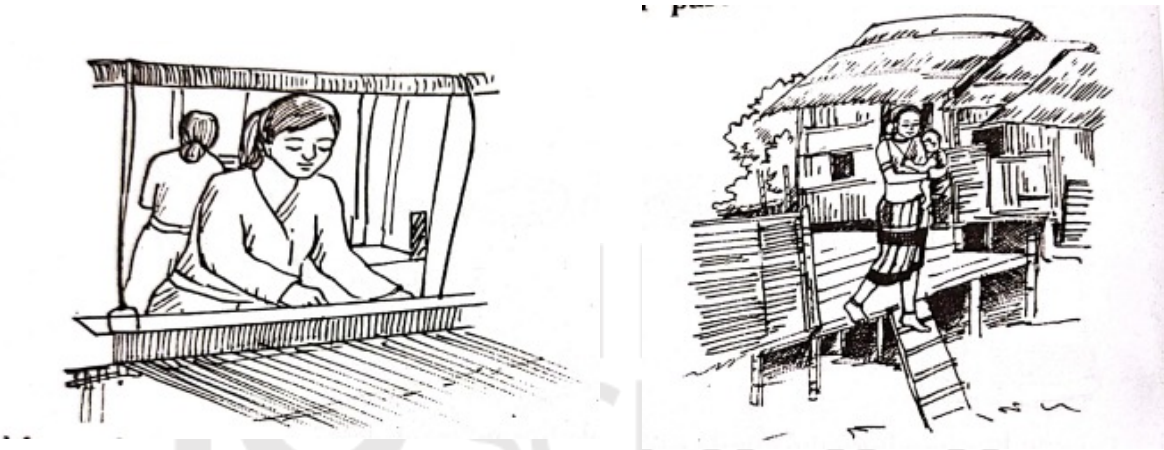


Unit One

Lesson 4: Our ethnic friends (2)

Key words: characteristics communities maize poultry

A) Look at the pictures and talk with your partner about them. Then read the text.



Most of these ethnic people living in Bangladesh have some common characteristics. They have their own lifestyles.

They build their houses on bamboo or wooden platforms called '*machang*'. Rice is their staple food. They eat vegetables, maize and fish, poultry and meat. Their kitchen utensils are bamboo, wooden and earthen pots which they make themselves. Men wear *lungis* and women wear *thamis* or *sarongs* and *angis*. Women weave their own clothes.

Hunting and fishing are their favourite pastimes. They are fond of songs, music, dances, theatre and fairs. Traditional musical instruments such as bugles are made from buffalo horns, drums and bamboo flutes. Wrestling is a popular sport for them.

অনুবাদ

বাংলাদেশে বাস করা এসব নৃতাত্ত্বিক জনগোষ্ঠীর অধিকাংশেরই কিছু সাধারণ বৈশিষ্ট্য আছে। তাদের নিজস্ব জীবনধারা আছে।

তারা ‘মাচাং’ নামে বাঁশ বাঁ কাঠের মাচার ওপর বাড়ি তৈরি করে। তাদের প্রধান খাদ্য হলো ভাত। তারা শাকসবজি, ভূট্টা ও মাছ, হাঁসমুরগী ও মাংস খেয়ে থাকে। তাদের রান্নাঘরের সরঞ্জাম হলো বাঁশ, কাঠের ও মাটির পাত্র যেগুলো তারা নিজেরাই তৈরি করে। পুরুষরা লুঙ্গি পরে আর মহিলারা পরে থামি বা সারং ও অঙ্গি। মহিলারা নিজেরাই তাদের কাপড় বুনে থাকে।

শিকার করা ও মাছ ধরা তাদের প্রিয় অবসর বিনোদন। তারা গান, নাচ, নাট্যমঞ্চ ও মেলা পছন্দ করে। ব্যবহৃত ঐতিহ্যবাহী সঙ্গীত সরঞ্জামগুলো হলো মহিষের শিং থেকে তৈরি বাঁশি, ঢোল ও বাঁশের বাঁশি। কুস্তি তাদের কাছে খুব জনপ্রিয় একটি খেলা।

Vocabulary

Lifestyle (n.) জীবনধারা (way of life)

Wooden (adj.) কাঠের, কাঠনির্মিত (made of wood)

Platform (n.) ভিত, ভিত্তি, মঞ্চ, মাচা (stage)

Staple (adj.) প্রধান, মূল (main)

Vegetable (n.) শাকসবজি (edible plant)

Poultry (n.) হাঁস-মুরগী

Kitchen (n.) রান্নাঘর, রন্ধনশালা

Utensil (n.) সরঞ্জাম

Weave (v.) কাপড়, তাঁত বোনা

Hunting (n.) শিকার করার কাজ (killing of animal for sport)

Favourite (adj.) প্রিয়, পছন্দসই

Pastime (n.) অবসর বিনোদন (leisure amusement)

Theatre (n.) নাট্যশালা

Traditional (adj.) ঐতিহ্যবাহী

Instrument (n.) উপকরণ, সরঞ্জাম

Vocabulary

Buffalo (**n.**) মহিষ

Wrestling (**n.**) কুস্তি

Popular (**adj.**) জনপ্রিয় **Famous, prominent**

Tribal (**adj.**) উপজাতীয় (ethnic, ancestral)



B) Find the answers from column B to the questions in column A and write them in complete sentences.

Column A	Column B
1. Where do the ethnic people build their houses?	a) traditional musical instrument made from a buffalo horn
2. What are their favorite pastimes?	b) clay, bamboo and wood
3. What is a bugle?	c) rice
4. What do the women wear?	d) on the wooden or bamboo platforms
5. What are their kitchen utensils made of?	e) fishing and hunting
6. What is their staple food?	f) <i>thamis</i> or <i>sarongs</i> and <i>angis</i>

Answer:

1. The ethnic people build their house on the wooden or bamboo platforms.
2. Their favourite pastimes are fishing and hunting.
3. A bugle is a traditional musical instrument made from a buffalo horn.
4. The women wear *thamis* or *sarongs* and *angis*.
5. Their kitchen utensils are made of clay, bamboo and wood.
6. Their staple food is rice.

C) Complete the paragraph. Use the words below to fill in the gaps. There are more words than necessary.

<i>lungi</i>	sport	earthen	<i>machang</i>	weave	wrestling	song
rice	fishing	lifestyles	wooden	bugle		

The tribal people follow their _____ .

The platform they build their houses on is called _____ . Men wear _____ .

Women _____ their own clothes. Their staple food is _____ . They are fond of songs, dance, music, and _____ . _____ is their favourite sport.

Answer:

The tribal people follow their lifestyles .

The platform they build their houses on is called machang . Men wear lungi .

Women weave their own clothes. Their staple food is rice . They are fond of songs, dance, music, and fishing . Wrestling is their favourite sport.

D) Imagine you are Sajeed and you have a Marma friend called Masing. Now, write a dialogue asking and answering questions about your dress, food, songs, sports and past times.

Answer:

Sajeed : Hi, Masing! What are you thinking sitting on the staircase?

Masing : Oh, Sajeed! I'm thinking about my birthplace, its surroundings and my childhood friends.

Myself : Oh, I see! I would like to know about your culture. Would you please tell me about your dress, food, songs, sports and pastimes?

Masing : Sure! Our men wear *lungis* and women wear *thamis* or *Sarong* and *angis*. Boiled rice is our staple food. We also eat vegetables, maize, fish and meat. And yours?

Myself : Well. Our men wear *lungi*, pant, shirt etc. *Pajama* and *Panjabi* are also popular. Women wear *shari*, *blouse*, *salwar-camiz* etc. Rice is our staple food too. We eat rice with vegetables curry, lentil soups, fish and meat. We also eat *ruti*. What about your songs, sports and pastimes?

Masing : We like songs and music. We use bugles made from buffalo horns, drums and bamboo flute as traditional music instrument. Wrestling is the most popular sport with us. Hunting and fishing are our favourite pastimes. What about yours?

Myself : We also like songs and music. Folk songs are very popular with us. Modern songs are also liked by many. Football, cricket, hockey are our popular games. Ha-du-du is also very favourite in rural areas. Our favourite pastimes are watching TV, fishing, kite flying, visiting historical places etc.

Masing : I could learn much about your culture. Thank you.

Myself : I also could learn a lot from you. Thank you very much.

1. Now choose the correct answer to each question from the alternatives given and write the corresponding number of the answers in your answer script.

$$1 \times 7 = 7$$

a. Ethnic people have some – characteristics.

(i) common

(ii) uncommon

(iii) unique

(iv) heinous

b. 'common' refers to –.

(i) familiar

(ii) peculiar

(iii) dissimilar

(iv) different

c. – usually weave the clothes that they use.

(i) Men

(ii) Women

(iii) Children

(iv) All

d. What does the word 'characteristic' mean?

(i) mind

(ii) soul

(iii) attitude

(iv) trait

e. The earthen pots are made by – .

(i) leaders

(ii) professionals

(iii) themselves

(iv) children

f. The word 'build' means – .

- | | |
|---------------|-----------------------|
| (i) house | (ii) construct |
| (iii) arrange | (iv) design |

g. Fishing is one of their –.

- | | |
|------------------|---------------------|
| (i) professions | (ii) addiction |
| (iii) identities | (iv) hobbies |

h. What does the word 'staple' refer to?

- | | |
|-----------------|----------------|
| (i) main | (ii) favourite |
| (iii) rich | (iv) cheap |

i. Songs and music are very – to them.

- | | |
|----------------------|-----------------|
| (i) favourite | (ii) disgusting |
| (iii) uncommon | (iv) rare |

j. The ethnic people practice their – lifestyle.

- | | |
|------------------|------------------|
| (i) unusual | (ii) modern |
| (iii) own | (iv) neighbour's |

k. 'wear' refers to –.

- | | | | |
|-------------------|--------------|-----------|----------|
| (i) put on | (ii) put off | (iii) buy | (iv) use |
|-------------------|--------------|-----------|----------|

l. Hunting is – pastimes for the ethnic people.

- | | |
|-----------------------|--------------------|
| (i) one of the | (ii) never a |
| (iii) the only | (iv) should be the |

2) Answer the following questions from your reading of the above text.

2 × 4 = 8

- a. What is the staple food of the ethnic people?
- b. What are their kitchen utensils?
- c. What do their women wear?
- d. What are used to make their kitchen utensils and who make them?
- e. What are their favourite pastimes?
- f. What are their traditional musical instruments?

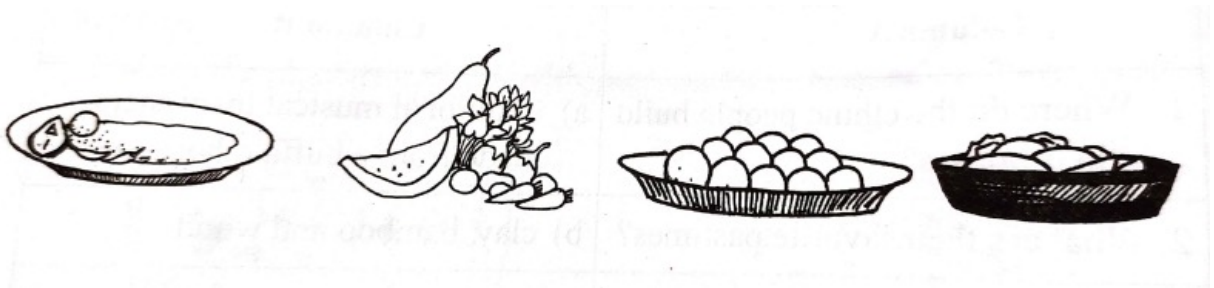
Answer

- (a) Rice is the staple food of the ethnic people.
- (b) Bamboo, wooden and earthen pots are their kitchen utensils.
- (c) Their women wear *thamis* or *sarongs* and *angis*.
- (d) Bamboo, wood and earth are used to make their main kitchen utensils. The ethnic people make these utensils themselves.
- (e) Their favourite pastimes are hunting and fishing.
- (f) Their traditional musical instruments are bugles, drums and bamboo flutes.

Lesson 5: Bangladeshi cuisine

Key words: cuisine platter molasses

A) Look at the pictures and discuss in pairs.



1. What do you see in the pictures?
2. Which foods are seen in the pictures? Do you prepare/eat them at home?
3. Among the food, which one is your favourite? Why?

Answer:

Lisa : Tisa, let's see the pictures and then discuss about them.

Tisa : Sure! Would you please tell me what you see in the pictures?

Lisa : Yes, I'd. I see different types of foods in the pictures. Now, could you tell me what foods are seen in the pictures?

- Tisa : Certainly! The foods seen in the pictures are *panta ilish*, vegetables, sweetmeats, *pithas* and cakes. These are our traditional foods. Do you prepare or eat them at home?
- Lisa : Naturally, I eat them at home. But sometimes I prepare them also.
- Tisa : That's great! Among these foods, which one is your favourite, and why?
- Lisa : Actually, I like all these items. But vegetables are my favourite food. Because they keep us healthy. They are delicious as well.
- Tisa : Thank you very much.
- Lisa : Same to you.

B) Read the text below and answer the following true-false Activity in section C.

Bangladeshi cuisine is rich and varied with the use of many spices. We have delicious and appetizing food, snacks and sweets.

Boiled rice is our staple food. It is served with a variety of vegetables, curry, lentil soups, fish and meat. Fish is the main source of protein. Fishes are now cultivated in ponds. Also we have fresh-water fishes in the lakes and rivers. More than 40 types of fishes are common. Some of them are *carp*, *ruhi*, *katla*, *magur* (catfish), *chingri* (prawn or shrimp). *Shutki* or dried fishes are popular. *Hilsha* is very popular among the people of Bangladesh.

Panta ilish is a traditional platter of *Panta bhat*. It is steamed rice soaked in water and served with a fried *hilsha* slice, often together with dried fish, pickles, lentil soup, green chilies and onion. It is a popular dish on the *Pohela Boishakh*.

The people of Bangladesh are very fond of sweets. Almost all Bangladeshi women prepare some traditional sweets. *Pitha*, a type of sweets made from rice flour, sugar, syrup, molasses and sometimes milk, is a traditional food loved by the entire population. During winter *Pitha Utsab*, meaning *pitha* festival, is organized by different groups of people.

Sweets are distributed among close relatives when there is good news like births, weddings, promotions, etc.

Sweets of Bangladesh are mostly milk-based. The common ones are *roshgolla*, *sandesh*, *rasamalai*, *gulap jamun*, *kalo jamun* and *chom-chom*. There are hundreds of different varieties of sweet preparations. Sweets are therefore an important part of the day-to-day life of Bangladeshi people.



অনুবাদ

বাংলাদেশি রন্ধনপ্রণালি অনেক মসলা ব্যবহারের মাধ্যমে সমৃদ্ধ এবং বৈচিত্রপূর্ণ। আমাদের রয়েছে সুস্বাদু এবং ক্ষুধাবর্ধক খাবার, হাল্কা খাবার এবং মিষ্টান্ন।

সিদ্ধ চাল আমাদের প্রধান খাবার। এটি বিভিন্ন প্রকারের শাকসবজি, তরকারি, মসুরের ডাল, মাছ এবং মাংসের সাথে পরিবেশন করা হয়। মাছ আমিষের প্রধান উৎস। এখন পুকুরে মাছ চাষ করা হয়। আমাদের হৃদ এবং নদীতে মিঠা পানির মাছও রয়েছে। ৪০ প্রজাতিরও বেশি সাধারণ মাছ রয়েছে। তাদের মধ্যে কিছু হল কার্প, রুই, কাতলা, মাগুর, চিংড়ি। শুঁটকি অথবা শুকনো মাছ জনপ্রিয়। ইলিশ মাছ বাংলাদেশের মানুষের মধ্যে খুব জনপ্রিয়।

পান্তা ইলিশ হচ্ছে পান্তা ভাতের একটি ঐতিহ্যবাহী খাবার। এটি পানিতে ভেজানো বাষ্পায়িত ভাত এবং পরিবেশিত হয় ভাজা ইলিশ মাছের টুকরো দিয়ে, প্রায়ই সাথে থাকে শুঁটকি মাছ, আচার, মসুর ডাল, কাঁচা মরিচ এবং পেঁয়াজ। এটি পহেলা বৈশাখের একটি জনপ্রিয় খাবার।

বাংলাদেশের মানুষেরা মিষ্টান্ন খুব ভালোবাসে। প্রায় সকল বাংলাদেশি মহিলারা কিছু ঐতিহ্যবাহী মিষ্টি তৈরি করে। পিঠা, একটি ঐতিহ্যবাহী খাবার, এক প্রকারের মিষ্টান্ন যা তৈরি হয় চালের আটা, চিনির সিরাপ, গুড় আর মাঝে মাঝে দুধ দ্বারা তা সকল জনগন পছন্দ করে। শীতকালে বিভিন্ন দলের লোকদের দ্বারা পিঠা আনন্দ উৎসব আয়োজিত হয়।

কোনো ভালো সংবাদ যেমন- জন্মদিন, বিয়ে, পদোন্নতি ইত্যাদিতে নিকট আত্মীয়দের মাঝে মিষ্টি বিতরণ করা হয়।

বাংলাদেশে মিষ্টান্ন প্রধানত দুধের উপর ভিত্তি করে হয়। সাধারণগুলো হল রসগোল্লা, সন্দেশ, রসমালাই, গোলাপ জাম, কালো জাম এবং চমচম। মিষ্টি প্রস্তুতের শত শত রকমের বৈচিত্র্য রয়েছে। অতএব বাংলাদেশি মানুষের প্রাত্যহিক জীবনে মিষ্টি একটি অবিচ্ছেদ্য অংশ।

Vocabulary

Spice **(n.)** মসলা (**aromatic plant substance**)

Delicious **(adj.)** সুস্বাদু, উপাদেয়, রুচিকর (**tasty, appetizing**)

Source **(n.)** উৎস (**origin, starting place**)

Snack **(n.)** জলখাবার

Staple **(adj.)** প্রধান (**main/ forming a basic, large or important part of something**)

Variety **(n.)** বৈচিত্র (**diversity, multiplicity**)

Curry **(n.)** তরকারি, ঝোল (**highly spices dish**)

Lentil **(n.)** মসুরি ডাল (**an edible seed**)

Protein **(n.)** আমিষ (**a complex natural substance**)

Lake **(n.)** দীঘি, হ্রদ (**a large body of water surround by land**)

Popular **(adj.)** জনপ্রিয় (**well-liked, accepted, famous**)

Traditional **(adj.)** ঐতিহ্যবাহী

Soak **(v.)** ভিজ়ে যাওয়া, ভিজ়ানো

Pickles **(n.)** আচার (**preserved vegetables**)

Vocabulary

Chili (n.) মরিচ (a small pepper with a very hot flavour)

Onion (n.) পেঁয়াজ (plant with pungent bulbs)

Entire (adj.) সম্পূর্ণ, পুরো (whole)

Population (n.) জনসংখ্যা, জনসমষ্টি

Festival (n.) উৎসব

Organize (v.) আয়োজন করা (form/ coordinate something)

Distribute (v.) বন্টন করা

Relatives (n.) আত্মীয়-স্বজন

Wedding (n.) বিয়ে, বিয়ের অনুষ্ঠান (a marriage ceremony)

Promotion (n.) পদোন্নতি (advancement in position)

C) True or false? If false, give the correct information.

1. Our foods are rich because they have a lot of oil in them.
2. We get protein mostly from fish.
3. On *Pohela Boishakh*, the traditional food is steamed rice and fried *hilsha*.
4. *Pitha Uthsab* takes place almost all the year round in Bangladesh.
5. Sweets are not much appreciated by the people of Bangladesh.

Answer:

1. **False.** Our foods are rich because they have a lot of spices in them.
2. **True.**
3. **False.** On *Pohela Boishakh*, the traditional food is *panta ilish*.
4. **False.** *Pitha Uthsab* takes place in winter.
5. **False.** Sweets are much appreciated by the people of Bangladesh.

D) Read the text in B again and answer the following questions.

1. What has made Bangladeshi food so special?
2. Where do we get the fishes from?
3. Apart from fish, what other foods do we eat with rice?
4. Why are sweets an important part of our life?

Answer:

1. The variation with the use of many spices has made Bangladeshi food so special.
2. We get the fishes from ponds, lakes and rivers.
3. Apart from fish we eat vegetables, curry, lentil soups and meat with rice.
4. Sweets are an important part of our life because sweets are distributed among close relatives on the occasion of good news like births, weddings, promotions, etc.

E) Discuss and answer the questions in pairs.

1. Describe a Bangladeshi food that you like best.
2. Make a list of the things you and your partner eat every day.
3. Make two lists of food one eaten by the urban and the other by the rural people.
4. Why are there differences between the food eaten by the urban and the food eaten by the rural people?

Now choose the correct answer to each question from the alternatives given and write the corresponding number of the answers in your answer script.

$$1 \times 7 = 7$$

a. Bangladeshi cuisine is rich with the use of – . [JB' 19]

- | | |
|-------------|---------------------|
| (i) chilies | (ii) onion |
| (iii) mint | (iv) various spices |

b. The word 'appetizing' refers to –.

- | | |
|-----------------|----------------|
| (i) costly | (ii) palatable |
| (iii) tasteless | (iv) repulsive |

c. In the passage, the word 'close' means – .

- | | |
|----------------|-------------|
| (i) break | (ii) join |
| (iii) intimate | (iv) attach |

d. Fish contains a lot of – . [JB' 19]

- | | |
|------------------|---------------|
| (i) carbohydrate | (ii) vitamins |
| (iii) protein | (iv) minerals |

e. – is our traditional food . [JB' 19]

- | | |
|-------------|-------------------|
| (i) Rice | (ii) Fish |
| (iii) Pitha | (iv) All of these |

f. Which one is not fresh-water fish?

[JB' 19]

(i) carp

(ii) rui

(iii) prawn

(iv) hilsha

g. During winter, pitha utsab is – in our country.

[JB' 19]

(i) arranged

(ii) organise

(iii) hold

(iv) prepared

h. What type of nutrition do we get from fish ?

[RB' 17]

(i) Carbohydrate

(ii) Fat

(iii) Energy

(iv) Protein

i. What does the word 'relatives' mean?

[RB' 17]

(i) Kith and kin

(ii) Related

(iii) Conjunction

(iv) Known

j. What is the main ingredient of the sweets of Bangladesh? [RB' 17]

(i) Flour

(ii) Milk

(iii) Molasses

(iv) Sugar

k. What does the word 'cuisine' mean?

[RB' 17]

(i) The style of eating

(ii) The style of cooking

(iii) The style of drinking

(iv) The style of hiking

I. The use of many spices – made Bangladeshi cuisine rich. [RB' 17]

(i) have

(ii) has been

(iii) has

(iv) have been

m. Celebrating Pahela Baishakh with eating panta ilish is closely related to our – .

(i) tradition

(ii) habit

(iii) traditionally

(iv) traditional

n. The steamed rice that is soaked in water is called – .

(i) boiled rice

(ii) panta bhat

(iii) stale rice

(iv) mixed rice

2) Answer the following questions from your reading of the above text.

2 × 4 = 8

- a. What has made Bangladeshi food so special? **[JB' 19]**
- b. How do people celebrate their good news? **[JB' 19]**
- c. Where are fishes cultivated now? **[JB' 19]**
- d. "*Panta ilish* is a traditional platter of *panta bhat*." Do you agree? Give your reasons. **[JB' 19]**
- e. What are the ingredients of preparing *pitha*? **[RB' 17]**
- f. Why are sweets an important part of our life? **[RB' 17]**
- g. What is our staple food and how is it served? **[RB' 17]**
- h. When and how is '*Panta ilish*' served? **[RB' 17]**
- i. Where do we get the fishes from?
- j. How are our traditional sweets made?
- k. What is '*Panta ilish*'?

Answer:

- a. The variation with the use of many spices has made Bangladeshi food so special.
- b. People celebrate their good news by distributing sweets to kith and kin, near and dear ones .
- c. Fishes are now cultivated in ponds.
- d. Yes, I do agree that *panta ilish* is a traditional platter of *panta bhat*. Because it is steamed rice soaked in water and served with a fried *hilsha* slice, often together with dried fish, pickles, lentil soup, green chilies and onion. It is a popular dish on the *Pohela Boishakh*.
- e. The ingredients of preparing *pitha* are rice flour, sugar syrup, molasses and sometimes milk.
- f. The people of Bangladesh are very fond of sweets. Sweets are distributed to close kith and kin when there is good news like births, weddings, promotions etc. This is why sweets are an important part of our life.
- g. Our staple food is boiled rice. It is served with a variety of vegetables, curry, lentil soups, fish and meat.

- h.** 'Panta ilish' is served with fried hilsa slice, often together with dried fish, pickles, lentil soup, green chilies and onion on the occasion of *Pohela Boishakh*.
- i.** We get the fishes from ponds, lakes and rivers.
- j.** Our traditional sweets or 'pitha' are made from rice flour, sugar syrup, molasses and sometimes milk.
- k.** 'Panta ilish' is steamed rice soaked in water and served with fried *hilsha* slice, often together with dried fish, pickles, lentil soup, green chilies and onion.

3) Read the following text and fill in the gaps with appropriate words to make it a meaningful one.

1 × 5 = 5

Bangladeshi food culture is very rich with delicious and appetizing items. For regular main meal, (a) _____ rice is served with vegetables, fishes, meat etc. with fishes (b) _____. *Hilsha* is one of the most popular fishes here (c) _____ is also our national fish. Sweet is also a very (d) _____ food here in our country. Moreover, various types of (e) _____ are very common and are prepared and liked domestically .

Answer:

Bangladeshi food culture is very rich with delicious and appetizing items. For regular main meal, (a) boiled rice is served with vegetables, fishes, meat etc. with fishes (b) predominance . *Hilsha* is one of the most popular fishes here (c) which is also our national fish. Sweet is also a very (d) popular food here in our country. Moreover, various types of (e) pithas are very common and are prepared and liked domestically .