



ADULT

CONDIMENTS **WEEK 27**

1. PRACTICE INTRODUCTIONS

SAT SRI AKAL = HELLO /GOODBYE

THUHADA NAH KI HAI ? WHAT IS YOUR NAME ?

MERA NAH HAI = MY NAME IS

TUSI KINNE SAL DHE HO ? HOW OLD ARE YOU ?

MEH X SAL DHI/DHA HA I AM X YEARS OLD

TUSI KIDHA HO? HOW ARE YOU ?

MEH THEEK HA – I AM FINE

ADD

MEH KHANNA HAI IS I WANT TO EAT

MEH KHAN DHA(I) HAI IS I AM EATING

MEH KHALEYA IS I HAVE EATEN

2. LEARN CONDIMENTS SONG

I LIKE **LOON** THAT IS **SALT**

KHUND AND **CHINNI'S** SUGAR

MIRCH IS A **CHILLI**, **ATTA** IS **FLOUR**

PUDHINA AND **THANIA**

MINT AND **CORIANDER**

MENOO CHANGEH LAGDHE

I LIKE THEM ALL

MENOO CHANGEH LAGDHE

I LIKE THEM ALL

BREAK

MOONGI DAAL IS YELLOW

MAA KI DAL IS KAALI

RAJMA ARE KIDNEY BEANS

VEGETABLES ARE SUBJI

WITH ROTI OR CHAPATTI, IT'S ALL NICE

BUT I LIKE CHAWL, THAT IS RICE

CHOLLE ARE CHICKPEAS

EATEN WITH POORIES

MENOO CHANGEH LAGDHE

I LIKE THEM ALL

MENOO CHANGEH LAGDHE

I LIKE THEM ALL

UDHRAK IS GINGER, LASSAN IS GARLIC

ACHAAR IS PICKLE, HALDI IS TURMERIC

TEIL IS OIL, BUTTER IS MAKHAN

JEERA IS CUMIN GUNDA IS ONION

MENOO CHANGEH LAGDHE

I LIKE THEM ALL

MENOO CHANGEH LAGDHE

I LIKE THEM ALL

BREAK

I LIKE LOON THAT IS SALT

KHUND AND CHINNI'S SUGAR

MIRCH IS A CHILLI, ATTA IS FLOUR

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MINT AND CORIANDER

MENOO CHANGEH LAGDHE

I LIKE THEM ALL

MENOO CHANGEH LAGDHE

I LIKE THEM ALL

3. DO ACTIVITY ON YOUR 'ACTIVITIES' PAGE

4. LOOK IN YOUR FRIDGE OR FOOD CUPBOARDS AND SAY ALL THE ITEMS YOU KNOW IN PANJAB!

5. WHAT INGREDIENTS DO YOU NEED TO MAKE MASALA ?

LEARNING TASK Learn this sentence for next week

1. MENOO X CHANGEH/A LAGDHE/A I LIKE XX

2.MENOO ROTI/KHANNA DHEDHO PLEASE CAN YOU PLEASE GIVE
ME FOOD /DINNER

KEY WORDS

TEH = AND /NAAL = WITH

LOON IS SALT

KHUND AND CHINNI'S SUGAR

MIRCH IS CHILLI

ATTA IS FLOUR

PUDHINA IS MINT

THANIA IS CORIANDER

ROTI /CHAPATTI/ POORI =TYPES OF BREAD

CHAWL IS RICE

CHOLLE IS CHICKPEAS

ADRAK IS GINGER

LASUN IS GARLIC

AACHAR IS PICKLE

HALDI IS TURMERIC

TEIL IS OIL

MAKHAN IS BUTTER

JEERA IS CUMIN

GUNDA IS ONION

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