



WEEK 3

ADD TEH = AND

PRACTICE THESE SENTENCES WITH SOMEONE

MY MUM AND DAD !

MERI MUM LAMBHI/CHOTI HAI MY MUM IS TALL/SHORT

MERA DAD LAMBHA/CHOTAH HAI MY DAD IS TALL /SHORT

MERA DAD XX DHA KUM KARDHA HAI MY DAD IS A XX (OCCUPATION)

MERI MUM XX DHA KUM KARDHI HAI MY MUM IS A XX (OCCUPATION)

MERE DAD DHA FAVOURITE KHANNA XX HAI MY DAD'S FAVOURITE FOOD IS XX

MERI/E MUM DHA FAVOURITE KHANNA XX HAI MY MUM'S FAVOURITE FOOD IS XX

MERA DAD XX (BUDHVAAR TEH SANICHARVAAR) XX (GYM) JHANDHA HAI MY DAD GOES TO THE GYM ON WEDNESDAY AND SATURDAY

MERI MUM XX (MANGALVAAR TEH AITVAAR) XX (DANCE CLASS) JHANDHI HAI MY MUM GOES TO(DANCE CLASSES) ON (TUESDAY AND SUNDAY)

OHNA DHA BIAH XX (YEAR) HOYA SI THEY GOT MARRIED IN XX

ASI XX REHNDHE HAI WE LIVE IN XX

MERI MUM DHE XX BHAIN/BRAH HAI – MY MUM HAS XX
BROTHERS/SISTERS

MERE DAD DHE XX BHAIN/BRAH HAI – MY DAD HAS XX
BROTHERS/SISTERS

CULTURE TOPIC

Eating with hands

Eating with hands may not sound great to many people.

However, it has many benefits.

Fingers being heat receptors, they prevent your mouth from burning when the hot food is put inside. You get to check the temperature before eating the food!

Other than that, you tend to eat slower when you dine with hands, this aids in digestion.

Traditionally, the right hand is used to eat, and the left hand is considered to be dirty. One must thoroughly wash his/her hands with soap and water before eating.

This practice makes the eating process very hygienic.

Eating with hands is a widespread practice in South and East India, but it's a bit rare in North and West India.

In North and West India, people use spoons to pick up the rice to eat but use fingers to break down the bread.

Every region in India has its own distinct cuisine with a signature dish or ingredient.

It's one of the best countries for vegetarian cuisine, which you'll find predominantly in Gujarat and Rajasthan.

Non-vegetarian options feature strongly in Bengali, Mughlai, North Indian and Panjabi cuisine, and Kerala in South India is famous for its delicious fish dishes.

You can always guarantee plenty of fresh ingredients, including wonderful herbs and spices used for flavour, aromas, to enhance colours and for healing

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