

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

KIRUNDI

<p>Umushingantahe Ba arazi ko be n'umupfasoni wiwe bashobora kugwara cane mu gihe badashobora kugirira isuku infungurwa. N'igihe udashoboye gukoresha ibikoresho mu gufungura nk'ibiyiko n'amakanya, ni ingirakamaro ko ubikoresha mu kwarura. Ibi bibuza ikwiragizwa ry'imigera yo ku maboko yawe ku bandi, irashobora kubatera indwara.</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>Umuryango wa Ba ufungurira ku meza, ntibarira hasi kw'isima. Ibi bigabanya ubwandu bw' imigera iva hasi kw'isima ishobora gutuma mwe n'umuryango wawe murwara.</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>Mu gihe umuryango wa Ba uzanye infungurwa i muhira, bamenya atagukeka ko babishingurana isuku. Imifuko y'ibiharage hamwe niy'umuceri itegerezwa gushingurwa mu kabati. Ntibigera narimwe bayitereka kw'isima.</p> <p>Amagi, amata, amaforomaji, amavuta hamwe n'inyama bitegerezwa gushingurwa muri frigo.</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>Iyo ukoresha imbugita n'ikibaho co gukatirako inyama, utegerezwa gukoresha imbugita zitandukanye kandi zisukuye, ikindi kibaho co gukatirako mu gihe wifuza gukata imboga canke izindi impfungurwa zikomoka ku mata. Inyama mbisi zishobora kukurwaza cane. Karaba mu ntoki iyo uhejeje gukora ku nyama mbisi.</p> <p>Umupfasoni Ba ateka impfungurwa zabo zose zigasha neza, kugira ntizibateze indwara. Mu gihe bahejeje gufungura, izisigaye barazipfundikira neza bakazishingura muri frigo.</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>

Umuryango wa Ba uritwararika kumenya igihe imfungurwa ziri muri frigo yabo zimaze canke ko zoba zagashe. Imfungurwa zimaze igihe kirekire zirashobora kwononekara zikagutera indwara. Impfungurwa zitetse zasigaye zirashobora gufungurwa mu misi itatu canke ine.

Imfungurwa zitekeye zigurirwa mu mabutike ziba zanditseko imisi ntarengwa yo kuzifungurirako kandi zikwiye gufungurwa iyo minsi itaragera. Imisi ntarengwa yo kuzifungurirako irerekana ukwezi, umusi n'umwaka, uku gukurikira:

Igihe impfungurwa zigashe canke zirengeje igihe co kuzifungurirako, zitegerezwa gutabwa muri nyabarega.

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.