



ADULT

## FRUITS /FOOD /PRONOUNS 2

### 1. PRONOUNS RECAP AND PRACTICE

#### PERSONAL PRONOUNS

- I = MEH
- TU/TUSI(POLITE) =YOU
- EH = HE /SHE /IT(CLOSE)
- OH =HE SHE IT (FAR)

#### EXTRA words

- **KHANNA** = TO EAT
- TEH = AND
- ASI = WE
- **JHANNA** = TO GO
- **EHDHAR** = HERE **OHDHAR**=THERE

#### MAKE SENTENCES CHANGE THE PRONOUN

I AM /WE ARE GOING TO THE CINEMA

(MEH/ASI) XX CINEMA JHANNA /KHANNA HAI

WHAT DO YOU WANT TO EAT?

(TU/TUSI) KI KHANNA HAI?

MEH XX KHANNA /PEENA XX

### BELONGING PRONOUNS

- THUHADA = yours(polite)
- MERA = mine
- TERA = yours
- SADA= ours
- EH NA DHA =Theirs (close)
- OH NA DHA= Theirs ( Far)
- EHDHA =his/hers/its (close)
- OHDHA =his /hers/its(far)

- **MAKE SENTENCES** CHANGE THE PRONOUN

**WHAT'S YOUR NAME?**

**THUHADA NAH KI HAI ?**

**MERA NAH XX HAI**

## **2.FRUIT** RECAP AND PRACTICE

**MUTTAR = PEAS**

**GAJJAR = CARROTS**

**ALOO = POTATO**

**AMB = MANGO**

**PALAK = SPINACH**

**NIMBOO = LEMON**

**KHIRA = CUCUMBER**

**DHUD = MILK**

**PANI = WATER**

**CHA = TEA**

**DHAHI= YOGURT**

**KELA= BANANA**

**SEB= APPLE**

**SANTRA = ORANGE**

**KHARBOOJA = WATERMELON**

**EXTRA**

**TEH = AND /NAAL= WITH /VICH = IN**

**CHANGE THE PRONOUN AND FRUIT /DRINK/VEG**

**MEH/TUSI/EHNA NEH / XX KHANNA /PEENA**

**AND MENOO XX CHANGAH LAGDHA ( CHANGEH LAGDHE /PLURAL)**

**OPTIONAL**

**1.THUHADA FAVOURITE FRUIT KI HAI ?**

**2. SADA/TERA /MERA /EHNA DHA /EHDHA FAVOURITE FRUIT XXX  
HAI**

MAKE ONE SMOOTHIE DRINK USING MILK, YOGURT AND 3 FRUITS  
OR VEGETABLES AND SAY THE INGREDIENTS IN PANJABI

WHAT'S **LAL**? WATERMELON/APPLE

**HARA** ( PEAS/SPINACH/CUCUMBER)

**PEELA**( LEMON/MANGO/KELA)

**SANTRI**( ORANGES/CARROTS)

**CHITTA**(MILK/YOUGURT)

### **3.CONDIMENTS** RECAP AND PRACTICE

**LOON SALT/ CHEENEE SUGAR**

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

**PUDHINA** AND **THANIA**

**MINT** AND **CORIANDER**

**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**

**WHAT WOULD YOU PUT IN YOUR MASALA?**

**4. PRACTICE SENTENCES** THESE WILL BE TESTED NEXT WEEK

**1. MEH XX KHANNA / PEENA HAI** I WANT TO EAT/DRINK XX

**2. MENOO XX CHANGAH LAGDHA ( CHANGEH LAGDHE / PLURAL)**

**I LIKE XX**

**5. CULTURE TOPIC**

### Indian food

India is a large and very diverse country, with a wide variety of agricultural products, which differ from region to region.

**WHAT ARE THE MAIN INDIAN STAPLE FOODS**

Indian staple food are rice, lentils, breads( roti/naan) and spices.

Many dishes contain vegetables, such as spinach, peas or mustard greens as well as fruit such as mango, pineapple or bananas.

**WHAT ARE THE COMMONLY USED SPICES?**

Indian food is generally famous for being spicy. Commonly used spices are chilli and ginger, cardamon, cinnamon, cumin, coriander and cloves.

**OTHER FACTS**

Many dishes also use yoghurt, cottage cheese or paneer

Fish and seafood at the coastal regions

## **TAJ MAHAL**

Attracts over million tourists a year!

### **WHAT DOES IT MEAN ?**

IN ARABIC MEANS CROWN OF PALACES)

### **WHERE IS IT ?**

- Built in Agra (Uttar Pradesh) in 1632

### **WHAT'S IT MADE OF ?**

- Ivory/ white marble building

### **WHY WAS IT BUILT/WHO?**

- Built by Emperor Shah Jahan in honour of his wife (tomb)

### **HOW LONG DO YOU THINK IT TO BUILD ?**

17 years