



PLEASE PRACTICE WITH SOMEONE

WEEK 3

ADD ANE= AND

MY MUM AND DAD ! – MARI MUMMY ANE PAPPA!

MARI MUMMY LAMBI/TUNKI CHHE MY MUM IS TALL/SHORT

MARA PAPPA LAMBA /TUNKA CHHE MY DAD IS TALL /SHORT

MARA PAPPA XX KAAM KARRE CHHE MY DAD IS A XX (OCCUPATION)

MARI MUMMY XX KAAM KARRE CHHE MY MUM IS A XX (OCCUPATION)

MARA PAPPA NU FAVOURITE FOOD XX CHHE MY DAD'S FAVOURITE FOOD IS XX

MARI MUMMY NU FAVOURITE FOOD XX CHHE MY MUM'S FAVOURITE FOOD IS XX

MARA PAPPA XX (DAY(S) OF THE WEEK) NA XX (GYM TYPE ACTIVITY) JAAY CHHE MY DAD GOES TO THE GYM ON WEDNESDAY AND SATURDAY

MARI MUMMY XX (DAY(S) OF THE WEEK) NA XX (DANCE CLASS TYPE ACTIVITY) JAAY CHHE MY MUM GOES TO( DANCE CLASSES) ON (TUESDAY AND SUNDAY)

**EMNA LAGAN NE XX VERS THAYA CHHE** THEY GOT MARRIED IN XX

**AME XX MA RAHIYE CHHIYE** WE LIVE IN XX

**MARI MUMMY NE XX BHAI/BHEN CHHE** – MY MUM HAS XX  
BROTHERS/SISTERS

**MARA PAPPAA NE XX BHAI/BAHEN CHHE** – 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. We must thoroughly wash our 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 properties