuno cunto badan oo aan caafimaad lahayn oo la buurto ama la cayilo. Qoyska Li waxay u habsadaan inay cunaan cagaar iyo khudaar badan, iyo xoogaa ah hilib iyo cuntooyinka daqiiqleyda ah. Waxay si weyn uga taxadiraan in aanay cunin milix, saliid, sonkor ama dufan si weyn u badan.</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>Waxa kale oo ay u habsataa inaan inanteedu cabin cabitanno badan oo ah soodha ama cabitaanno kale oo leh sonkor. Waxay aad ugu xuntahay ilkaha caruunta. Waxa carruurta u fiican, kana kharash yar, inay kuwaas beddelkooda cabaan biyo.</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>Saddexda qoyska ee qaxootiga ah ee degan abaarmanadan waxay wax weyn ka barten noloshada hoygooda cusub ee Maraykanka. Waxay barten sida caafimaad loo helo, waxay sameyn lahaayeen haddii ay <i>jiradaan</i>, iyo sida loo raaco sharciyada Maraykanka ee laga yaabo, iyo sida loo adeeco sharciga ka jira Maraykanka ee laga yaabo inuu ka duwan yahay wadankii ay hore ugu noolaayeen.</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>Haddii aad qabtid wax su'aalo ah, ama aad u baahan tahay war dheeraad ah, fadlan la xidhiidh shaqaalaha ku qaabilsan.</p> <p>Ku soo dhawow halkan, waxana aanu rabnaa in noloshada cusub ee Maraykanka ay noqoto mid ammaan, guul iyo farxad u leh adiga iyo qoyskaaga.</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>