



PANJABI

WEEK 10

ADD TEH = AND

PRACTICE THESE SENTENCES WITH SOMEONE

MY LIKES /DISLIKES

MY LIKES

1. **MENOO (FOOD) PASANDH HAI** I LIKE XX
2. **MENOO XX FILM CHANGHI LAGDHI HAI** I LIKE XX FILM
3. **MEERA FAVOURITE DHOST XX HAI** MY FAVOURITE FRIEND IS XX
4. **MENOO XX RESTAURANT (FAST FOOD)CHANGHA LAGDHA HAI** I LIKE XX RESTAURANT
5. **MEERA FAVOURITE SUBJECT XX HAI** MY FAVOURITE SUBJECT IS XX
6. **MENOO (MUSIC) PASANDH HAI** I LIKE XX
7. **MENOO PAISE MILNE BAHUT PASANDH HAI!** I REALLY LIKE GETTING MONEY!

MY DISLIKES

1. **MENOO XX (FOOD) NAHI CHANGHA LAGDHA HAI** I DON'T LIKE XX FOOD

2. **MEH APNA KAMRA TIDY KARNA NAHI PASNADH HAI !** I DON'T LIKE TIDYING MY ROOM !

3. **MENOO (FOOD) BILKUL NAHI PASANDH HAI** I REALLY DON'T LIKE XX

4. **MENOO OOCI BOLNA NAHI THEEK LAGDHA** I DON'T LIKE TALKING LOUDLY

5. **MENOO PAISE DHENEH NAHI PASANDH !** I DON'T LIKE GIVING MONEY

6. **MENOO SHOWER LEHNA/BAAL DHONEH NAHI CHANGA LAGDHA** I DON'T LIKE HAVING A SHOWER/WASHING MY HAIR

7. **MENOO KEERDIA NAHI PASANDH** I DON'T LIKE INSECTS

CULTURE TOPIC

If you look back in India's history, you will find it is full of traditions and customs. These traditions might look ordinary but have several health benefits attached to t

Eating with hands

Eating with hands has not only been a part of our culture but is still being practiced by many across the country.

It's usually considered that using hands for eating is healthy for your gut, as the good bacteria on your hands gets into your tummy and help to fight bad bacteria.

Eating with hands also helps in forming a connection with food, which makes food seem tastier.

Eating with silver cutlery

Eating in silver plates has been a part of Indian tradition since long.

You will find several mentions of people eating with silver spoons and plates in historical scriptures as well.

Traditionally, it's believed that eating with silver cutlery is actually good for your body as silver has anti-viral and anti-bacterial properties, which helps to fortifying the food you hem.

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