



Life and Livelihood

Class Seven



National Curriculum and Textbook Board, Bangladesh



১৯৭২ সালের ৮ই জানুয়ারি পাকিস্তানের কারাগার থেকে মুক্তি পেয়ে দেশে ফেরার পথে
লন্ডনে যাত্রাবিরতির সময় ১০নং ডাউনিং স্ট্রিটে বৃটিশ প্রধানমন্ত্রী
এডওয়ার্ড হিথ বঙ্গবন্ধু শেখ মুজিবুর রহমানকে অভ্যর্থনা জানান

১৯৭১ সালের ২৫শে মার্চ রাতে পাকিস্তানি হানাদার বাহিনী অপারেশন সার্চলাইট শুরু করে এবং
২৬শে মার্চের প্রথম প্রহরেই বঙ্গবন্ধু শেখ মুজিবুর রহমানকে গ্রেফতার করে পশ্চিম পাকিস্তানে নিয়ে
যায়। দীর্ঘ নয় মাস কারাভোগের পর ৮ই জানুয়ারি, ১৯৭২ সালে পাকিস্তানের কারাগার থেকে মুক্তি
পেয়ে দেশে ফেরার পথে লন্ডনে যাত্রাবিরতির সময় ১০ নং ডাউনিং স্ট্রিটে তৎকালীন বৃটিশ প্রধানমন্ত্রী
এডওয়ার্ড হিথ বঙ্গবন্ধুকে অভ্যর্থনা জানান।

**Developed by the National Curriculum and Textbook Board as a textbook according
to the National Curriculum 2022 for Class Seven from the academic year 2023**

Life and Livelihood

Class Seven

(Experimental Version)

Writers and Editors

Md Murshid Aktar
Mosammat Khadiza Yeasmin
Syed Mahfooz Ali
Dr. Probir Chandra Roy
Hasan Tareq Khan
Mishal Islam
Mohammed Abul Khair Bhuiya

Translated By

Md. Zulfeqar Haider
Md. Ali Rezwan Talukdar
Md. Nasir Uddin
Shusmita Shyama



National Curriculum and Textbook Board, Bangladesh

National Curriculum and Textbook Board

69-70 Motijheel Commercial Area, Dhaka-1000

[All rights reserved by National Curriculum and Textbook Board, Bangladesh]

Published: December 2022

Art Direction

Monjur Ahmed

Illustration

Yusuf Ali Noton

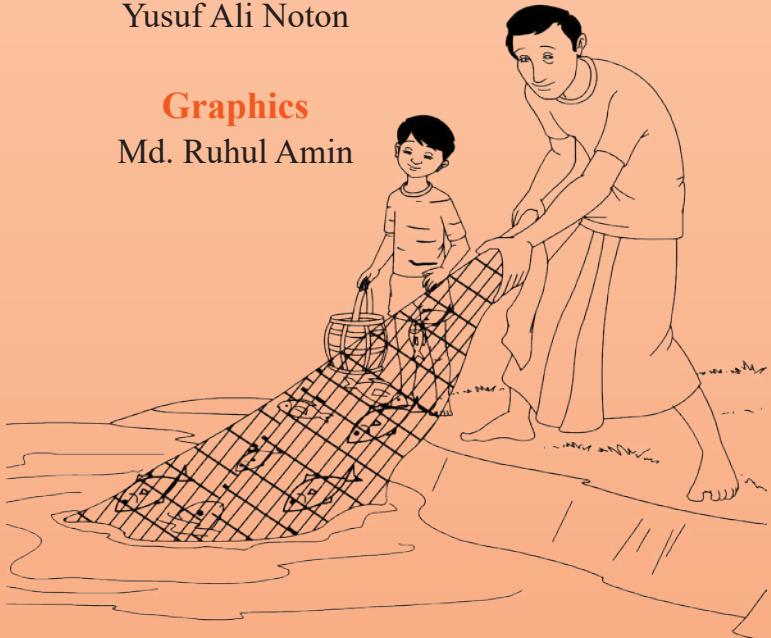
Promothes Das Pulak

Cover

Yusuf Ali Noton

Graphics

Md. Ruhul Amin



For free Distribution by the Government of the People's Republic of Bangladesh

Printed by:

Preface

In this ever-changing world, the concept of livelihood is altering every moment. The advancement of technology, in accordance with knowledge and skill, has accelerated the pace of change. There is no alternative to adapting to this fast changing world. The reason is, the development of technology is at its zenith compared to any time in the human history. In the fourth industrial revolution era, the advancement of artificial intelligence has brought a drastic change in our employment and lifestyles and this will make the relationship among people more and more intimate. Varied employment opportunities will be created in near future which we cannot even predict at this moment. We need to take preparation right now so that we can adapt ourselves to that upcoming future.

Although a huge economic development has taken place throughout the world, the problems of climate change, air pollution, migrations and ethnic violence have become much more intense than before. The epidemics like COVID 19 has appeared and obstructed the normal lifestyle and economic growth of the world. Different challenges and opportunities have been added to our daily life.

Standing on the verge of these challenges and possibilities, implementation of sustainable and effective solutions is required for the transformation of our large population into a resource. It entails global citizens with knowledge, skill, values, vision, positive attitude, sensitivity, capability to adapt, humanity and patriotism. Amidst all these, Bangladesh has graduated into a developing nation from the underdeveloped periphery and is continuously trying to achieve the desired goals in order to become a developed country by 2041. Education is one of the pivotal instruments to attain the goals and there is no alternative to the modernization of our education system. Developing an effective and updated curriculum has become crucial for this modernization.

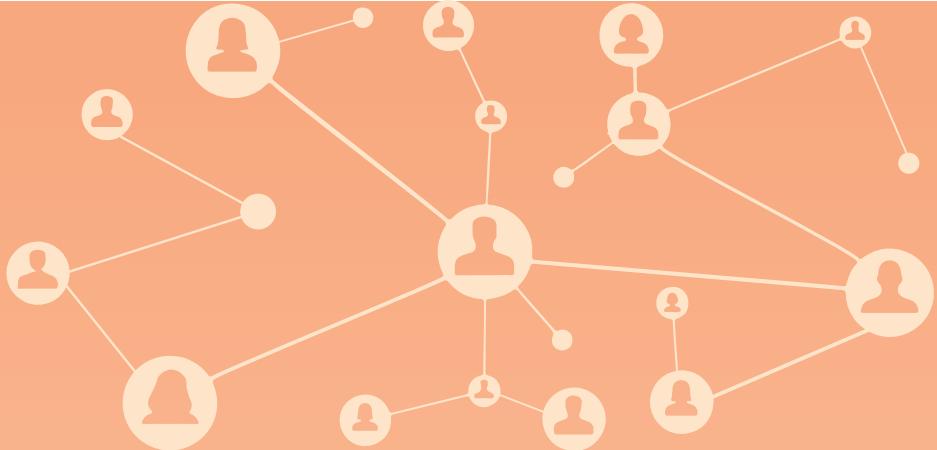
Developing and revising the curriculum is a regular and vital activity of National Curriculum and Textbook Board. The last revision of the curriculum was done in 2012. Since then, a lot of time has passed. The necessity of curriculum revision and development has emerged. For this purpose, various research and technical exercises were conducted under the supervision of NCTB during the year 2017 to 2019 to analyze the prevalent situation of education and assess the learning needs. Based on the researches and technical exercises, a competency-based incessant curriculum from K-12 has been developed to create a competent generation to survive in the new world situation.

In the light of the competency based curriculum, the textbooks have been prepared for all streams (General, Madrasah and Vocational) of learners for grade VII. The authentic experience driven contents of this textbook were developed in such a way that teaching learning becomes comprehensible and full of merriment. This will connect textbooks with various life related phenomenon and events that are constantly taking place around us. We hope that learning will be profound and life-long now.

Issues like gender, ethnicity, religion, caste, the disadvantaged and students with special needs have been taken into special consideration while developing the textbook. I would like to thank all who have put their best efforts in writing, editing, illustrating and publishing the textbook.

If any one finds any errors or inconsistencies in this experimental version and has any suggestions for improving its quality, we kindly ask them to let us know.

Professor Md. Farhadul Islam
Chairman
National Curriculum and Textbook Board, Bangladesh



Introduction to the Subject

Sometimes viewing beautiful scenes lifts our mood. For instance, birds seem delighted and carefree when they fly on their wings. Then we, too, wish to fly on wings like them! From an early age, many strange and funny dreams like this peep through our mind's sky. We, too, want to make our life full of variety and joy. We would like to involve ourselves in the work that pleases us. We wish to live happily and safely in the days to come.

Keeping all these expectations before us, the subject “Life and Livelihood” has been included in this syllabus. An effort has been made to show how learners can work with joyful hearts. We think that path will be opened by the combined efforts of the learners, the guardians, and the teachers. With the flow of time, many changes have come in our social and family lives.

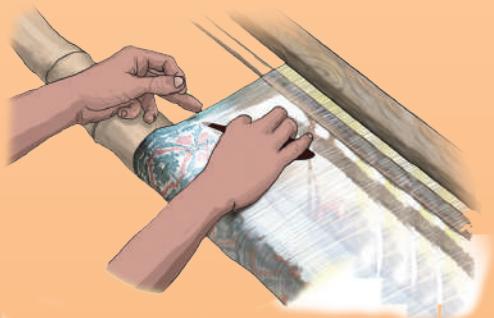
The busyness in the lives of the parents of the families has increased for which we need to be self-dependent from the time of our boyhood. Therefore, we need to be self-dependent from childhood. As a result, we hope that through this subject, “Life and Livelihood”, the learners will be gradually introduced to the positive aspects of their own life. Besides, they will be able to manage the techniques for their survival in the future correctly. Also, they will be able to nurture and practise the skills needed for their livelihood in the coming days. This subject has been so designed that the skills can be acquired through joyful participation in any work, and the learners may be used to behave accountably to their country and nation.

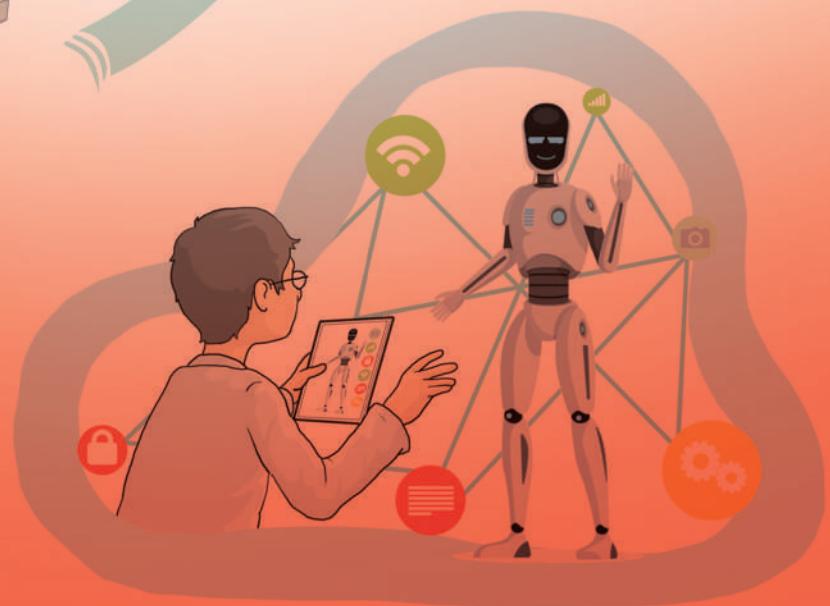
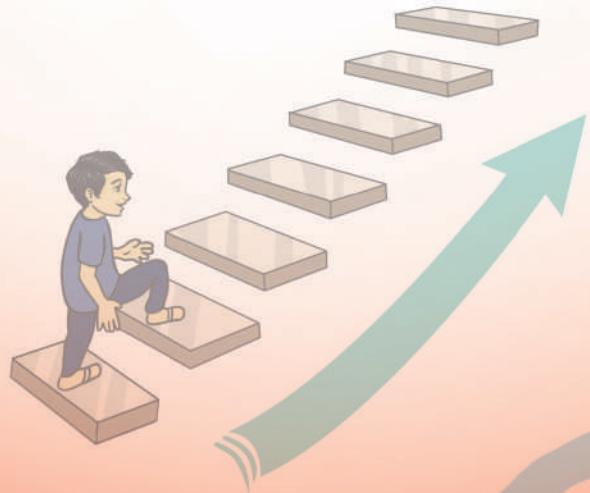
Learner friends, please try to complete the assignments your teachers assign you, applying your creativity within the given time. If the need arises, take help from your guardians and neighbours. We request the teachers and guardians to help the learners in their work by creating a favourable and cordial atmosphere and providing necessary encouragement. Building an enriched Bangladesh is possible only by a collective preparation of all.



Content

Pleasure in Work	1-21
Transformation of Occupation	22-38
Dreams of Future	39-56
Financial Insight	57-77
My Life My Aim	78-95
Working Jointly	96-111
Skill Course 1: Cooking	113-148
Skill course 2: Caregiving	149-166
Skill course 3: Poultry Raising	167-182

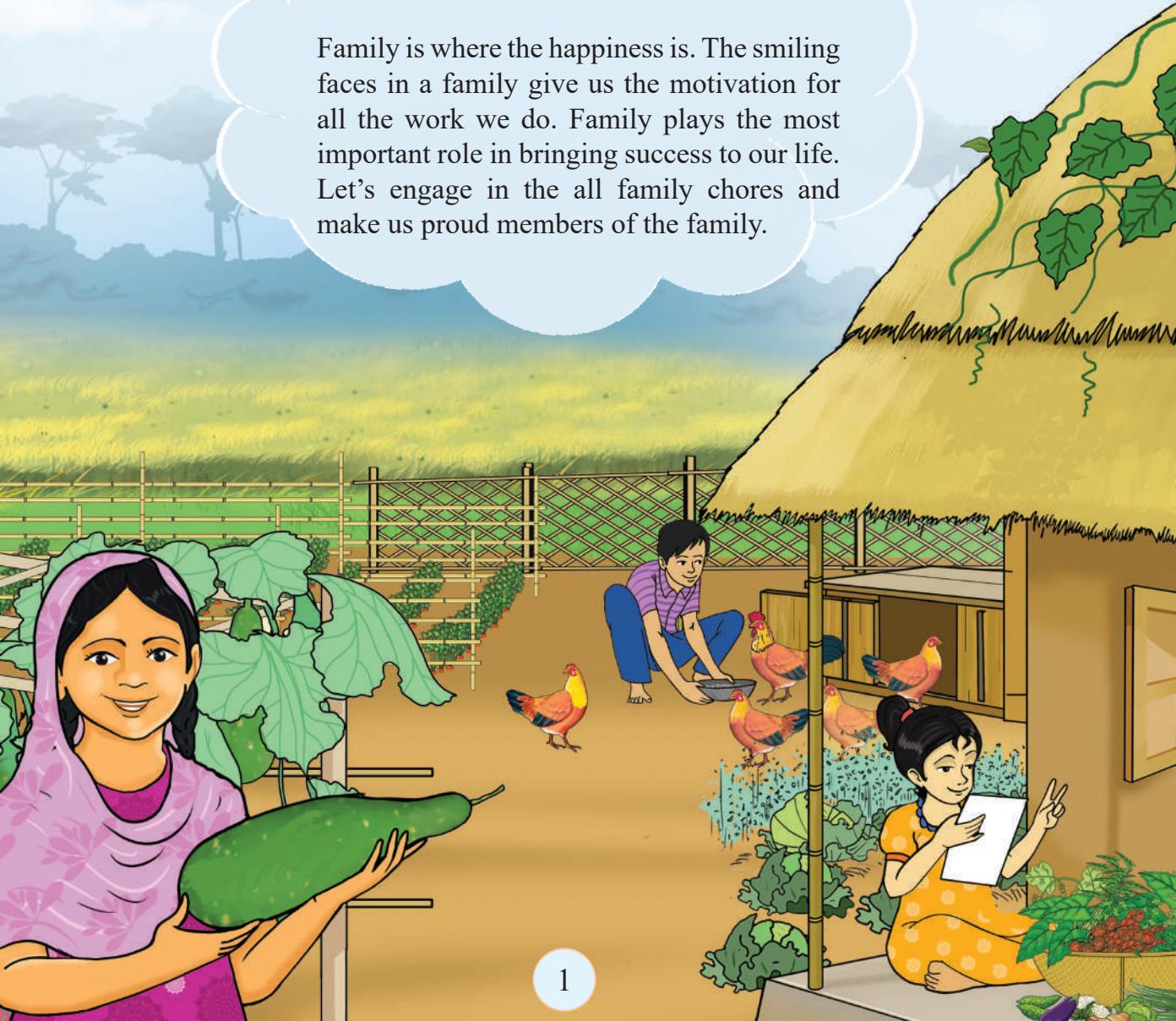




Pleasure in Work

If we share our chores within family
We may sing our sweet songs happily.

Family is where the happiness is. The smiling faces in a family give us the motivation for all the work we do. Family plays the most important role in bringing success to our life. Let's engage in the all family chores and make us proud members of the family.



Completing Personal and Family Chores

You may remember, when in class six, each of us earned a title for doing our own family chores. Some of us earned the Titanium membership, some platinum, some gold, silver, bronze and general membership. We also promised to continue our work so that we could keep our family ties strong. Because, the way we take pleasure in doing our own work, we experience similar sense of satisfaction in helping others. Especially we enjoy helping family members in cooking, accounting and other activities. We can also assist our siblings and the other family members whenever needed. All these acts will strengthen the family bond and bring peace, joy and happiness to our households. It is our responsibility to practise doing our own tasks and to stand beside our family members by giving them a hand in their work from the very childhood. Performing these tasks properly not only help us to have mental satisfaction, but also increases our physical abilities. These attributes are the primary sources of our mental and physical well-being.



Never do I neglect
my duty,

Considering
benefit of
everybody.

1.1 Family Chores

Now we will review the chores we did in the last six months, and we will complete the table following our discussions with the family member.

If you did that a chore most of the time in a month, your score will be - 3

If you did a chore often in a month your score will be- 2

If you did a chore only for a few days in the month, the score will be 1

If you did not do a specific chore at all, the score will be – 0

Table 1.1 Reflection

Sl	Statement of the work	1st Month	2nd Month	3rd Month	4th Month	5th Month	6th Month	Total Score
1	I have made my bed							
2	I have studied as per routine							
3	I have washed my dinner plates, mugs, and spoons							
4	I have tidied up my study table and organised my books and pens etc.							
5	I have kept my clothes, shoes, and socks in the right place							
6	I have followed the rules during the meals							

7	I have maintained the personal hygiene								
8	I have helped in the kitchen								
9	I have helped washing the clothes								
10	I have helped tidying up the house								
11	I have helped my younger siblings								
12	I have helped in nursing other members (children/ sick/ old) of the family								
13									
14									
15									
Guardian's feedback							Total score		
Teacher's Comment									



My words



Family Income and Expenditure

We know that we have some basic needs to survive. Food, clothing, shelter, education and healthcare are the basic needs of a human being. Do you know how we can fulfil these basic needs? We need money to purchase food, clothing, and shelter (house), don't we? We need money to get education and healthcare as well. Where will we get this money from? Our parents work to earn the money. They try to meet the household expenses and the wants of every family member with that money. We can save some money after meeting the necessary expenses if we spend it carefully and in a planned way.

What is earned or brought into our household in the form of money or something having financial value is called income. It may come from different sources. This may include the salary from a job, honorarium from part-time teaching, rent earned from house rent or shop rent, interest or profit earned from the bank or share and the money and other investments. This also includes the profit received by selling different goods manufactured in industries and factories, agricultural produce, or homemade products. We can also earn by utilising the family members' skills such as earning money from driving a rickshaw, van, auto-rickshaw, motorcycle, car, bus, truck, lunch, steamer, and aeroplane.

Family income is the total earnings of all the people in a family. In other words it is any form of incoming money of a family. It may come from various sources- for example, the salary, allowance, rent, the income from the small-

medium-large business, agriculture, farm, produced goods, corps, vegetables, fruits, interests from the savings or from the bank etc. There can be one or several earning members in a family. Sometimes, the income is fixed, and sometimes it changes over time. However, no matter how much we earn, we should maintain a balance between income and expenses. It is said that:

Spend as per your income
Only then you will save some.



1.2: Sectors of Family Expenditure

Expenditure is the amount we spend from our income to buy different commodities to meet our needs. There are certain necessary expenses of a family, which we must pay for living. On the other hand, some expenses are only for making life more comfortable and enjoyable. However, both of the expenses are usually for food, housing, clothing, education, transportation, healthcare, entertainment, utilities, and related sectors. One the other hand, in some cases, these expenses might vary between cities and rural areas. Income brings cash into a household, and expenditure takes the money out. We do not have anything left for other purpose. In fact, there prevails peace and joy in the family if expenditure is less than income.



Individual Work

Discuss with your family members and list the expenses for the next week. You may use the table below to list your expenses.

Table 1.2: Weekly household expenditure

Date	Area of Expenditure	Expenditure	Comments
Guardian's Feedback		Teacher's Comment	

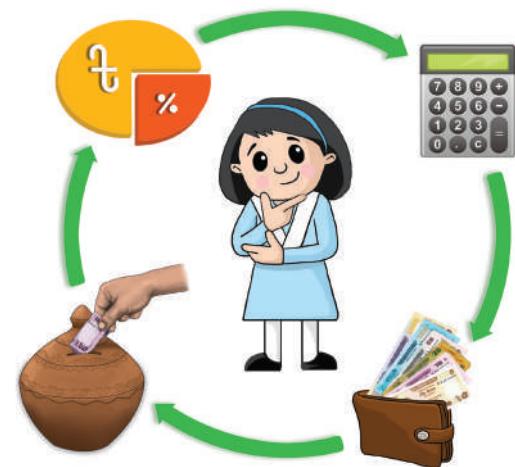
Concepts of budgeting and ability to make family budget

We know that savings are our friends in needs. To ensure some savings, we need to spend less than we earn. It is essential to plan our expenditures to keep the expenses less than the incomes. This is known as income management. Income management refers to spending according to income rationally so that all the family incomes are met.

‘Expenditure planning’ is a systematic method of spending. It depends on the total income of a family. Expenditure planning helps a family lead their lives within their income range and save money for any emergency.

A budget is a plan that describes various sectors of income and expenditure for a given period. That means a budget contains the various sources of income, while it also includes different sectors of planned expenditure. A budget is designed in a way that the total estimated expenditure matches the income.

Following the concept of budget, can we predict now what a family budget is?



1.3: Expenditure Management (sample)

A family budget is a statement of the potential income from different sources and planned expenditure in different sectors by different members of a family for a specific period.

Family budget ensures the availability of enough money to spend in various essential sectors. Also, a family needs to put aside some of the income for the future. You definitely know that the money set aside for the future is known as ‘savings.’ Savings can be used for meeting family needs or emergencies, a wedding or higher education, old age security, healthcare or purchasing luxury items. A family budget saves a family from running into debt. Because, as we know, a family never runs into debt if it keeps a balance between its incomes and expenditures. Features of a good budget are-

Accurate Estimate of Income	Accurate Estimate of Expenses	Reasonable Allocation of Income	Flexibility
To estimate the sources of income as accurately as possible in a given period	To estimate the expense sectors considering the needs of different family members. Analysis of the expenses in the last few months is necessary to calculate the possible expenses as accurately as possible	To ensure rational allocation of expenditure to various sectors	Fixing allocations for expenditure in such a way that changes in demand in different sectors can be met

Following proper estimation and rationales we need to allocate money for expenditure in budget in a way that we can meet changes in demand in various sectors. That means we need to allocate a little extra money to the most essential sector. As a result, we have the option of spending the amount of money on an item instead of another one.



Group Work

Let us practice drafting a budget.

Shilpi is the owner of a tailoring house. She has a family of six members—her aged parents, two children, and her husband. Shilpi Begum's husband also works in the tailoring house with her, and they grow fish in their home pond. Shilpi earns around Tk. 20,000 every month, her husband also earns around Tk. 20,000. They sell fish worth Tk. 5000 every month. Their daughter, Lamia is in grade 7 and the son is in grade 4. Ramia wants to create a budget for her family. Let us help Lamia make a possible financial plan. We will try to list all the possible sectors of expenses.



1.4: Shilpi Begum is working in the tailoring house with her husband.

Table 1.3: Ramia's family budget planning

Source of Income	Amount of Income	Expense Sector	Allocation	Remarks/Comments
Total Income		Total Expense		
Surplus or Shortage				

Drafting family budget

Now we will make a financial plan for our family. The things we need to make the budget-

- The first thing we need to do is to estimate the possible income of our family. We will have to discuss this with our family and identify all the possible sources.
- We will consult our family members to find out all the possible expense sectors. We will have to calculate the possible amount of money to be spent on each sector.



Individual Work

Consult with your family members and make a family budget for the next month. Use the table below to make the budget. You can add more rows in the table, if needed

Table 1.4: Family budget

Name of the Month.....

Source of income	Amount of income	Major expenditure sectors	Details of major sectors	Allocation of expenses
		Food	-Rice -Vegetables -Fish, Meat, Eggs, Milk -Spices -Others	
		Housing		
		Clothing		
		Education		
		Transportation		
		Utility Bills		
		Healthcare Expenses		
		Entertainment		
		Mobile Phone/ Internet		
		Other (Mention)		
Total Income		Total Expenses		
			Surplus or Shortage	

Once we make the family budget, let us consult with the family members and do the following exercises-

- Compare the potential gross income with the planned expenses. Find out whether the expenditure is higher, less than or equal to the income?
- Which sector has been allocated the highest expenditure? What percentage of total expenditure is this allocation?
- In which sectors the estimated cost can be minimised?
- Create a plan to minimise expenses.

Account of family income and expenditure

We will keep a record of the income and expenditure from the beginning of the next month. We will use the table of the finance ledger from the book of Grade 6 for this. Draw the table in your notebook. We will discuss this with our family members and keep a daily record of income and expenditure in that finance ledger. Let us add a few more rows to keep the records as needed.

Table 1.5: Finance Ledger

Date	Source of Income	Income	Expense Sector	Expense	Comments
Total at the end of the month					

Comparing Monthly Family Budget and Monthly Finance Ledger

Let us find out from the finance ledger how much we spent on which sector. Let's calculate the amount of total income from different sources. Now, we will fill in the table which is about the Comparison Between Real Income and Planned Expenditure.

Table 1.6: The Comparison between Planned Income-Expenses and Real Income-Expenses

Income Sector	Projected Income	Real Income	Expense Sector	Planned Expenses	Real Expenses	Surplus or Deficit Expenses
			Food			
			Housing			
			Clothing			
			Education			
			Transportation			
			Household Bills			
			Healthcare			
			Entertainment			
			Mobile Phone/ Internet			
			Others (Mention)			
Total Income			Total Expenses			

Once you fill in the chart about real income-expenditure do the exercises below following discussions with the family members.

- Compare the projected income with the real income. If there is any gap between these two, explain the reasons behind it.
- Find out sectors in which the gap between actual income and planned income is the largest.
- find out ways to increase savings by reducing expenses
- Let us make a plan to minimise the expenses



Individual Work

From now on, you should create a monthly budget at the beginning of a month, record the incomes and expenses in the finance ledger and compare the real income-expenditure with the finance plan. Submit the statement to your teacher at the beginning of every month.

Identifying the Financial Activities and Assisting with the Financial Activities

Do you think that you can contribute to increasing the income of your siblings and your other family members? Or can you contribute to any of their financial activities? Give it a thought. Yes, you can help with doing household work. For instance, cleaning the house, sweeping the floor, washing the dishes or the clothes. You can sew clothes, take a tutoring job, grow vegetables or raise chickens or you can repair the smartphones or gadgets of your family members.

You can help your family members by doing some typing or computer composing if required. Your family members would have paid money to complete these tasks. Doing these on your own means saving their expenses. That means you are earning in an indirect way. Also, you can earn by reducing your expenses. For example, consuming less electricity, gas or water, if you walk instead of using a rickshaw or even if you use the bus on your way to school, your family expenses will be less which, in a sense, is a family income.



1.5: Children's Participation in Family Work

Let's ask ourselves



1.6 Let's think!

Case Study: Little Earners



1.7 Suman's Poultry Rearing

those from him. Once he grows up, Sumon plans of making a poultry farm and delivering poultries to big super shops. On the other hand, Sumi is not much interested in raising poultries. Sumi has learnt to repair mobile phones well. Sumi's oldest uncle works in a mobile service centre in Dhaka. Sumi has acquired a bit of repairing skills from her uncle. In the locality, Sumi is on everyone's go-to list for any phone-related issues. Sumi has good computer skills as well. She has already learnt to code. She is planning to start outsourcing besides studying. Their parents are happy because both of their kids are involved in income-generating activities and these activities are also contributing to their academic results.

Sumon and Sumi are twins. Both study in grade 7. From his childhood, Sumon has had a great interest in raising ducks and chickens. He hatches eggs every few months. Sumon always happens to have from 10 to 12 ducks and chickens in stock. Apart from meeting the demands of eggs and chicken in the household, Sumon sells eggs and poultries to his neighbours who buy



1.7 Sumi's Mobile Servicing

Question 1: How are Sumon and Sumi assisting their families?

.....

.....

.....

.....

Question 2: Identify the financial activities from the tasks that you do to assist your family members and then make a list of these activities.

The Finance Related Tasks We can Assist our family to Accomplish	Monetary Value (Taka)
1.	
2.	
3.	
4.	
5.	

Question 3: Discuss with your parents and make a plan for an income-generating job which will help you directly contribute to your family finance.

Name of the Job:

Plan for the 1st month	Plan for the 2nd Month	Plan for the 3rd Month

Final Outcome:

Guardian's Feedback:

Teacher's Comment:

My Words





Self-Evaluation

1. How do you feel engaging yourself in family budgeting? What new things have you learnt and how will you implement these skills in your future jobs?

My feelings

The New skills I have learnt

The way these Skills can Be used

2. Tick the activities we have done in this chapter. (put a tick ✓ mark)

Tasks	Not done (1)	Partially done (2)	Perfectly- done (3)
Reviewing the tasks done in the last six months			
Calculating the Possible Expenditure in the Next One Week			
Practicing Budgeting			
Making a Family Budget			
Comparing the Planned Income-Expenditure with the Real Income-Expenditure			
Identifying the Finance related Tasks			
Assisting in the Finance related Tasks			
Analysing the Finance Plan from the Case Study			
Planning an Income-Generating Job			
Total Score:30			
Guardian's Comment:			
Teacher's Comment:			

My Achievement?

<p>(Identify your mood according to your achievement)</p>	 <p>I don't feel good; It is very vital to know more about each topic of this chapter.</p>	 <p>I am happy, but it is essential to know more about each topic in details.</p>	 <p>I am pretty happy; From now on, I will regularly practice in order to develop my competencies so that I can achieve the goal.</p>
---	---	--	--



Let us write down the topics of this chapter that I need to understand better



Let's write down the tasks that I need to practice more on a regular basis



Transformation of Occupation

Time changes, occupation changes with it.

Let it be everyone's expectation to adapt to the changes of the time.

The demands of life are rapidly changing due to the impact of industrial revolution. The form or type of profession is changing to meet the demand. New professions are being created to complement all the new additions to the way of life. If we can adapt ourselves to those professions by using creative ideas and critical thinking, our future journey will be successful



In urban life, when we wake up in the morning, we hear ‘Chhai Niben Go, Chhai!’ or when we stand at the door, we see the newspaper already delivered by the hawker. And in rural life, the milkman comes to deliver milk every morning, and the chirping of the birds is joined by the shouts of the sellers of sweetened puffed rice. People of many professions live around us! Peddlers, milkmen, hawkers, farmers, fishermen, weavers, doctors, shopkeepers, teachers, nurses, factory workers, electricians, etc., and what not! Every occupation directly or indirectly contributes to making our daily life easy, wonderful, and comfortable. In class Six, we have learned a bit about occupations and types of occupations. Here we will try to know a bit more detail.



Group Work

Reflection: Through group discussion, as per the teacher’s direction, let’s make a list of the jobs or occupations of the people we see around us. Let’s use the following box for the task.

Table 2.1: List of Professionals

Conceptualization of economic sector

We have noticed that all our relatives, neighbours, and acquaintances do not do the same job. For example, farmers grow paddy; fishermen cultivate fish. Many are involved in producing various products in various factories, such as garment workers are engaged in making clothes, professionals in the pharmaceutical industry are producing medicines, and many are involved in making furniture. Many people around us are not directly involved in any production but are providing various necessary services to society, such as teachers and staff involved in schools are imparting education and doctors and staff treating sick people in hospitals, etc. Thus, different types of people do other types of work in society. These occupations are economically classified, each of which is called an economic sector. All economic sectors of Bangladesh are divided into three sectors. Agricultural Sector, Industrial Sector, and Service Sector.



2.1: Professionals from different sectors

Agricultural Sector

Crop Production, Fish farming, Livestock rearing & Poultry rearing

Industrial Sector

Garments manufacturing, Chemical production, Furniture manufacturing

Service Sector

Treatment, Education, Sales and Servicing of Product, Marketing

Now we will learn about the three main sectors of the economy of Bangladesh and the successive changes in the sectors over time.

Agricultural Sector

The agricultural sector encompasses activities like cultivation, sowing seeds, crop-plant care, harvesting, etc., to the collection, storage, preservation, and marketing of produce. Besides crop production, fish farming, animal husbandry, and forestry are also included in the agricultural sector. If we talk about cotton, farmers produce cotton and sell it in the market. But farmers do not make clothes from cotton. So, the farmer's cotton production issues are included in the agriculture sector.



Image 2.2: Agricultural Sector

Agriculture is one of the most important sectors in the economy of Bangladesh. After independence, there is a continuous growth of other sectors, yet the agricultural sector's contribution has not decreased. The agricultural sector has a huge contribution to the economy of Bangladesh because of the continuous improvement in food production and the agricultural sector being the main source of rural employment. Basically, the agricultural sector consists of four sub-sectors, including crop production, livestock, fisheries, and forest resources.

Industrial Sector

In our daily life, we use many things that do not come directly from nature. For example, we don't get the clothes we use directly from the farmers. Hoarders buy cotton from farmers and sell it to factories. Yarn and cloth are made from cotton in industries or factories. That is, it is collected from nature and processed in factories to make it into something we use. Thus, many other products have to be processed in industrial plants. Natural resources, raw materials, or primary products are converted into consumables through factory-based manufacturing systems. The industrial

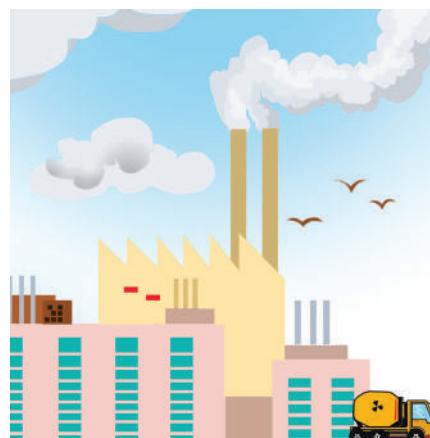


Image 2.3: Industrial Sector

sector covers such activities. With the advancement of technology, we are thus becoming more and more dependent on processed products. As a result, the industrial sector's contribution to Bangladesh's economy has increased since its independence.

Service Sector

Besides the agricultural and industrial sectors, one more sector that contributes to making our life easy and smooth is the service sector. As for clothing, farmers produce cotton, which is turned into yarn and cloth in the industry. But we don't get clothes directly. Without sales management and tailoring services, we would not have been able to make the garments we like. Again, mobile phone service. Can you imagine what life would be like if it didn't exist? Mobile phone service is no longer just a means of communication; we can use it to search for information and to study. In class six, we learned about banking. Without banking services in this age, we would have been in danger! There are many services like education, the Internet, and medical services, without which we cannot imagine our present life. These service activities continue to contribute significantly to our economy. Services are economic activities through which these immaterial goods are produced, that is, which are not visible but fulfill various human needs and have exchange value. In Bangladesh, services are generated in the fields of education, health, marketing, hotels and restaurants, transport, communication, banking, information technology, etc.



Image 2.4: Service Sector



Group Work

- Now, in groups, in the light of the above descriptions of agricultural, industrial and service sectors, classify the occupations or jobs listed in Table 2.1 into agricultural, industrial and service sectors
- Besides occupations in your area, add the names of other occupations or jobs common in Bangladesh in the agricultural, industrial and service sectors to the table below.

Table 2.1: Economic Sector-wise list of occupations or jobs

Name of occupation or job in Agricultural Sector	Name of occupation or job in Industrial Sector	Name of occupation or job in Service Sector

Continuous transformation of economic sectors in response to technology and demand

There was a time when a rickshaw puller or a vegetable seller in a van or a hawker or the rural or urban people of this category could not even dream of going close to the territory of a bank. It has changed dramatically in the last decade due to mobile services and technology. Now they can connect with the bank by clicking on the mobile phone button and send money anytime, anywhere. By pulling rickshaws in the city, the rickshaw-puller sends the earned income of the whole day to his loved ones in the village at the end of the day. Again, many are doing small business transactions at home. As a result, the previous interest business of the village no longer works. The village people are leaving their previous occupations and joining new occupations. Our



Image 2.5: Money transactions by a rural women through mobile phones

country had no technology to send money through mobile phones a decade ago. But now, it has become a part of people's daily life. Many people in towns and villages have joined it and found a way of income here.

Even twenty years ago, farmers would plough the land with bullocks, harvest the crops with their own hands, and make rice from paddy by a dhekki. All the

work had to be done by hand. But in the last few years, due to the widespread use of technology in the agricultural sector, farmers no longer have to plough the land; they cultivate the land with the help of tractors. Rice is harvested using machines, and rice is made from paddy using machines. As a result, as agricultural production has increased, the demand for labour in agriculture has decreased due to the use of machinery.



Group Work

Using Table 2.2, you have prepared a list of occupations or jobs in agricultural, industrial, and service sectors in groups. Find out how these occupations or jobs have changed in the last 20 years. Find out whether the demand for any occupation or job has decreased or increased over the previous 20 years. Also, list any occupations or jobs that have disappeared in the last 20 years. For this, you can discuss it with your family or local elders or take the help of the Internet, newspapers, or any other books.

Table 2.2: Change in occupation or job in different sectors

Agricultural Sector		Industrial Sector		Service Sector	
Name of occupation	Pattern of change	Name of occupation	Pattern of change	Name of occupation	Pattern of change

From the above table and group work, you must have understood that every occupation has changed over time. Technology has touched every profession. Along with that, the demand for some occupations has decreased while the demand for some occupations has increased. Some occupations may have disappeared completely. Can you imagine occupation of which sector has relatively decreased or increased in demand?

Domestic Labour Market

You have worked out what changes in the patterns and demands of various occupations in your area have taken place over the past 20 years. Now we will see what kind of changes have happened in the domestic labour market in the last twenty years. You might have wondered what the labour market is! You often see common markets like vegetables, fish, cloth, etc. In this market, a group of people who are sellers brings different types of goods or products for sale. Again, a group of people come to purchase those goods or products; they are buyers. So, a market needs buyers, sellers, and goods or products. A seller in the labour

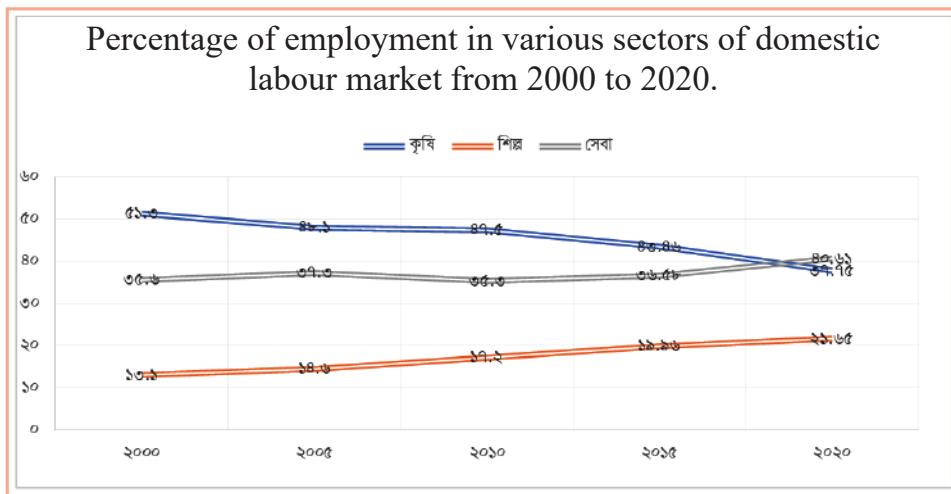


Image 2.6: Graph of Country labour market

market is anyone who wants a job. A buyer is an organization or a person who wants to purchase labour for his organization or for his own needs, such as a landowner who needs agricultural labour to plough his land, a garment factory needs garment workers, and a school needs teachers. In the labour market, like the general market, a group of people sells their labour as sellers, and another group of people or organizations buy labour for specific needs.

The domestic labour market or national labour market consists of the total population willing and able to work economically, which is the labour market supply and the total economic work opportunities or demand. The form of the domestic labour market changes over time. Labour market demand depends on the use of technology in economic activity and the type of economic activity. In the past, the demand for manual labour was high due to the relatively low use of technology. But with the use of technology in economic activities, the demand for manual labour is gradually decreasing. For example, agricultural work is now not only manual labour oriented. Due to the use of technology in agriculture, an agrarian labourer needs to be proficient in operating agricultural machinery. Earlier, typewriters were used. Now the work of a typewriter is done through a computer; as a result, those who were involved in the work of a typewriter will not get work if they do not know the work of a computer. Earlier, most of the people of Bangladesh were involved in agriculture. As modern technology was less used in agricultural work, many labourers were needed. Today, the same amount of work requires fewer workers due to the use of technology. Again, with the country's development, the number of factories and industrial establishments is increasing daily. So, the demand for work in mills is rising. Along with economic development, the demand for various service economic sectors has increased to make people's lives easier. Compared to the past, the demand of service sectors like education, treatment, business, office, banking has increased. At the same time, the demand for occupations related to these services has also increased and these jobs require specific skills.



Group work

The percentage of change in labour demand in various economic sectors over time is shown in the graph above. Find out the trend of change in the domestic labour market through group discussion-

- Changing trends in the agricultural sector
- Changing trends in the industrial sector
- Changing trends in the service sector
- Comparative employment condition of agricultural and service sectors in changing trends

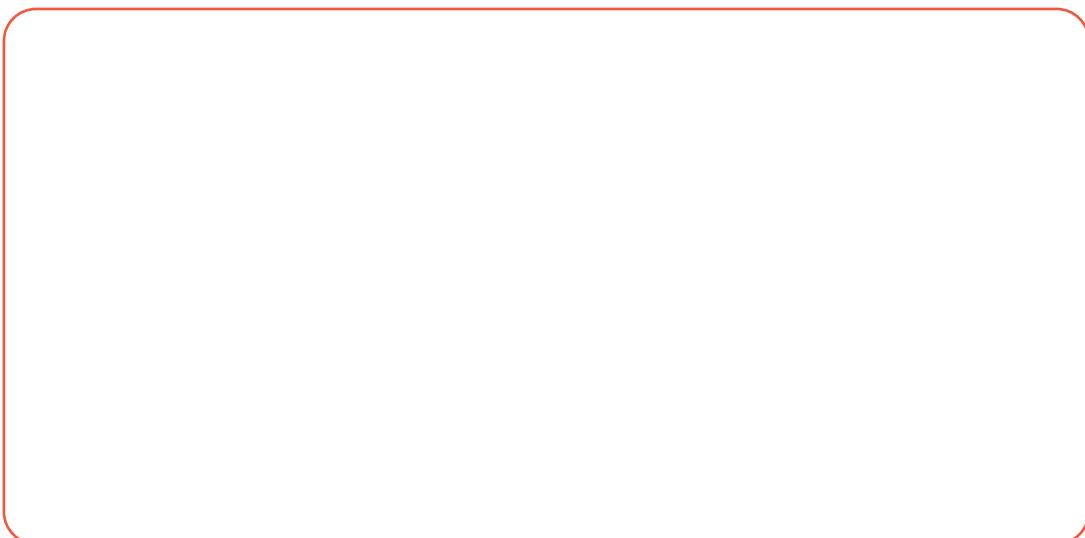
Exploring Future Career Skills

You have already found out what changes have taken place in the work of various occupations in the last twenty years. This trend of change certainly does not end here. That means the work of different economic sectors will not be the same in the future as it is now. Your teacher will bring three entrepreneurs from the agricultural, industrial, and service sectors to your class to learn what changes might happen in the future. You will discuss it with them and try to know –

- • What kind of changes will happen in their work in the future?
- • What skills might be needed to adapt to this change?
- • What preparations do you (students) need to make now to adapt to change?

Fill in the box below according to the teacher's instructions.

Box 2.2: Skills and preparation needed to adapt to change



Due to constant changes in technology, occupations that are in high demand today may not be in demand 10 years from now. As a result of various technological inventions, many human jobs are being taken over by machines. But on the one hand, as people are losing some jobs, new job fields are also being created. However, the amount of human physical work is decreasing and

the field of intellectual work is expanding. Instead of sitting at home, many have chosen freelancing as a career after getting trained in a particular field. Some people have left the Nine-to-Five jobs. Its effects are everywhere. As a result, the employer has to think of an alternative to the normal worker. Also, job candidates are joining multifaceted professions instead of staying in one job. Corona virus has taught us how to do office work without going to office. Work had to be continued with the office closed during Corona. After Corona, many organizations are no longer doing office work like before. They are working from home. This requires digital technology skills. Many of you must have sat at home and studied on TV during Corona. Also, many teachers have taken classes online and you have participated in them. Managing these new types of systems requires new types of skills. Again, many previous skills are becoming unnecessary.

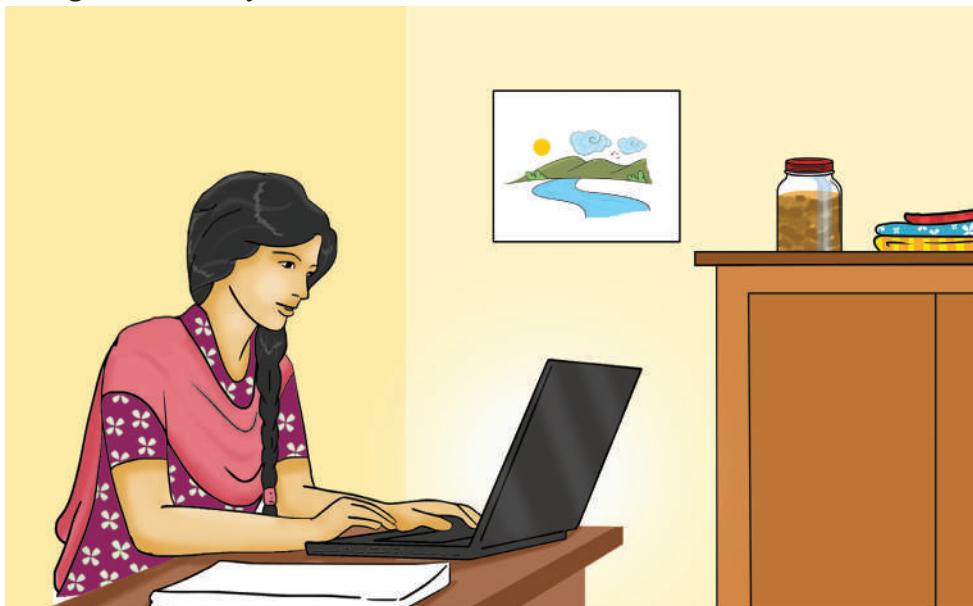


Image 2.7: Office meeting from home

We will try to get information on this through panel discussions. A panel discussion method is a special form of general discussion method. These discussions usually consist of pre-nominated panels with experts in the respective fields. The panel members think well and discuss the topic with each other in the light of the necessary theory, information or their experience sitting on a high plat-

form in front of everyone. We will conduct one such panel discussion in our classroom.

How can I manage this discussion program?

On behalf of the school, we will invite an entrepreneur from an agriculture-related profession, an industrial entrepreneur and an entrepreneur from the service sector to this discussion. They will participate as key negotiators. Our teacher will conduct the main discussion. Continual presentation of the topics discussed in the respective subject and others present (Teachers of any other subject or any interested parent



2.8: Panel Discussion

can also participate in the discussion) can join in the discussion. A panel discussion will feature an entrepreneur telling their start-up story. He will tell everyone how he overcame various obstacles to reach where he is today. We will all listen attentively to their stories. If we have any questions, we will write them down. We will ask them questions in the question and answer session and find the answers.

The following topics may come up in the discussion in sequence:

- Venture start-up stories
- Current status and challenges
- Concept of what kind of changes may come in this sector in future, i.e. discussion of what kind of occupations may emerge in the changed situation
- Discuss how job skills can be acquired in new situations

Case: Success of Abir

Abir joined the service a year after completing his studies in agriculture. His company name is Diganta Krishi Services Limited. Basically, the job of this company is to provide necessary advice to marginal farmers at the field level on various agricultural issues. Abir has already earned quite a reputation as an officer.

One day some farmers in a locality came and told their office head that the Boro rice plants in their locality were turning red. Even with an adequate amount of urea fertilizers, the desired benefits are not obtained. He tasked Abir to find a solution to the matter. Abir eagerly took up the responsibility and tried to understand the problem. He formulated a plan to accomplish the task. That is why he first went to the farmers and listened attentively to their problems and even went to the fields to see the crops. He began to think deeply about the matter and tried to find out the cause of the problem. He tried to remember whether he had come across any such problem before and how he had solved it then.

However, he was not alone in thinking about the problem. As part of the plan, with the approval of the Head of Office, formed a team with other concerned colleagues in the office. He organized a meeting to discuss the problem, made everyone aware of the matter and asked them to think about how to solve the stated problem. According to the plan, everyone in the team was asked to distribute their responsibilities and find possible solutions. The team members started researching various reports from different sources about such problems and ways to solve them. However, Abir was not sitting either. He also started reading various agricultural journals, reports and news. He wrote down in his diary the many possible alternative solutions and the various aspects of their possible advantages and disadvantages in their implementation. Then on the appointed day, Abir sat with his team members. Ask the team members to present their proposed solutions to the issue.

He listened to everyone's views and finally presented his ideas on possible solutions to the existing problems. He chose the most acceptable solution after discussing the possible pros and cons of all the proposals and various aspects of implementation. All the members of the party thanked all the members of the party. He then went to the farmers and shared the solution with them. Farmers agreed with Abir's possible solution process. As per Abir's advice, the farmers took action. Abir was closely monitoring the solution process and took necessary steps to resolve minor issues. This is how he solved the disease of the Boro paddy of the farmers and put a smile on the farmers' face. Abir also got a promotion for the success of this work.



Individual Work

What traits have you noticed in Abir that you think contributed to his success? What characteristics of Abir do you think you have? How do you think these traits can help in career development? What is your plan to be as efficient as Abir?



Self-Evaluation

1. Do you want to see yourself working in the future? If you want to establish yourself in the sector, what are the basic skills required? What skills do you think you lack? What other skills should be practiced to make yourself suitable for the sector?

The sector I want
to see myself
working in

The basic skills
that will be
required there

In which sector
you are partially
skilled in

Which skills
should be practiced
from now on

2. The things we have done in this chapter (Put a tick √ mark)

Tasks	Could Not Be Done (1)	Partially Done (2)	Well-done (3)
Making a list of Occupations			
Putting the Occupations in the Agriculture, Industry and Service Sector			
Analysing the Trends in domestic labour market demand			
Preparing the Skills needed to adapt to Change			
Making a Plan for Future Career			
Exploring basic Skills by Reviewing Cases			
Total Score:30	The Score I Obtained:		
My Guardian's Comment:			
Teacher's Comment:			

My Achievement?			
(Identify your mood according to your achievement)	I don't feel good; It is very vital to know more about each topic of this chapter.	I am happy, but it is essential to know more about each topic in details.	I am pretty happy; From now on, I will regularly practice in order to develop my competencies so that I can achieve the goal.



Let us write down the topics of which I need to have a better understanding of this chapter.



Let's write down the tasks that I need to practice more on a regular basis.



Dreams of Future

I will spread my wings like a bird and fly in the blue sky
I will capture the world in my fist in a moment.

That day is not far away! The day has perhaps come to dominate the new world by translating the language of many more creatures from other planets like aliens! Many dreams of the imaginative mind have come true today. So come on, dream more and more and prepare us a new to travel the new world



Let's go back to the past. On a sweet afternoon 30 to 40 years ago, someone walked gently on the soft grass! He waved his hands and smiled and talked to someone invisible! When the people of that time saw this scene, they would say to him, 'what a madman!' Think about it for a while and tell me, if we see this scene today, will we do the same? We often see this scene now! Someone is walking, putting the earbuds in his ears, and talking to another on the other end. May be the one on the other side is far away from the speaker! This small earbud is connected to his phone through Bluetooth. Interestingly, in a novel called 'Fahrenheit 451' published in 1953, there was a story of such a time of the future world. There, it was said, people walked around with oyster-like devices in their ears through which an electric ocean of sound was created. All the sounds of the world could be heard in that surge. The future of that imagination is today's present!

In class six, we learned about several such technologies of the future. Some of these technologies were fantasy, such as the time machine. We don't know whether the time machine will be invented in the future or not. Some technologies exist today and will continue to be used in the future, such as 3D printing. In fact, there have been changes in different occupations along with the change in technology in the world over the ages. For example, the occupation of vestiwala was common in Bangladesh in the nineteenth century. At that time, there was no fresh water supply line in various houses. vestiwalas used to carry water in bags called 'Mashak' made of animal skin and sold that water to ordinary people.



Image 3.1: Vestiwala

In the present age, that particular occupation called vestiwala has disappeared. But the occupation of hawker to sell various products by ferrying on the streets still remains. Who knows whether a hawker's occupation will exist in the future? May be the robot hawker will take over the job of the human hawker!

A very popular occupation was driving a horse-drawn cart or coachman a few centuries ago. Coachman's job was transporting people and various goods from one place to another by horse cart. Coaches and horse-drawn carriages are now seen in very few places. Instead, we see drivers of cars, rickshaw-pullers, etc. Someday, humans may not even be seen as drivers; cars will run automatically. That means that the occupation of car drivers may also disappear someday.



Image 3.2: Photo of a horse-cart

Many such occupations may disappear in the future, that is, people will no longer do the work of those occupations. However, with the advancement of technology, many new occupations have appeared which could not have been imagined even a few decades ago! We will learn about several such technologies and occupations in this chapter. In this case, we have selected all the technologies and occupations that are already present and will be in huge demand soon.

Before that, let's try to predict such technologies and occupations. Below are several metaphorical pictures that signal such technologies and occupations. Let's see if we can think about them from our imagination!

If we can't think of any, there's nothing wrong with that. Let's write what we guess.

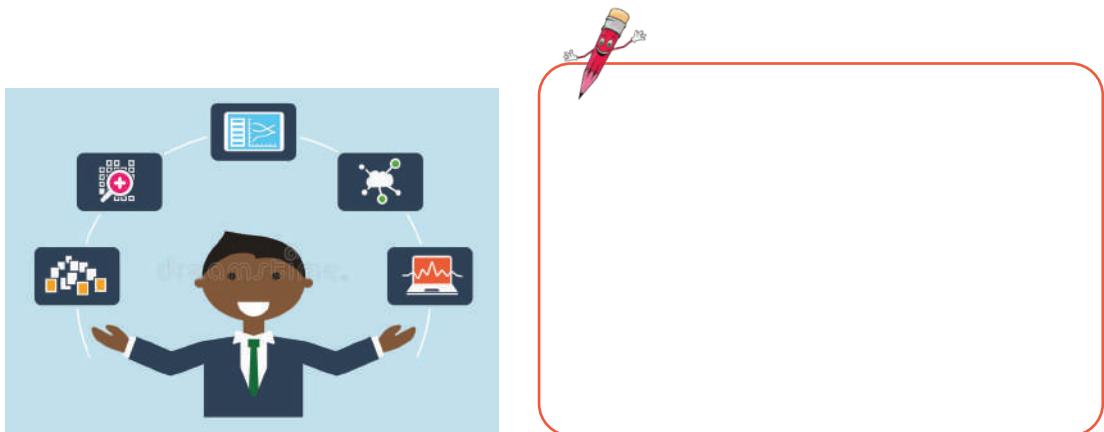


Image 3.3

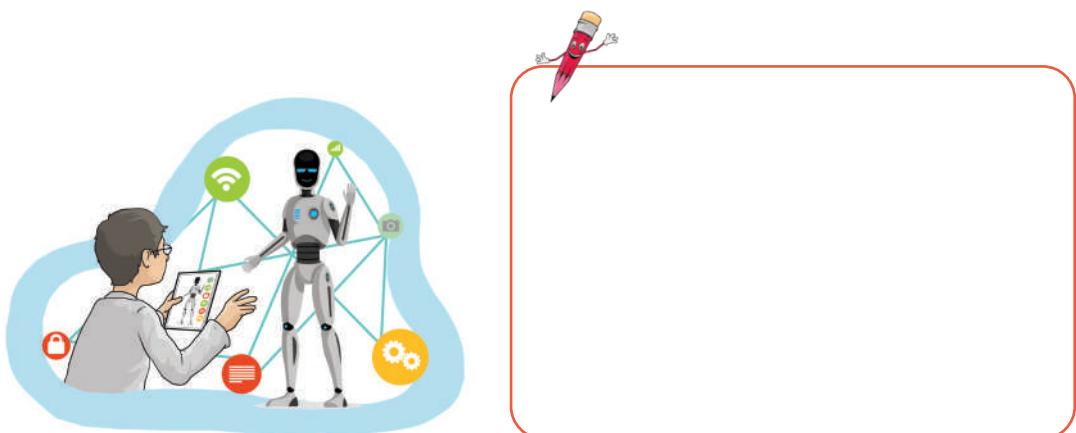


Image 3.4



Image-3.5

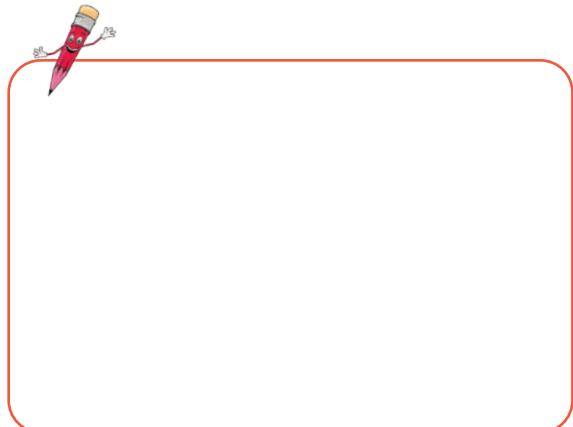


Image-3.6

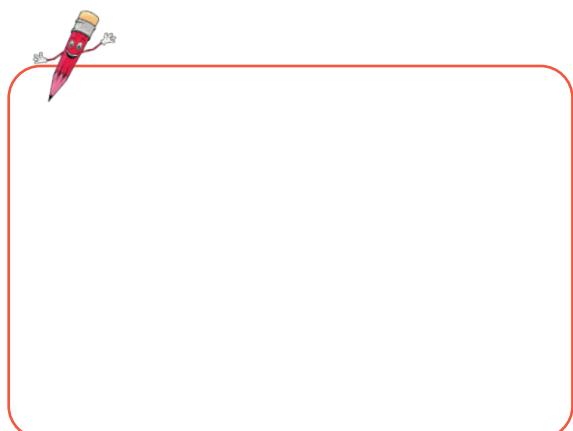
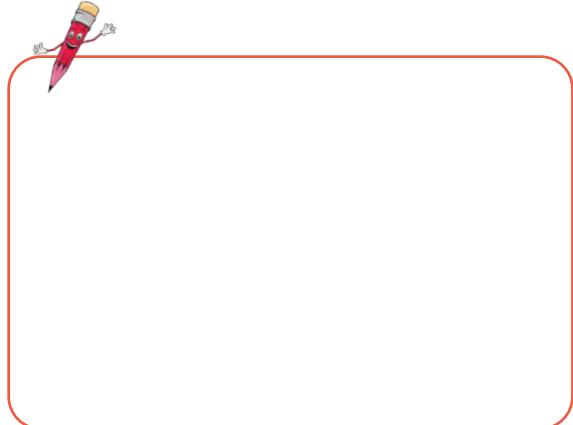


Image-3.7



Looking at all the pictures given above, you might not understand which picture is about which work? Here, we have illustrated some very recent occupations that you might not be familiar with. So, you may have a problem to understand which person in the picture is from which occupation. Don't worry; we are going to get to know about these occupations right now. To do that, let us read the following story.

A Day in 2041

Good morning! Wake up; a new day is welcoming you !'

Propa wakes up at the sweet sound of Robot Hena 4.0. Propa is a Big Data Engineer. Today is March 26, 2041. The Government of the People's Republic of Bangladesh has organized a special program to celebrate the 71st Independence Day of Bangladesh. There, some extraordinary personalities will be honoured by the state for their significant contribution to various sectors of the country; Propa is one of them. Today is an important day in Propa's life, besides being the Independence Day of Bangladesh. Propa turns round and finds that her seven-year-old daughter Shruti had also woken up.

Good morning, mom. Happy Independence Day!

Hearing Shruti's words, Propa hugs her happily.

'Mamoni, you have woken up. Today is a very happy day for our country. Go and brush your teeth.'

Saying this, Propa herself gets up from the bed.

After a while, Propa and Shruti wait for breakfast at the dining table.

At this time, robot Hena 4.0 appeared on the table with breakfast. Shruti is an inquisitive child. She has questions and curiosity about everything.

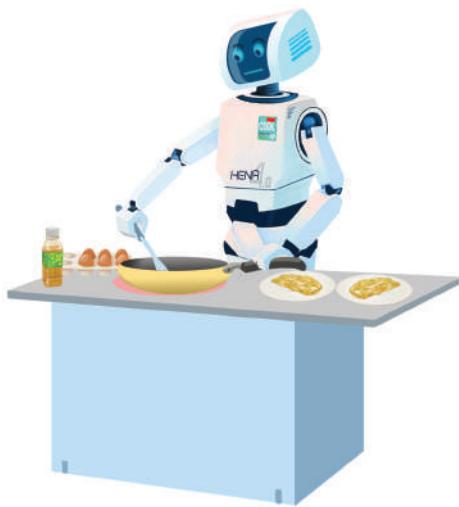


Image 3.8: Cooking by Robot's

Shruti asks her mother suddenly , ‘Well, mom, Hena is a robot. How does she prepare breakfast for us? No work can be done without learning. How did Hena learn to make breakfast?’

Hearing this question, Poapa says, ‘There is a special technology called artificial intelligence. Just as a human learns and does a task by following a series of steps, a machine is taught how to do a new task. This is how artificial intelligence experts have taught robots like Hena how to cook. So, Henna can cook for us and bring it back to the dining table. The whole thing has been taught to Hena through a computer program.’



Image 3.9: Refrigerator of future

After breakfast, Propa suddenly notices a message on her mobile phone saying, ‘Eggs have run out in the fridge, please order eggs from the nearest store.’

Shruti asks her mother, ‘What happened, mother? Has father sent any message on the mobile phone?’

Shruti’s father, Raihan is currently staying in America on business. So Shruti often misses her father.

Propa said, "No, Mamoni." Your father didn't message. A notification from our fridge that the eggs have run out.'

This time, Shruti is surprised and says, "Yes, mom, earlier I have seen the fridge give such a notification when any food is over. But how does the fridge do it? The fridge is only a machine!"

Propa smiles and says, 'Not just fridges, all our electronic devices are connected to a network through the Internet. This special network uses a technology which is called the Internet of Things or IoT. In IoT technology, any device connected through the Internet can be controlled from any part of the world. A particular sensor in the refrigerator keeps track of the number of each food in the fridge. When a food item runs down, a particular message is sent to my mobile phone via the Internet from that sensor - this food is finished. Not only the fridge, television, lights, and fans, everything in the house can be controlled from a mobile phone because of IoT. Even your father sitting in America can control these devices in our home if he wants. IoT engineers do this excellent work.'

Shruti is quite surprised listening to her mother. More questions come into Shruti's mind. So Shruti asks her mother again, 'Well, mom, everything is connected to the Internet. If the Internet does not work, the devices cannot be operated. Isn't it risky?"



Image 3.10: Inquisitive Shruti with her mother

Propa listens to her daughter's question and says, 'Yes, if the Internet does not work, then the devices can be controlled manually, as people used to do earlier. But there is another risk. There are criminals in the internet world who try to steal people's personal information from online networks or computers. Again, they try illegal work by hacking people's accounts in various online channels and logging in. Even in this way, these criminals try to hack various devices connected to IoT technology and use them for illegal purposes.'

Hearing this, Shruti gets a little worried and says, 'Then, they are not good people, mother! How do you stay safe online or on the Internet?'

Assuring Shruti, Propa says, 'To prevent those who try to commit such crimes online and for the safety of users of various online services, cyber security technology is there. Using this technology, our country's cyber security experts protect the security of various online platforms. Even our country's law enforcement agency has a cyber security department. They are the ones who detect any online crime and catch the cybercriminals. As a result, we do not have to worry about this security.'



Image 3.1: Cyber Security

Hearing this, Shruti feels a little relieved again. At that time, Propa sees some notifications on online social media. Suddenly she notices, that social media was showing her an, 'Visit.com now to buy fresh chicken eggs.'

Propa calls Shruti and shows the advertisement. Being quite surprised, Shruti says, 'We must buy chicken eggs. But why did this advertisement show this? Did they know by some magic that we were looking for chicken eggs!'

Hearing her daughter's words, Propa smiles and says, 'They don't know magic. But they have used a special technology, which is called digital marketing. This social media knows what I have searched for at various times. I have also searched earlier about eggs and from which shop I can order eggs. Since the medium understands that I am looking for chicken eggs, it markets or advertises eggs to me on this digital platform. Similarly, by analyzing all users' activities, interests, preferences, etc., ads related to that user are shown on this platform. At present, the task of digital marketers is how easily they can reach the advertisement of their products to the target customers on the digital platform.'

For that time, Shruti does not have any more questions. Both Propa and Shruti get ready to go to the Independence Day function. Now it's time to go to the event by car.

Propa likes to drive herself, so she switches off the car's automatic mode and starts driving. Propa has a special spectacle attached to her eyes. The information about driving on the road, how fast the car is going, etc. are displayed in those glasses. Propa is driving the car following it. In addition, the special glasses inform the speaker where there are any buildings on the road. Shruti was watching the outside scene through the car's window.

At that time Propa says, 'Let me introduce you to one more technology. The glasses I have show the instructions for the roads to take. It is happening using augmented reality technology. This technology can be called an enhanced version of the real world. A computer-generated extra step adds to what we see in reality. As a result, I get a new feeling that is different from reality. I am experiencing everything happening in the real world, and the computer-generated extra step allows me to create new information and experiences through sound, video, graphics, etc. Again, I can control the whole thing through voice commands. We can also experience the world of augmented reality through mobile phones besides the smart glasses I am using.'

Shruti was listening to her mother very attentively. She says, ‘Thank you very much, mother. I have learned about many new technologies today!’



Image 3.12: Augmented reality through special spectacle

In the meantime, Propa and Shruti have arrived at the main event venue. The program is ongoing. At one point, the Honourable Prime Minister of the People’s Republic of Bangladesh says, ‘We are celebrating the 71st Independence Day today. Today is a very happy day for us. Today, we would like to honour various important people who have played an important role in the development of Bangladesh. First, I want to say about the prominent Big Data Engineer.’

‘You must know that there was a big problem in Bangladesh in the past; every year, there were floods, and many people were left homeless. We had information about how much rain there was on which days and how much water rose in which areas every year. The scope of this information was vast and messy. At such a time, a group of Big Data Engineers came forward. In big data technology, many messy information can be sorted by following specific algorithms and using that information to solve a specific problem. Our engineers have made a model based on the data of annual rainfall and water level, from which we now understand in advance how much rain is likely to occur in which area this year and how much water may rise in which area. Not only that, how much the dams

in different areas can be kept operational, and the flood situation can be brought under control by keeping the navigability of different rivers normal that is also being collected from this model. As a result, the risk of millions of people being affected is reduced. We are honouring Propa, the team leader of Big Data Engineers, for this ground-breaking work.'



Image 3.13: What an amazing dream!

Everyone congratulates Propa with applause.

At that time, Shruti suddenly wakes up and jumps up to sit on her bed.

Today is January 1, 2023.

Shruti becomes quite surprised when she suddenly wakes up.

Shruti was dreaming for so long! Oh! Today is the first day of the year. Shruti is promoted to class seventh. She will get some new books at school! But what a beautiful dream Shruti has dreamt.

Will something like this happen in 2041? Shruti does not know. Shruti quickly gets up and starts getting ready to go to school.

Looking for future technology



Group Work

In the above story, we have learned about several technologies that will become important in the near future. Write the names of such technologies in the table below. Also, in light of the idea that we have got about the technology from the story, let's imagine that technology can be used in some fields for human welfare. Let's discuss it in groups and write it here.

Technology	Field of use
1. Big Data	
2.	
3.	
4.	
5.	
6.	
Teacher's Remarks	



Single task icon

Now imagine and choose such a technology field as your future career. Imagine your own occupation, draw a picture of yourself, and write from your imagination what contributes you want to make in that occupation for welfare of your country.

Name of my occupation

My preferred field of technology

A picture of me working in this imaginary occupation

Various responsibilities I perform in this imaginary profession



Group Work

Each group discusses themselves and prepares a script for a play. Create a maximum 5- minute play on how our society will change due to various modern technologies in 2041. In the play, the group members will act in different occupations.

Through our performance, the people of various professions mentioned above will show their role in the welfare of society.

We will enjoy each group's plays and, if possible, video capture them on camera

How contrasting are the world of today and the world of hundred years ago, aren't they? Technology has changed many things! Again, our imaginative minds have sometimes given technology something to work on. Much of the imagination of a time is becoming real in front of us today. We find another fictional movie story in "2001: A Space Odyssey" of 1968.

The movie shows a man sitting in space wishing his daughter on earth a happy birthday through a particular computer in the spacecraft. Today that fantasy has become a reality in our homes. With one click, the smiling faces of loved ones on the other side of the world are displayed on the phone screen! Again, how many scientists, researchers, programmers, service providers, and other talented professional workers are working behind this screen? So, we dream of the future, dream of making dreams come true, and build ourselves accordingly.





Self-Evaluation

1. What technology do you want to work with in the future? What do you know about technology? What other skills do you need to practice right now to make yourself fit to work with that technology?

The technology that I want to work with.	What I know about that technology.	Which skills I need to practice from now on to work with that technology.

2. Things we have done in this chapter... (Put a Tick ✓)

Tasks	Could not do (1)	Did partially (3)	Did well (5)
Searching for new technologies and occupations			
Reading the story ‘A Day in 2041’			
Imagining the use of future technologies for human welfare			
Making a story of contributing to the welfare of the country in the occupation of tomorrow			
Making a play about the changes that will come in our society due to modern technology			
Participation in the play			
Total Score: 30	My Score:		
My parent's comments:			
Teacher's Comments:			

My Achievement?

(Identify your mood according to your achievement)



I
don't feel good;
It is very vital
to know more
about each
topic of this
chapter.



I am happy, but
it is essential
to know more
about each
topic in details.



I am pretty happy;
From now on, I will
regularly practice in
order to develop my
competencies so that I
can achieve the goal.



The topics in this chapter that I need to know better



The tasks that I need to continue to practice regularly

Financial Insight

যুক্তি মেনেই কিনি মোরা
যুক্তি দিয়েই বেচি
অপ্রয়োজনে জিনিস কিনে
অপচয় নাহি করি।
দামী হলেই হয় না ভালো
কমদামীটাও নয়
জিনিস কিনে ন্যায্য দাম
তাইতো দিতে হয়।'



Ranu

Ranu's mother gives her ten taka everyday at the time of going school. With that money, she buys puffed rice, olive, spiced mango, singara etc. to eat. She does not spend all of her tiffin money, she always saves some. She has a total savings of 110 takas till now. Today is her younger brother Ratul's birthday. She bought a set of colour pencils for Ratul for 70 taka from her savings. Ratul became very glad to have the colour pencils from his elder sister. Ranu too felt very good to see Ratul happy.

Her mother bought a big cake on the occasion of Ratul's birthday. But she forgot to bring coloured candles. So, she went to the shop with Ranu and bought a set of candles chosen by Ranu. When they came back home, they saw most of Ratul's friends had already arrived, and they all were wishing Ratul on his birthday and giving him presents. Ratul was giving thanks to them for those presents.



Image : 4.1 Ranus' Shopping

At about 9 pm, his chhoto mama came to their house. All of their family members became surprised and delighted at his sudden visit of chhoto mama. The next day, choto mama took Ranu and Ratul to the Children's park , and there they enjoyed riding the train, nagordola and other rides. He bought balloons for both of them and also a toy car for Ratul. Then he took them to a big shopping mall, where he purchased some clothes for their family. Ranu and Ratul were so delighted to have the new clothes.



Group Work

Read the story of Ranu. Make a list of how many transactions took place in the story. Find out the number of monetary transactions.

Chart 4.1: Transactions

Serial Nos.	Details of the transaction	If the transaction is monetary, write “Yes”, and if it is not monetary, write “No”.

As social beings, men are dependent on one another. At every moment, we take help and cooperation from each other to survive. Moreover, we everyday exchange or transact various types of commodities or services among ourselves. All the things we exchange or transact are not of the same type. Some exchanges or transactions are related to money while some are not. For example, buying ice cream is a transaction. To perform this transaction, we receive ice cream from its seller, and we give him money in exchange of it. Again, the rickshaw-puller provides us service by taking us from one place to another, and for his service, we pay him money as fare. This too is an exchange or transaction. In the same way, transactions like buying books and notebooks, selling vegetables etc. are related with money, for which these transactions are called financial transactions. On the other hand, when exchanging books between two friends, we take books from each other, but we do not give any money to each other. So, this type of exchange cannot be called a financial exchange. In financial exchange, always two persons or two parties take part, and they exchange money, wealth or service between them.



Individual Work

As per instruction of the first chapter, you must have regularly written down each month's transactions in the financial diary. Following your teacher's instruction, fill in the table below as per the records in your financial diary for the last week.

Chart 4.2: Statement of family transaction for one week.

Date of transaction	Transaction made by	Description of the transacted goods or services	Purchase or sale	Amount of goods or services	Given/received price (in Taka)
	self	Notebook	Purchase	2	40
Guardian's Opinion					
Teacher's comment					

Rational Financial Transaction

Doing the financial transaction is a very important work in our everyday life. Usually, we transact according to our needs. But many times, we also get into trouble when performing these transactions, and sometimes we are in the mood of winning. Now we will listen to a story about the transaction.

Rafiq and Razu are two friends. They live in the same neighbourhood and play together. Today when playing was over, Rafiq told Razu he would take part in the science fair that year with a project on environment-friendly house-building.

On hearing this, Razu felt very excited and wanted to know about the project. Rafiq told, ‘None of the project materials has been collected yet. But I have told my chhoto chacha, and he will go to the market to buy me all the necessary stuff.



Image 4.1: Starting for the market

Next Friday, Rafiq, with his chhoto chacha (younger uncle) started to the market to buy the necessary things for the science project. Razu also accompanied them. The market was far from their house, so they were to go there by rickshaw or bus. Though at first, his younger uncle thought of going there by rickshaw, finally he, along with them, started for the market by bus. Rafiq said to his uncle, ‘We could have taken rickshaw, but why did you get the bus instead?’ On hearing his words, the younger uncle said laughing, ‘Travelling by rickshaw would be more costly and would take more time too.’ At this Rafiq thought his younger uncle to be a little bit miserly. But he said nothing more about that matter.

In the market, they met other friends who came there to buy the project materials. They bought trays, small lights, colour paper, fences etc. for their projects. Rafiq eagerly asked them about the price of each of those items. All the necessary things were available in a big shop. The shopkeeper asked for 1500 taka in total. Uncle requested the shopkeeper to take less, but he did not agree.

Uncle, saying nothing more, came out of the shop and entered another shop. All the project things were found there, but Rafiq's uncle chose seven things out of them and asked for the price. After hearing the price, uncle told Rafiq, 'See carefully if there is any difference between these things and those of the previous shop'. Rafiq checked those things very carefully but could not find any difference. So, he asked Razu to check. Razu too found no difference. After buying those things, uncle took them to another shop and bought the rest of the things from there. All the project things cost them 1100 taka in total. Rafiq saw many beautiful bags in the market shops. Out of those, he liked one very much and demanded his uncle to buy him that one. Uncle told him, "You already have your school bag, I know. So, I will buy a new one when it will be



Image 4.2: Buying Project Stuffs

worn out to use." Though he could not buy the bag, his heart got filled with gladness for having all the things for his science project. But a question came to his head, "Though the things of both shops are the same, why did the price they asked for varied between the shops?"

On their way back, uncle asked Rafiq, "Rafiq, have you understood why I did not buy things from the previous shop?" Razu told in reply, "I have understood, Uncle. The previous shopkeeper asked for a higher price but the later shopkeepers did not." Then Rafiq said, "My other friends surely bought their things from that shop!" Uncle replied to Rafiq, "Look dear, the price of everything is determined based on some of its specific qualities, standards and

practical utilities. Now, if the true price of a thing is less, then why should we pay a high price for it? Your friends have bought things even without checking their prices. Besides, you yourself checked the things and found no difference between the things of the two shops. We ought to pay the proper price for a thing. Remember that, buying a thing at a higher price does not assure that the thing is good, and again, if anybody thinks that low price items are bad, that too is not correct. Everything has a due price for its own value, and we should buy that thing for a price close to that value.



Group Work

Answer the following questions following group discussion.

- Make a list of the transactions described in the story.
- Explain the rationality of each transaction.
- Is there any lesson in this story that you may follow in your life? if any, what lesson is that?

Transactions are necessary in almost all spheres of current life. Do I or, my family always behave rationally when doing transactions? The things that we need to consider and remember in the case of any transaction are:

- It is not proper to take decisions of any financial transaction without checking.
- It is not right to think that an item is good if its price is higher.
- When fixing (bargaining) the price, the quality of the item needs to be checked.
- To know the real price of a thing, the market price needs to be checked.
- We should not make haste at the time of financial transaction.
- Each thing has a price that is known as its fair price. We should buy a thing at its fair price.
- It is not appropriate to buy anything due to the influence of others.
- It cannot always be profitable to buy things or to do any transaction at a lower price. So, when buying things at a lower price, the quality of the item needs to be checked.
- To buy unnecessary things or things beyond one's necessity means waste of money. So such financial transactions need to be avoided.



Group Work

Read the incidents given below and discuss them in groups. Prepare answers to the questions given in the box next to each incident.

1

Shafiq and Raihan, two friends, went to buy cricket bats. Raihan chose a bat of a little better quality. He bought that for 270 taka. On the other hand, Shafiq picked a cheaper bat and purchased that for 130 taka. Shafiq was glad to be able to buy his bat at a lower price. He said to Raihan, ‘You are a fool indeed that’s why you bought your bat at a higher price’. After some days, the cricket match began in the school, and that day, Raihan went there with his bat, but Shafiq did not bring any bat. When the teacher asked him about his bat, he was upset and said, ‘Sir, just a week ago, I bought a bat, but it is broken now.



What could Shafiq do to save himself from the financial loss he suffered?

2

When returning home from office, Mr. Aslam saw a crowd in the neighbourhood grocery shop and went there. The people in the shop were talking among themselves, ‘There is a shortage of salt in the country, and very soon it will be out of the market.’ On hearing that, he immediately bought 10 kg of salt even at a higher price and went home. Surprised to see so much salt in his hand, his wife asked, ‘What I will do with so much salt? You did not have to buy so much salt out of a rumour.’ Within few days salt was being sold at the previous rate.



Why the transaction behaviour of Mr. Aslam is not right?

3

Sima went shopping with her mum. They asked the shopkeeper to give them one packet of noodles. The shopkeeper proposed a deal that if they buy twelve packets of noodles, they will get two extra packets. Being tempted by this offer, they bought twelve packets and received two extra. As they bought too many packets, they could not finish eating all of them in time. So, some of those noodles were wasted.



Should we be influenced by shopkeeper's words when buying things? If "no", why should not we?

4

Debashish is the class captain. His class teacher asked him to buy some pencils, colour pencils, art paper and some coloured paper to decorate the classroom. Debashish went to the shop and found that there were colour pencils and coloured papers of different prices. He gave it a lot of thought and decided not to buy the pricey materials. He would rather buy a few average quality pencils and ordinary coloured paper. His teacher became very happy with his rational purchasing behaviour.



What rationale did Debashish take into consideration while purchasing?

5

Jamal's father started a stall during Boishakh Fair. At the beginning of the festival, they sold some toys with marginal profit. The toys they were selling were different from the ones in other shops. This is why people were attracted to their toys. As the fair began to get crowded, they increased the toy price for making more profits. They managed to sell some toys even at the increased prices. However, most of the customers left the stall without buying toys from them. Many of the toys left unsold finally. Not only they failed to make any profit from the fair, they also faced a huge loss. However, their neighbouring shops managed to sell all the items. Jamal's father felt sorry for his foolishness.



Write down the reasons for the decrease in sales in Jamal's father's shop.

What strategies you might adopt to sell your toys in the Boishakh fair if you want to open a stall at the next Boishakh fair? Describe your strategies.

**Individual Work**

In the next week, notice the financial transaction in your family. In the table below mention the transactions that have not been done with due rational, according to you.

Chart 4.3 Rationality in Family Transaction

Serial	Description of the Transaction	Why It Seems Irrational	What Should Have Been Done
Guardian's Signature			
Teacher's Comment			

Ethics in Financial Transaction

Raju works with his father at their tea stall. Like every day, he has become busy with his father in the tea stall. The condensed milk supplier has arrived at this busy time. A problem regarding the price of condensed milk arises among them. The price today is higher than that of the previous day. His father and the supplier are arguing about it. At one point, Joinal, the condensed milk vendor said, "If you want I can sell the milk even at half-price. Let me know what you think, I will give you the milk." Raju's father did not agree to that proposal.



Image 4.3: Buying and selling at the tea store of Raju

Raju comes back to the store in the afternoon. Raj asks his father why he did not buy the milk at half price in the morning. His father says that the milk Joinal wanted to sell at half price has expired the date of validity. We should not make tea with out-of-date milk. We can profit more by selling the tea made of that milk but it would mean cheating our customers. I do not want to do it.'

On the next morning Raju's father is busy with household work. So, Raju opens the store on his own, receives the products from the suppliers and pays them. After he counts the items, he realises that the bread supplier gave him three extra loaves of bread and he did not pay the supplier for it. He informs his father of it. Father says, 'I will pay him when he comes back tomorrow.'



Group Work

Answer to the following questions following group discussion.

- Why did Raju's father not agree to buy the condensed milk at a half price? What is the rationale of paying for the extra three loaves of bread? Is there any morale in the story that you can apply in your own life? If so, what is it?

We will always keep in mind that cheating someone is an evil act. We all should refrain from doing such things. We should avoid cheating others even though it brings us financial benefits.

Financial transaction is an important aspect of our life. We do these transactions to fulfill our daily and future needs. Both parties taking part in the transactions give importance to their own needs. That is why all parties need to be sincere and respectful to one another. We need to apply our conscience, consideration, intelligence, and humane feeling while doing financial transactions. The financial transactions done by taking all these into consideration will be considered as ethical transactions. Ethics is particularly important in a financial transaction. The credibility of the person or a business organization is increased, if their transactions are done ethically. On the other hand, if someone adopts an unethical means when doing financial transactions, s/he loses his credibility. As a result, nobody wants to do any financial transactions with him or her.

We will follow the principles stated below for performing financial transactions in an ethical way.

- To refrain from buying and selling adulterated goods, even if it brings us profits
- Not to cause harm to anyone while making a profit.
- Not to sell bad products by hiding any fact about it
- To refrain from engaging in any illegal transaction
- To refrain from doing any financial transactions to cheat that person
- Not to destroy the possibility of having profits in the future while making quick profits at present
- To correct any kind of mistakes during transactions as early as possible
- Not to lie during transactions
- Not to be forceful during any transactions
- Not to take advantage of anyone's disability, inability, or helplessness

We face difficulties during shopping. Some shopkeepers cleverly sell rotten and damaged products to aged customers. Sometimes we also find that we paid for 100 lychees but received only 80 lychees. Also, sometimes someone takes the public bus. When the conductor asks for the fare the passenger says, 'I will pay later.' However, the passenger ends up getting down from the bus without paying the fare. They do not think that these behaviours are corrupting society. These are completely unethical. We are giving up ethics just for temporary gains. Therefore, we must refrain from such behaviours.



Group Work

Here are a few stories. Role-play the stories in groups. Read the story and discuss and write your answers in the boxes next to the stories.

Mr. Enam had a desire to buy a smartphone. One day he went out with Rasel, his friend, to a smartphone. Rasel knows where to get decent-quality phones at a cheap rate.

Mr. Enam happily asked his friend to take him there. After reaching the shop, he found out that the phones are really cheap but there was no warranty card with any of the phones. No original box with them either. He realised that this store sells stolen phones. He came back without buying anything on that day. The next day he bought the phone of his liking at the right price.



Do you support Mr. Enam's decision?
If so, why?

Selim and Karim are two brothers. They use public buses to travel to their school as it is far from their home. The bus was really crowded yesterday on their way back home from school. They paid the conductor immediately after he had asked for it. They saw three senior students from their school on the same bus. Those seniors told the conductor that they would pay later. The conductor became busy collecting fares from the other passengers. The bus stopped at Kodomtola and many passengers got off the bus there. They noticed that the seniors left without paying.



Do you support what the seniors did regarding paying the fare? Give reasons for your statement.

Mr Jamal is a simple man. Yesterday he bought a toy car for his son, Tanvir. He does not have much knowledge of the toys. This is why he asked the shopkeeper to choose a good toy for his son. The shopkeeper gave told him that the toy is imported from a foreign country. However, when he brought it home, the other family realised that the toy is a duplicate one. It will not last long. Mr. Jamal became very sad. He thought the shopkeeper to be a liar, dishonest and fraud man. He would never go back to that shop again.



Which condition of ethical transaction is violated by the shopkeeper during transaction?

What problems the shopkeeper will have to face because of the unethical transaction?

Ruba and Ruma are two sisters. They entered a shop on their way from school to home. There are lots of lovely toys there.

Ruma picked up a ceramic-made toy and took a look at it. Suddenly, it fell from her hands and broke. As the shop was crowded, nobody noticed it. Ruma took this advantage, placed the toy where it had been before, and left the store. They went to another shop afterwards. She chose a nice toy there. After much bargaining, they decided to buy that at 50 takas. Right before making the payment, Ruma realised that the toy was faulty. So, she did not want to take it anymore. However, the shopkeeper forced them to buy that. They felt very unhappy for it.



What is your advice for Ruba and Ruma?



Individual Work

In the next month, notice the financial transactions by you or your family members or by anyone around you. Which of these transactions was not ethically right? Write that down.

Serial no.	Description of the Transaction	Why You Find the Transaction Unethical	What Should Have been Done
Guardian's Opinion:			
Teacher's Opinion:			

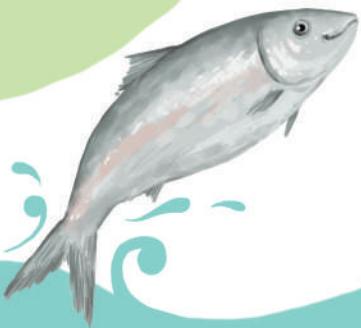
Winter birds come from different parts of the world during winter in our country of six seasons. They roam around many water reservoirs. They are known to us as guest birds. Some opportunistic people catch them and sell them in the market. And many of us buy them and cook them at home. The act is an offense punishable under the law of this country. Because, it is destroying natural diversity. Many guest birds are disappearing due to lack of security. Still we often commit this misdeed, which is absolutely wrong to do. If we don't buy guest birds then this unethical act of buying guest birds will also stop.

Our national fish is Hilsa. They grow at a certain time. However, it can be seen that some unscrupulous traders catch them when they are young (Jatka) and sell them at a low price. We also buy these fish in hope of profit and fill our bellies. It is a violation of our country's laws. As each jatka gets bigger, the taste and quality increases. Our foreign income also increases by exporting hilsa outside the country. So we all need to be more careful in shopping. All purchases must be made in a reasonable and ethical manner. If you harm others, it will eventually fall upon our own selves. So, let us promise altogether,

So let us promise together-



‘অনেতিকতার লেনা দেনা শিখব না।
চুরির জিনিস আমরা কভু কিনব না।
মেয়াদবিহীন ভেজাল জিনিস
নকল করা খারাপ জিনিস
আমরা তো বেচব না।



অনেক বেশি লাভের আশায়
লোক ঠকানোর খারাপ কাজ, করবো না।
একটুখানি লাভের আশায়
জাটকা মেরে নিধন করা
বন্য প্রাণীর বেচা কেনা মানবো না।



জিতে ঘাবার রঙিন আশায়
বিবেক ছেড়ে মনের খাদে নামব না।
তবেই মোরা মানুষ হবো
আমাদের কেউ দমিয়ে দিতে পারবে না।





Self-Evaluation

1. Which principles should be followed during any purchase or transactions?

The principles I would follow during rational transactions-

The ethics I will follow during transactions-

2. The things we have done in this chapter... (Put a tick √ mark)

Tasks	Could not be Done (1)	Partially Done (3)	Well Done (5)
Identifying Transactions in Daily Life			
Keeping Account of One Week's Transaction			
Explaining the Concept of Transactions in a Rational Way			
Understanding the Principles of Financial Transactions in a Rational Way			
Analysing the Concepts of Financial Transactions by verifying different events			
Verifying if Our Own Financial Transactions are Done Logically			
Grasping the Principles of the Ethics in Financial Transactions			
Verifying if the Ethics is Maintained in the Transactions Done			
Total Score: 40	Score I Obtained		
My Guardian's Comment:			
Teacher's Comment:			

My Achievement?			
(Identify your mood according to your achievement)	I don't feel good; It is very vital to know more about each topic of this chapter.	I am happy, but it is essential to know more about each topic in details.	I am pretty happy; From now on, I will regularly practice in order to develop my competencies so that I can achieve the goal.



Let's write down the things that I need to know better.



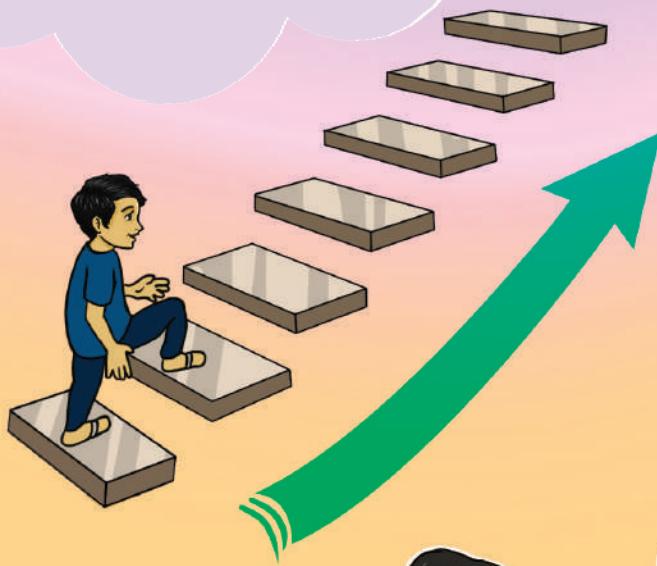
Let's write down the tasks that I need to practice more on a regular basis.



My life My Aim

ଲକ୍ଷ୍ୟ ଖୁଁଜେ ନିଯେ ସାଜାଇ ଜୀବନେର ପିଡ଼ି
ଦକ୍ଷ ହୁୟେ ପାଡ଼ି ଦିଇ ଚାଲେଞ୍ଜେର ସକଳ ସିନ୍ଧି।

We have many dreams about ourselves. Some of the dreams may become true someday. On the other hand, some dreams might never meet success. To become successful, first of all, an individual needs to know about himself/herself. One needs to identify one's area of interest first and then sow the seed of the required skill development.



Knowing myself: Changes in Ishan

Ishan is always cheerful but not attentive to his studies. He is enthusiastic about any school activities though. One day his teacher gets surprised to see jolly Ishan sitting unhappily in the class and asks: "What's the matter? Why are you depressed? Ishan lowers his head. He replies with discomfort: "I was feeding water to a dog on my way to school. At this, one of my familiar persons from the neighborhood teased me and commented that those activities would spoil my life and I would be good for nothing ." The teacher approached him, affectionately pats his head and says: "That's not true at all. You have done the right thing. He has misunderstood you."

But Ishan's class teacher is also anxious about his result. After lot of thinking he makes a table and gives it the title "My path". He calls Ishan during the tiffin break and tells him: "You will fill it in by yourself and write down whatever is true about you. Please return the completed table after two days."

Ishan enjoys filling in the table. The teacher examines the filled-in table once it was handed in. He realizes that Ishan has got special admiration for animals. He would be able to devote full attention and interests to study in the field of animal care or animal research if he gets the opportunity in the future. The teacher brings some relevant books from the library and gives them to Ishan to read at home. Within a few days, Ishan shows some changes in his behavior. He turns to be attentive in his study.



Group Work

Read the above story carefully. Discuss in the group what caused the changes in Ishan's behavior. Explain your views in the class.

Liking or interest and qualification

Liking means fondness for something. That means when we enjoy doing something, we show our liking for it. And, interest means the willingness to do something. Usually, everyone shows interest to do things they like to do. On the other hand, qualification means physical, mental ability or capacity, or skill. In short, qualification means the ability or competency to do work. If we feed interested in some areas or tasks, we can learn them quickly.

That means having interest makes the achievement of a tasks easier. Indomitable

desire along with continuous effort and practice help us to ensure quality in us. Again this can work the other way round. Inadequate capacity might turn a task impossible despite interest. For example, someone of us might be fond of animation and might have the desire to make animation cartoon movies in future.

But s/he is very poor at drawing, almost unskilled. In this case, it would be difficult to make her/him capable even though s/he has an interest in that.

In class six, we filled in a table named “Knowing myself”. Then we made a wish list which you may rememebr. We are going to fill in the table below in order to discover ourselves that means, to know our interests and qualification more clearly:

Table 5.1: Knowing myself

Work I enjoy	Things needed to do the work	How many times I did the task in the last two months	Barriers/Problems/ Challenges I faced while doing the task	Comments on the quality of the task
Making flower (example)	Scissor, color paper, glue, still wire, a bit of strong stick, thread	3/4 times	I found no books to learn from, no one to teach me and I had no facilities to learn from YouTube.	Some family members have appreciated
1				
2				
3				
Comments of classmates				



Pair work:

Fill in the table and check it. Give your completed table to your friend sitting next to you and you observe his table. Discuss or ask for clarification of any point that might be difficult to understand. Then find out the task in which your classmate has got both interest and abilities. Write that down in the last row of the table along with your comments.

Changes in liking or interest and family influence:

With the progress of time our interests, likings, and desires may change. It might happen that the tasks we used to like or feel interested to during class six are no more that interesting to us. It is not unusual that likes or interests may change. Our aims may change as our interests and likes change with age and time. Our career plan might change as well. We have to consider these changes as normal. Let us compare our present and past likings to check whether there have been changes in our interest.

Table 5. 2: Past and present likings

Things I liked/loved doing in the past	
Things I like/love to doing now	
Reasons for the changes in my likings	
Area in which there are support and assistance from the family	

Our family support plays an important role in determining our aims. In many cases family lineage, financial capacity, values, attitudes, etc. influence our liking and interest. In such a situation we can talk to our family members openly

and share our thoughts about our interests and qualification. We can logically present the reasons for the choice to our family and can ask their favour. We need to consider the views of our family too. What they think about what we are more suitable for needs to be focused on. We can consider their opinion too if that seems rational. Moreover, it is usual that time may change our aims. So, we don't need to fix a particular aim right now. We can arrange a debate in the class on the aim of life.



Image : 5.1 Debating

Topic for debate

Qualification is the only defining factor in setting the aim of life

Rule

The students should be divided into two groups. Teams in favor of or against the motion will be selected through a lottery. Discuss and nominate three competent speakers for each team. Decide who will be the first, second, and third speaker and the team leader. The remaining students will provide information and arguments for their team. Discuss in a group and prepare scripts for each of the three speakers. (In one class you will prepare the speech and in another class, there will be the debate session)

Time allocation

From the two teams speaking for and against the motion, each of the speakers will get four minutes and each team will get 12 minutes in total. (Total time for two teams, $12 \times 2 = 24$) After the individual speech from each team, the team leaders each will get two minutes extra time.

Time tracker

One will take the responsibility for time tracking. One minute before finishing the speech of every debater there will be a warning bell and a final ring at the end of the allocated time.

The adjudicators

Make a panel of judges with two teachers and three students. The students can be from another class too. If the students in the panel are from your class, they should be impartial.

For marking, each judge will have a format like the one given below:

Team	Speaker	Presentation	Gesture & pronunciation	Presentation	Refutation	Using information	Total							
In favour of the motion	1 st													
	2 nd													
	3 rd													
	Total marks of the supporting team													
Against the motion	1 st													
	2 nd													
	3 rd													
	Total marks of the opposing team													
Winning team:														
Best speaker (Highest number) :														

From our experience of the debate, we must have understood now that to succeed in a work we need to have the ability as well as interest for that task. If we have an interest, we can develop our capacity through our efforts. Again, in many cases competency acts as a required qualification for a job.

Choosing one's profession

This time we are going to do a different task. We will imagine what we would look like in the future.

Me at present	
My likings	
.....	
.....	
.....	
My interests	
.....	
.....	
.....	
My qualifications	
.....	
.....	
.....	
Comments of guardian	
Comments of teacher	



Me in the future: The profession in which I would like to see myself

(Draw a picture of your future profession or write a story/poem/ rhyme or tell /write an essay describing the qualities)

Plans of various terms to meet the aim

Who does not love to see him/her as a successful person in the future? We wish everyone's dreams might come true. To achieve that dream we need to follow a well-planned procedure. You practiced making a table of planning for achieving the goal in class six and accordingly you will have to prepare a step-by-step plan for the profession of your desire.

Case: Abu and Shila's Performance

Abu and Shila are smart as well as intelligent. Cheering up the class by kidding with their classmates, moderating disputes among their friends, climbing up the neighbouring trees, and swimming in the ponds till their eyes become red are their regular activities. Not only that, they are so popular in the school.

It is interesting that whenever they are given any responsibility they carry it out nicely. For this positive approach, the scout teacher appreciates them. There is a mango tree in their school which has got plenty of mangoes this year. The Headmaster decides to share the mangoes with the students to eat when they are ripe. The scout teacher informs Abu and Shila: "Form a committee and decide how you will do this. I want to see the Head sir's dream come true. I will be beside you at any need."



Image 5.2: Implementation of Abu and Shila's plan



Group Work

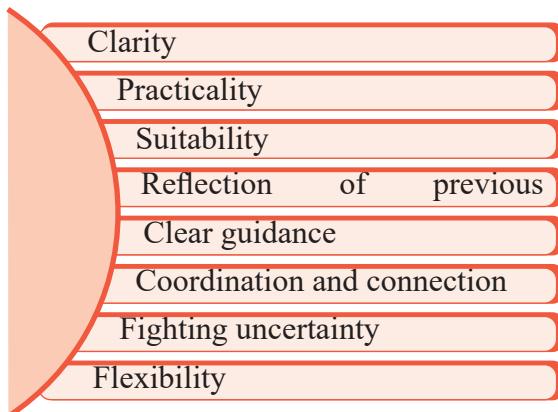
Imagine you as Abu and Shila. Make a group discussion and plan how to fulfil the Head sir's dream.

Target and plan:

A boat in a river might move forward randomly to any direction if that doesn't have any destination. But if the boat has an endpoint, the boatman tries his best to reach the destination surviving against the waves.

Every activity has got an aim. Even the river that comes out from a mountain has got its destination to fall in the sea. This destination is its aim. In short, aim refers to the desired future result that a person or organization wants to achieve. Planning means the effort or approach to reach that goal. The result of any task depends on its planning. So, in management terms, the expected or estimated result of work is called an aim. Designing where, how, when and what to do to achieve this aim is called planning.

This planning shows some special features:



Whatever our planning might be, it needs to be specific and we should properly check its feasibility. We also need to evaluate whether the plan is accepted by all in the family and society, whether the plan is based on the reflection of previous experience, how to maintain the connection with other relevant issues of the plan and proper management of the factors affected by this plan.

Besides, in case of any uncertainty what possible procedure to be taken should be indicated. It's better not to be rigid at any point. There should be options to be flexible according to the situation. Planning could be of different periods. Based on the tenure, plans can be of different types. For example:

- Short-term plan (Less than one year)
- Mid-term plan (More than one year and less than 5 years)
- Long-term plan (More than 5 years)

Whatever the duration of the plan, one needs to have a strategic analysis while designing it. In this regard, there is a popular term 'SWOT analysis'. Each letter in SWOT has a means:

S- Strength

W- Weakness

O- Opportunity

T- Threats

Such analysis helps our work procedure to determine our aim and design our plan for life. Let's get back to once again to Abu and Shila's plan. We will find out their strength (S), their weakness (W), opportunities to complete the task properly (O), and the challenges (T):

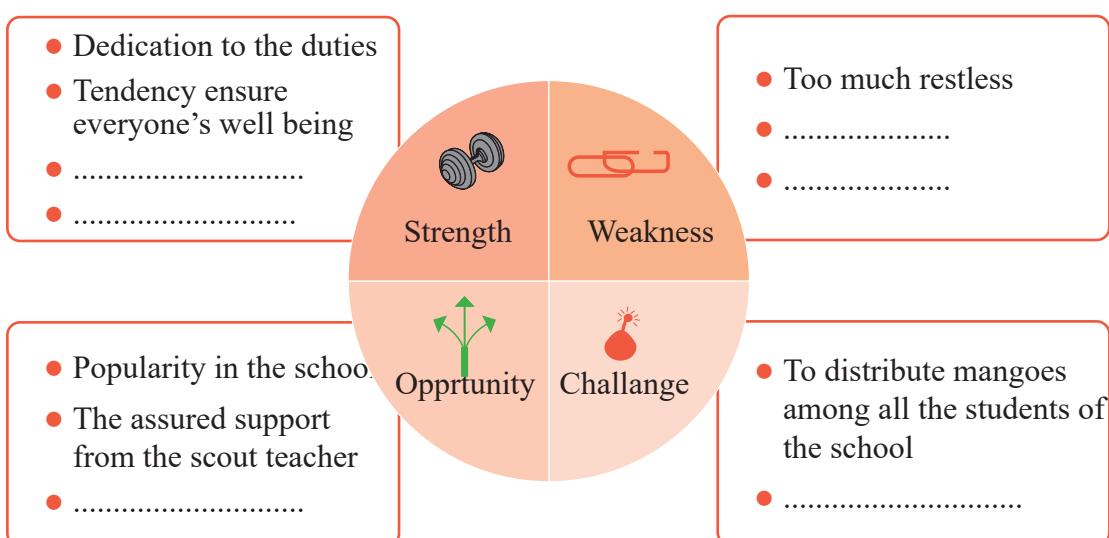


Image 5.3: SWOT

Doing a SWOT analysis at the beginning of any plan for us makes the progress of the whole task smooth. If an organization wants to design a short-term or long-term plan for its development or to achieve a particular target, in that case too, this type of analysis makes the planning and implementation process smoother. We can include in the plan what strengths we have, what other strengths we need to build and enhance further, what lacks or limitations we have, and how to solve or reduce those issues. Moreover, we can also effortlessly plan for the best possible use of available opportunities close to us and how to reduce possible uncertainties or risks.

Case study: Merina's story of achieving targets

It was seven years back. Merina used to live in the Haor area. They had a pretty comfortable life. They had a large poultry farm. During the daytime, the ducks of the poultry farm used to swim in the water and at night they used to get back to the farm. But seven years ago, during an extended flood, their house was



Image 5.4: Merina's eggshell powder provides nutrition to plants

submerged in the water. All the ducks were lost. When they returned from the shelter centre they had already lost everything and become indigent. A meal in a day became rare for them. During that time, one day Merina went to collect relief with her father. Her father stood in a queue while Merina took a seat in one corner of the office. At that time a newspaper headline “The alternative use of eggshell” drew her attention. She hurriedly read the article. Then after returning home, she started planning with all the family members.

Mernia’s family started the business almost without any capital. At first, they started collecting eggshells from the neighbours. Then they followed the process of crashing the shells into powder and brought those to the parlor, nursery, and a medicine factory in the town. For the next few years, they continued to move from place to place to sell these and gradually they elevated their poverty. Merina once again started to go to school. She discussed the matter with a teacher in her school. The teacher showed her some videos on his mobile phone. Merina got some ideas from there.

After returning home she discussed with the family members and started planning for a new business. The next was history. The life story of Merina and her family changed. They developed a large blending machine to make powder of the eggshell. They sent a basket to each neighboring family to collect eggshell. Meriner’s parents used to collect them three days a week from all the houses. On their way back home from school, Merina and her brother used to collect eggshells from hotels in the town. Since their shell powder was of good quality, they didn’t have to move from shop to shop to sell. Their father got orders on his mobile phone from different towns, and they supplied accordingly. Sometimes some company representatives used to collect from them. They had to employ some assistants too in their business. In this way, five years passed. Now Merina’s family dream of exporting egg-shell. They start new planning.

Imagine that you were Merina. fill in the table below following group discussion:

First-year (Short-term)	
Your plan	
Next five-year (Mid-term)	
Your plan	

For export overseas (Long-term)	
Your plan	
Identify one strength, weakness, opportunity, and challenge (self-reflection) in that plan	
Teacher's comments	



Individual Work

Listen to a success story of a person from your family/ locality/village. Ask questions to know about the progress in different stages. What target he/she had, How the person achieved the target, what barriers he/she faced, how he/she overcame the challenges, and what he/she thinks about the present status need to be inquired about. Then draw a life-river picture with that information or share your ideas with your classmates.

(There can be ups and downs in one's life. There might be rises only in someone's life, others might have the story of successfully overcoming the challenges through proper planning. Each individual usually has an individual experience of reaching the destination. You can draw a flow chart according to the story you hear. In the flow chart, there can be a short description of each stage.)

Life-stream

We need to ensure our ability to adapt to the new environment soon which means we should acquire the required knowledge, skill, attitude, and values. To make us fit for future challenges it is essential to develop these qualities and competencies. And for that, we need to know ourselves properly. Every person has got individuality or personal identity. The thoughts, requirements, choices, liking, disliking, interests, and skills vary from person to person. Someone might like mathematics; another person might not like doing so, rather might like to study literature. Some people might enjoy the external beauty of nature while others might like to work in the lab. Many of us like a lively social gathering and some others may prefer to stay in solitude. Every person has got different features, quality, and separate choices. So, we need to know if we have an interest in a particular activity, what background we have behind such interest, whether we have skill or ability, weakness in that work, and how we can develop that skill through cherishing them. In this way, we can gain better self-reliance and self-confidence. At this, we become more motivated, energized, and spirited to do self-development. Consequently, achieving the target becomes convenient.

A well-designed plan according to our interests and ability is an asset for our journey through life. But we need to remember that we should be sincere, dedicated, diligent, and determined to achieve the target. We



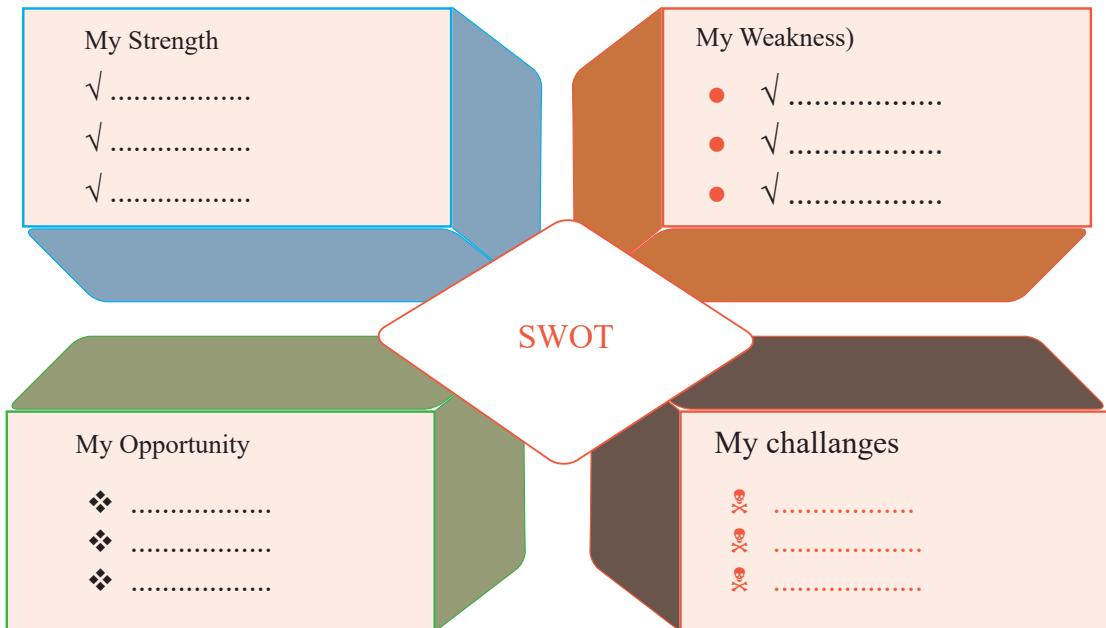
Image 5.5: Every person has unique feature, type, and quality

have a plan in hand does not mean that the target will be automatically fulfilled. We need to be proactive to concentrate on our duties. It is said that God endows good fortune to hard-working people. So, we should know about ourselves before we decide on our aim and by developing our qualities we should proceed strongly to touch our dream.



Self-Evaluation

- Fix a target for you. and make a personal SWOT analysis for reaching out that target.



- Things we have done in this chapter (Put tick mark)

Tasks	Couldn't do	Partially done	Properly done
Analyzing the reasons for Ishan's changes			
Self-evaluation to understand one's self			
Comparing past and present self-choice			

Participating and contributing in debates regarding aim in life			
Selecting a profession for oneself			
The plan for achieving the target by Abu and Shila in the text			
Explaining the plan for achieving the target by Abu and Shila in the text			
Planning short-term, mid-term, and long-term plans based on Merina's story			
Collecting or listening to a success story from a person in the locality/family/village			
Drawing the steps of life-river analyzing the success stories			
Total score: 30		My score:	
Comment of my guardian:			
Teacher's comment:			

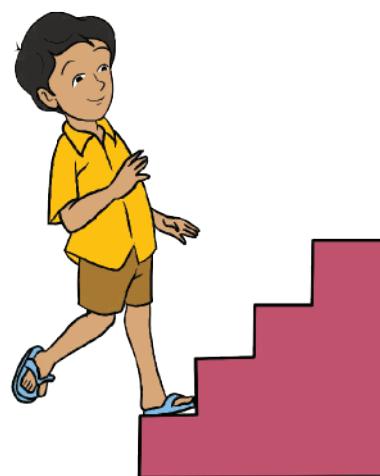
My Achievement?			
(Identify your mood according to your achievement)	 I don't feel good; It is very vital to know more about each topic of this chapter.	 I am happy, but it is essential to know more about each topic in details.	 I am pretty happy; From now on, I will regularly practice in order to develop my competencies so that I can achieve the goal.



The points from this chapter I need to know more about:



The tasks I need to continue practicing:-





Working Jointly

ମିଳେ ମିଶେ ସବାର ବୁନ୍ଦି କରି ଆଦାନ-ପ୍ରଦାନ
ତାତେଇ ହବେ ସବ ସମସ୍ୟାର ସହଜ ସମାଧାନ।

Ant is a tiny creature in nature. But if we notice them we see that often they carry jointly quite a large thing to a destination. A united approach with honest intention brings a convenient solution to a problem. Teamwork is more likely to succeed.



Pallabi and the success of her team: Effective communication

Pallabi lives in a colony. There is a little open space after every seven houses in a row. They pass the whole evening there after returning from school. Sometimes they play ‘Darianbanda’, sometimes ‘Bouchi’ or ‘Satchara’. If all the members of a team are not present, they just enjoy their noisy gathering and chatting. So, this place is so dear to them. Suddenly, one day they find that a mason has started to make a boundary to attach this space to a neighboring house. Everybody has got startled at this happening. They gather in a place and start discussing in a group. They try to find out why this has happened, who remains responsible for that, what benefits the persons get, how they can retain their playground etc. Pallabi gets individual opinions and ideas from each of them. They decide to ensure the original information as they analyze the strengths and limitations of the opinions. Shibu, Prabha, and Liton have been assigned to collect the real information.



Image 6.1: Playground of Pollobi and others

Within a day Pallabi gets to know the fact. The neighboring wealthy land owner is manipulating the opportunity to take possession. The detective kids face real trouble. They discuss to make a way to combat the situation. They recall that earlier the dustbin problem was resolved by the local commissioner. This time also they feel to share the problem with him. They proceed as they think. They are fortunate that the commissioner is available in his residence. They altogether pursued him to listen to their arguments and rights. He visits the place with a group of people and asks to stop the work.

That creates a hue and cry. The wealthy person comes out of his house and starts bargaining with the commissioner. Once the situation gets worse, Pallabi

and her friends rush to the adjacent houses and bring some seniors to the spot. After huge shouting and bargaining, a date gets fixed for dispute resolution. Pallabi and her friends prepare their arguments and how they will present those. Besides, they also manage the elderly persons of their locality to speak in favor of them. The ruling comes in their favor. The boundary gets vanished. Pallabi and her friends get back to their recreation neighborhood.

What steps did Pallabi and her friends take to retain the play area?	
What skills of Pallabi's team have contributed to resolving the problem?	

Pallabi and her team have got their play zone back through their intelligent approaches. Their team members all had some skills that helped them to win. The theme 'Communication is power' is popular in the present century we live in. Communication remains a significant factor in solving a problem. We have noticed in the story how Pallabi and her teammates succeeded to retain their rights through effective communication. To solve the problem the teammates also used some more skills and we are going to know them by their official titles.

A. Analytical thinking

At first, they didn't show any excitement. They tried to find out why it happened, who was behind it, what benefits those persons had, how they could preserve their play zone etc. That means they analyzed the fact to understand the situation. Then they decided on their next step after discussing the possible answers to these points.

B. Collaborative thinking:

Pallabi didn't try to solve the problem alone. We have noticed that she tried to talk to all the members of her team and tried to make a way out by distributing responsibilities to the members. She maintained communication with the commissioner and the elderly persons of the locality.

C. Reflective thinking:

When they got information from the team members, they checked those with the assumptions they had made the previous day. Then they determined their next step by reflecting on a previous experience of solving an issue.

D. Conflict management:

In the story, this has been done by the elderly persons of the locality. They listened to both parties' arguments with a positive attitude and tried to trace the main point of conflict. Pallabi's teammates were also able to present their points to them appropriately.

E. Evaluating or Apprising

In the story, Pallabi and her mates convincingly presented their arguments to the local commissioner and the elderly members of their locality. They focused on the possible arguments of the opponent. They prepared themselves to provide answers according to the situations. At every stage, they used their prudence to take a decision which means they estimated the possible good or bad consequences.

Practicing the skill of effective communication:

In our class six lesson, we learned that effective communication means expressing ourselves correctly and receiving information from others accurately, listening to others' speech attentively and actively. We also learned that we communicate with others in different ways. May be in writing, in speaking, or may be through body language. When we communicate to a person with a purpose and we can pursue that person to be convinced with our points then that can be called effective communication.

In the case of effective communication, there is no chance of misunderstanding. Because effective communication is free from the tendency of denouncing or hurting others.

Almost all of us can survive in a hostile environment. But all of us may not be able to utilize the abilities practically in the required situations. So we get defeated at some primary points. If we want to use our capacities actively, we need to practice effective communication to learn that skill.

Two situations have been described here. We can discuss this in groups and try to find out effective solutions to these.

Problem 1

Shipra is whimsical and careless in every matter. The day before yesterday while returning from school, she went to a friend's birthday instead of getting back home. She doesn't have her father though the family is financially solvent. Her mother became impatient after waiting for her for a long time. Shipra got back

home at nine at night and she had crosstalk with her mother. At a certain point, her mother lost her temper and decided not to allow Shipra to go to her school. Being hyper, Shipra also declared not to go to school anymore. She wouldn't be in any touch with her friends.



In this situation, as Shipra's friend, how can we help her?

(Possible steps to resolve: Listening to both side claims attentively, discussing the negative consequences of postponing the study, how Shipra can change her behaviors, how Shipra's mother can help her, etc.)

Problem 2

Sajib is a meritorious student. But recently he has not been attentive in his studies. As long as he remains in his place he just gets occupied with his mobile phone, TV, or computer games. No conversation at all with his parents. He doesn't talk to any guests visiting their place. If his mother asks him about his meal, he gets annoyed. Unnecessarily misbehaves with his younger sister. He doesn't maintain any routine for meals and showers. Sajib's father tried a lot to manage him with normalcy but couldn't succeed. Recently Sajib's family starts receiving complaints against him from the school. Swapan is their neighbor. Swapan is in the same class and the same school as Sajib. Sajib's mother often visits Sawpan's place, regrets greatly Sajib's behavior, and sheds tears in grief.



How can we help Sajib in this situation as a neighbor?

We should remember that there could be obstacles to any activities. The problem may or may not be solved at a time. That's why the problem should be divided into smaller segments. The solutions to the segments will be combined to get the complete solution. We follow the same procedure when we try to solve a mathematical problem. Although all our real-life difficulties do not always match with mathematical problems, still the application of mathematical knowledge could be the source of solutions.

Sometimes it is found that we avoid a person in his time of misery. We remain concerned with self-safety only. We forget that we are social beings. But we don't think for a while that there is no use in becoming a one-eyed king in the land of blinds. Often in the class, we try not to share our notes, we mock others if they are weak in learning. In this temporary world, there is no meaning in winning alone. Real success lies in achievement through teamwork.



Group Work

Make some dialogue scenes as a part of rehearsing the steps for resolving problems 1 & 2.

Get into groups to develop scripts of conversations with Shipra and Sajib and then role-play.

A. Dialogue between Shipra and her mother

Discussion with Mother	Listening to both of the opinions, what could be the consequence of postponing study, how we can bring changes in how the mother can help Shipra etc.
------------------------	---

Discussion with Shipra	
Discussion with both at the same time	

B. Dialogues with Sajib

Discussion with Mother	Listening to both of the opinions, what could be the consequence of postponing study, how we can bring changes in how the mother can help Shipra etc.
------------------------	---

Discussion with Father	
Discussion with Sajib	

Bringing Solution to problems

In our class six lessons, we came to know and practiced some exercises on what a problem is, how to define problems, which problem gets priority from the list, how to find solutions to the problems, and how to give efforts to resolve a problem.

We face many problems in our surroundings when we move on. These could be personal, family, or social problems. Whatever the problem is, psychologists and researchers have been analyzing for making a way out of these problems. Recently, a method named solution fluency becomes popular in this regard. To solve a problem, this method follows six steps, called ‘Six Ds’.

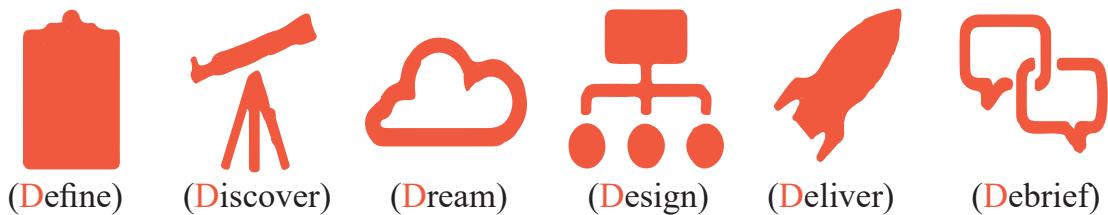


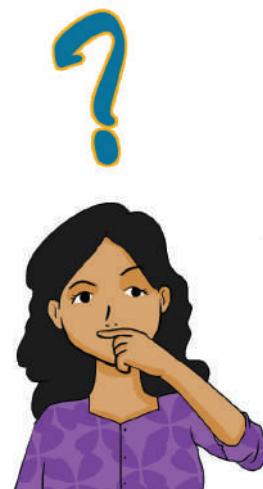
Image 6.2: 6Ds

1st step: Define

We need to determine what the problem is. We need to be sure whether the solution to the problem would develop the situation. It might happen that the problem we are concerned about is not a problem at all. That's why at the beginning, we have to diagnose the nature and features of the problem, the harmful consequences, and the possible benefits.

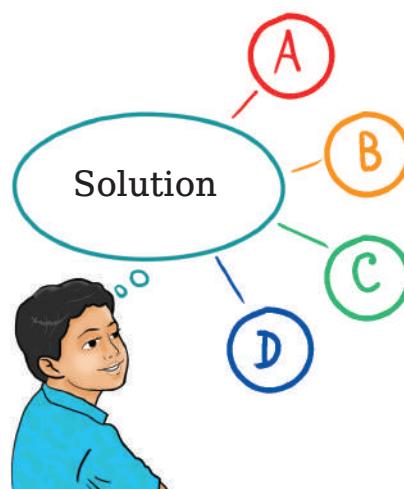
2nd step: Discover

We need to focus on the main source of the problem that we are facing. It should be identified in which context the problem rose or which reason created this issue. For this, necessary data should be collected. At this stage, the force active behind the problem should be detected.



3rd step: Dream

At this stage, we have to imagine the possible solution to the problem. In finding out a solution to a problem we need to be highly imaginative or capable of dreaming the best. Once a mother asked Einstein, ‘What should I do to raise my son as a scientist?’ Einstein replied, ‘Read fairy tales to him. If you want to make him a greater scientist than me, you need to read a lot more fairy tales to him!’ The creativity to imagine the future or possible solutions is a special skill.



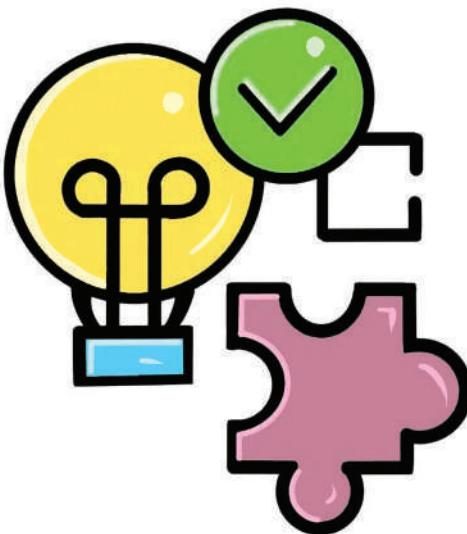
4th step: Design

Among the possible solutions that were imagined at the third stage one needs to be selected after logically assessing them. To implement the solution, there should be a plan. We need to keep in mind that the solution should be the easiest and most convenient. If a solution is not feasible to implement, that might create further complexities in planning.



5th step: Deliver

After planning, the whole design needs to be scrutinized. If the storyline is open to review, we might freshly notice many minute details. An overall observation of the plan could bring out gaps if there are any. Then they could be addressed more proficiently.



6th step: Debrief

At this stage, we need to compare our plan to a previous experience solving an issue. If there is a special observation from the earlier experience, that could be accommodated here. The present plan can be compared side by side with the steps and implementation process taken in the earlier case. Through this taking decision becomes much easy and more effective.

In this way, we can follow these six steps and try to solve any problems.

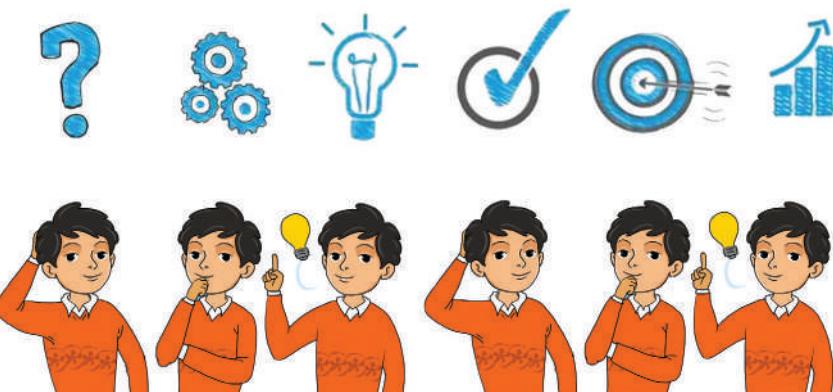


Image 6.3: Problem solving in six steps



Project Work

Pick a selected problem of your school, family, building compound, or of your locality. Design a plan for the solution to this problem. Take the initiative to implement the plan for solving the problem. Write a report describing the experience or storyline of resolving the problem.

Work process to follow:

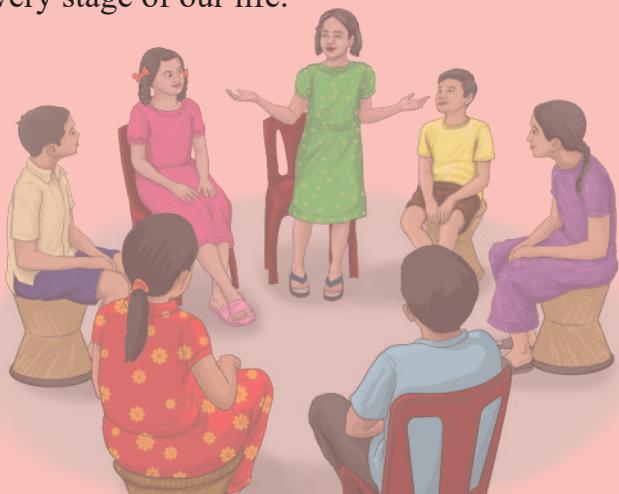
- Get divided into six groups based on the localities.
- Carefully read the chapter ‘Many Hands Make Light Work’ from the Life and Livelihood textbook of class six. Then discuss in groups and make the meaning clear. If needed, take help from your teacher.
- Select a small-scale problem that you might resolve.
- Follow the steps of solution fluency and take initiative to solve the problem.
- Each of the six teams will work with a particular problem. The same issue shouldn’t be addressed by more than one team.
- To identify a problem and then for finding a solution to that you could take help from the teachers, senior students, family members, or people from the neighborhood.
- Describe the steps from the beginning to the end so that it tells about your experience.

- In the story, you can attach photos of the problem with the titles ‘before’ and ‘after’.
- You can draw a flow chart of the whole event.
- You can apply your free thoughts, choices, and creativity to do the task.

Different signals for the problems in the project work

<ul style="list-style-type: none"> ● No potable water in the classroom ● No bin in the classroom ● No display board of their own ● No tiffin during the break ● No scope for games in the school ● No arrangement for the physically challenged children ● Bullying tendency of some students in the school 	<ul style="list-style-type: none"> ● Open garbage and waste on the streets ● Victimization of child-marriage ● Victimized by any superstitions of the locality ● The harassment of a student by other students on the way to school and home. ● Someone’s tendency to misbehave with their parents at home etc.
--	--

At its birth, a baby remains like a blank page almost without any skills. Then, gradually going through many problems and experiences, at a certain stage, the person becomes proficiently skilled. Whatever the skill is it is ensured through practice. Communication and problem-solving skills also get strong through practicing. So, to be skilled in communication and problem solving we need to keep practicing in every stage of our life.





Self-Evaluation

1. Make a list of communication and problem-solving features that you have in your character and also of those features that you need to develop more.

The skill I have for effective communication

The skills I have for problem-solving

The areas where I need to develop my skills

2. What we have done in this chapter(Put tick marks)

Tasks	could not do	Done partially	Done properly
Analyzing a case study- Pallbai and her team			
Practicing effective communication through analyzing case study			
Preparing a script of dialogues for problem 1			
Preparing a script of dialogues for problem 2			
Participating in project work			
Submitting project report			
Total score: 30		My score:	
Guardian's comment			
Teacher's comment			

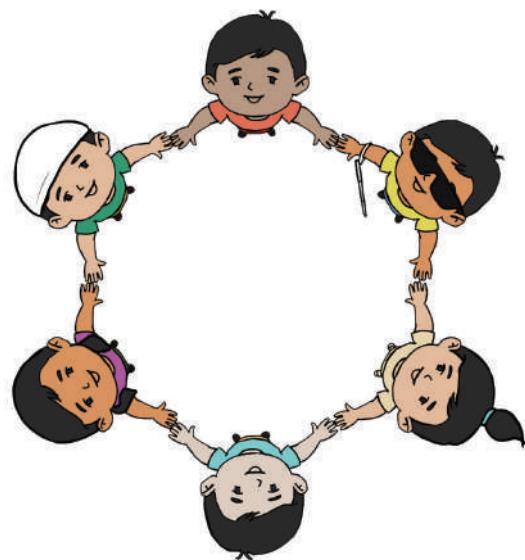
My Achievement?			
(Identify your mood according to your achievement)	I don't feel good; It is very vital to know more about each topic of this chapter.	I am happy, but it is essential to know more about each topic in details.	I am pretty happy; From now on, I will regularly practice in order to develop my competencies so that I can achieve the goal.



Let us write down the topics of this chapter that I need to understand better.



Let's write down the tasks that I need to practice more on a regular basis.

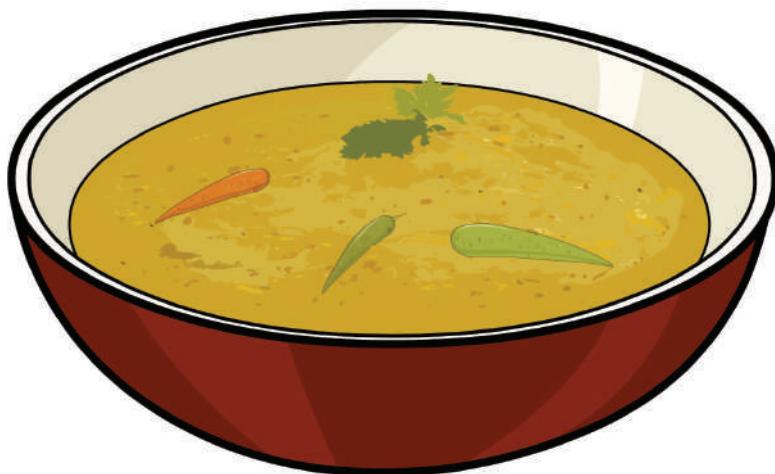


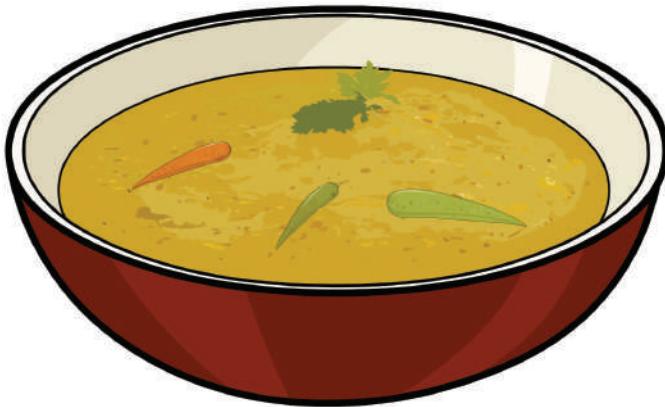
Skill Course



Skill Course : One

Cooking





Preparing Lentil Soup

By the end of this lesson, we will be able to-

Prepare lentil soup in a simple way maintaining hygiene and safety (according to the situation)

In class six lessons, you learned to cook rice, mashed potato, and egg omelet. Maybe occasionally you take the responsibility for cooking rice, mashed potato, and egg omelet for your family. Your family members might have felt satisfied with you. In class seven lessons, we are going to learn some more dishes.

Lentil soup is a very common dish. Our daily food seems incomplete without lentils. Many types of pulses are common in our country as food. Among them red lentils, green gram, black gram, chickpeas, peas, Kheshari are remarkable. Of these red lentil is the most famous. Pulses give us a good amount of protein. As it is cheap, this is used as a good source of protein. You must have known that in the building and growth of the body protein plays an important role. So, having pulses in our daily food can help us to grow up quickly and to keep us healthy.

Do you know how lentil soup are cooked? A piece of lemon and pulse with rice is really tasty. All of you can cook lentils and make a surprise for your parents. Let us try to see how we can cook lentils that everybody likes.

Things to know before cooking lentil soup:

- Methods of cleaning the utensils and the tools

- Use of sharp tools
- Chopping onions and zinger
- Setting the stove
- Using grounded spices

Although there are different ways of cooking lentil soup in different areas, all types of lentil soup can be cooked in the same way.

Let us do this-

Jebul moves to the kitchen after getting back from school. He finds his mother preparing lentil soup to cook and his father is slicing zingers. Jebul asks, what are you cooking right now? Father replies with a smile, ‘We are cooking lentil soup. Do you like to learn to cook this?’ This makes Jebul overwhelmed and he shouts in joy, ‘Yes, I’m here to learn that thing.’ His mother becomes surprised and asks, ‘What’s the matter, Jebul? Let us know why you are suddenly so interested to learn this?’ Jebul embraces his mother from the back, affectionately rubs his nose on her shoulder, and says, Mother, we are having a picnic. Everyone is going to bring a dish and going to meet at Badamtala. My part is to cook lentil soup. Is it clear now, mother?’ Mother says, ‘You stand beside me. I’m teaching you how to cook tasty, gravy lentil soup easily.’ Then Jebul helps his mother and learns how to cook lentil soup as well. Father shows him two videos of cooking lentil soup on his mobile phone. Mother tells him, ‘Mind that lentil soup need to be properly boiled. Otherwise, it wouldn’t be tasty and might cause a problem in digestion.’

On the picnic day, Jebul starts to think about whether he would be able to cook tasty lentil soup. Shall it be embarrassing in front of his friends? But the great thing is that Jebul has simply been able to cook tasty lentil soup and serve them to his friend. Everyone appreciates him as a chef and his dish.

Now we will get the ideas step by step of how Jebul impresses everybody with his dish.

What we need to cook gravy lentil soup:

1. Half a cup of lentils
2. 1 piece onion-medium
3. Zinger (Chopped up pieces)- 1 teaspoon

4. Turmeric powder- a little bit
5. Salt- required amount
6. Green pepper- 2 pieces
7. Oil – 2 spoons

Process:

Step-1

At first, Jebul cleans the necessary pot, spoon, and bowl for cooking lentil soup.

Safety point:

- ✿ At the beginning of the task, we need to ensure our hair is properly set to avoid loose hair falling into the food. A cap could be good protection.

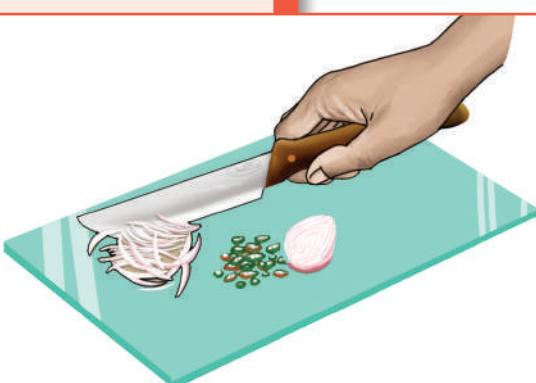


Step-2

He chops up onion and zinger with boti or knife.

Safety point

- ✿ We need to be very careful while using boti or knife or cutting



Step 3

Then he takes a half cup of lentil soup in a pot and cleans properly removes if there is any pebbles, gravel, rice, and a bit of stick. Then he rinses them two or three times with water.

Safety point

- ✿ Each time during washing when we sieve the lentil we need to be careful not to pass the lentil with the water.
- ✿ The dress must not get wet. If possible we can use an apron.



Step 4

Then he pours four cups of water into the cleaned pulses of the pot, set the stove on after putting it on the stove, and place the cover on the pot.

Safety point

- ✿ Since different stoves are ignited in different ways, it is to be learned from the elders beforehand.
- ✿ If you need to use a matchbox to ignite the stove, ensure to extinguish the match stick dipping into water as soon as the ignition is done.



Step 5:

Jebul now places cover on the pot, increases the fire a bit, and waits for 7/8 minutes standing close to it. As the water is boiled he removes the cover and reduces the fire to medium heat. He uses a spoon or a cooking spud to stir the pulses. (The time taken for the pulses to be boiled may vary depending on the pulse type)

Safety points

- ✿ We need to stand close to the stove otherwise the boiled water with bubbles might overflow into the stove and extinguish.
- ✿ While using cooking spud we need to keep our hands safe. If possible, we can use hand gloves.
- ✿ While changing the sides using a cooking spud it is better to use some heat-protecting cover (heavy cloths) to hold otherwise much pressure on the pot might cause it to fall.



Step 6

After 4/5 minutes when the water level gets lowered and the pulses are boiled he sticks with a whisk.

Safety points

- ✿ The fire needs to be kept low while whisking otherwise our hands could get burnt.
- ✿ We shouldn't put much pressure to avoid the pot to fall. If we can't handle it alone, we can take help from other family members.



Step 7

Then he stirs with the required amount of salt, a bit of turmeric, and a whole two green peppers. After 2/3 minutes boiling when the pulses become gravy, Jebul pours little amount of pulses into a spoon and tastes that. Then he uses the holding pads to put down the pot from the stove.

Safety points

- ✿ We need to be careful to puff the dish to keep it cool before tasting it. It might burn our lips.
- ✿ The pot needs to be held with pads to avoid heat.



Step 8

Now it is time for seasoning. Jebul lowers the fire and puts a pan on the stove and pours some oil. The already chopped-up onions and zinger he puts in that oil. He starts stirring with a cooking spud. When the chopped-up slices get brown he pours the pan oil with the slices into the pulse pot. Seasoning flavor fills the kitchen with a tasty aroma.

That's all! Here comes Jebul's dish of tasty pulses!

Safety points:

- ✿ While seasoning oil into the pulses pot the oil drops might scatter and create trouble. In this case, we can hold a lid with a side lowered while seasoning so that oil drops can't split out.
- ✿ The pan needs to be held with a heat-protecting pad/cloth so that it can't burn the hands.



Step 9

Jebul cleans the cooking spud, spoon, lid, knife, and plate properly and keeps them in their place. He tidies the kitchen.

Let's think back

- Can we cook all types of lentil in this way?
- Can we eat lentil soup without turmeric?
- How can we cook lentil soup without seasoning?
- What accidents could occur while cooking lentil soup?
- What safety measures are to be taken for cooking lentil soup?
- What more ingredients can we add to make the lentil soup tasty?
- Can we add some vegetables to the dish of lentil soup?
- What ingredients can be added to make the lentil soup more aromatic?
- How can we serve the lentil soup dish to make it tastier looking?

What we have learned:

- Cleaning all the ingredients and utensils properly
- Sharp tools like knives, boti, etc. should be handled with proper care and need to be kept in place after work
- Following the steps of cooking lentil soup with proper safety measures

Time to Freshly Prepare by Ourselves

We need to cook lentil soup in our home depending on the types and quantity. Take help from your parents or any other elder member of your family to practice cooking lentil soup as required. In some parts of our country, solid cumin and red chili are used in the seasoning for lentil soup that brings variety to the taste and making it tastier looking. To make it further tasty you can try adding green mango, olive, coriander leaves, etc., and practice cooking that.

This brings a very good taste to the lentil soup. In the earlier days, there was a tradition to put pieces of vegetables like papaya, gourd, wax gourd, etc. Lentil soup mixed with vegetables taste nice. You can try that out. In some regions at the beginning of summer, green jackfruit (locally known as *Ichar*) is also mixed with lentil soup. Cook this in the class along with your classmates and share the dish with your teacher. Add new ideas to the cooking. Practice that in your place, serve to others with variation, take photos or draw images of that.





Self-Evaluation

1. Listen to someone's experience, try to understand that properly, or read that from a book and then fill in the blanks with the required information.

When and how to put mango as an ingredient in a mango-lentil dish?	
When and how to put papaya as an ingredient in a papaya-lentil dish?	
When and how to add seasoning of red chilli or solid cumin to lentil dish?	
What role do lentils play to fulfil the required nutrition in our body?	
Teacher's comment	

2. You may add tomato, green mango, sliced coriander leaves, or any vegetable to bring in variety or richness to taste of your lentil soup. Serve that to your family members, get their opinions and submit that to your teacher.

Family members	Very good	Good	Average
Mother			
Father			
Brother			
Sister			
Grandfather			
Grandmother			
Any other family member			

3. How I felt while doing the task

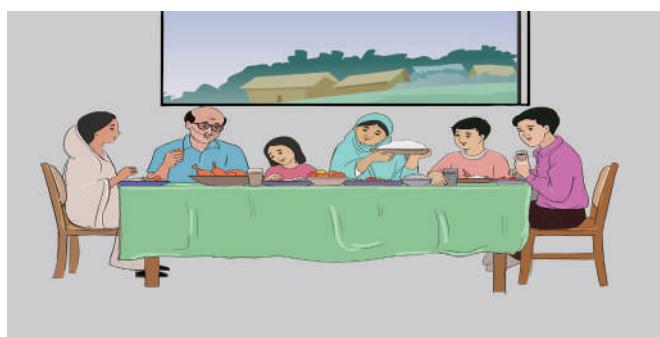


(Write here the positive feelings, negative feelings, incidence of getting hurt, facing an obstacle, and what new things you have learned.)

4. You will take some photos or draw pictures of some moments of preparing lentil soup and attach them to the following grids. The guardians will display them from their mobile phones on the meeting day. If possible get the print copy, then print them on a white page and cut it into pieces to attach here.

	Measuring the lentils	Cleaning the lentils
Adding required mount of water		Prepared lentil dish
Guardian's comment:		

Cooking beholds the tradition of a family. The colour and aroma of a dish magnificently tell the story of family bondage, homesickness, and purely tender affectionate feelings of the family members. When we are away from home we miss the cooking of our dear ones and that creates a sense of incompleteness in us. That's why from now on we will truly love to cook for our dear ones so that our family tie gets strengthened.





Cooking vegetables

By the end of this lesson, we will be able to –

Cook vegetables safely and easily maintaining due hygiene (depending on the situation)

Our mother earth is abundant with prosperity, happiness, and pleasure. Truly, our country is a rare land full of God's blessings. The soil here is purer than gold, golden crops grow here. Every season produces different types of vegetables. It is great to see that different vegetables in different seasons have a variety of qualities. In our country, usually we see the dominance of seasonal vegetables. Such a variety of seasonal vegetables full of body and mind-refreshing elements rarely grow in other countries. We are so lucky that so many different vegetables grow in our country. These vegetables are quite capable of fulfilling the need for required nutrition. In our daily meals, these vegetables have been occupying a major part for a long time. These vegetables have been so prominent in our food list in so many different names and ways. This vegetable feast goes on in every meal of the day. You must have known that in bodybuilding, the beauty of the complexion, ensuring water for the body, and removing constipation vegetables play an important role. The best thing about vegetable is that the fibers keep our body fit and refreshes our mind.

So, to keep our body and mind sound we need to eat plenty of vegetables. We can say that vegetables in our daily meals help us to grow up quickly as well as keep us healthy. So it is very important to learn cooking vegetables.

We need to learn how to cook vegetables:

Before cooking vegetables we have to learn some other things:

- How to clean the tools and utensils
- How to use sharp tools
- Chopping up onions and zingers
- Cutting vegetables
- Light the stove
- Use of spice powder

There are many ways of cooking vegetables in different regions. Moreover, the cooking process for all the vegetables is not the same. We see many people in our country who avoid animal protein. When they go abroad they become known as ‘vegetarians’. Cooking vegetables go under various experiments to fulfill the desire for a new taste in it. Creative processes are followed to bring variation in daily meals.

Let us do it ourselves

Anita gets an exceptional invitation letter from the neighboring house. There will be a fair named ‘vegetable delight’. Anita is so excited about the arrangement of the program at Saad’s school. The theme of the fair this time is ‘vegetables for daily three meals’. The sight of tasty vegetables makes her hungry. For the first time, Anita has seen vegetables cooked in so many ways! She is moving to almost every stall, taking photos, buying, and eating an item from each stall. Each of the items is so differently delicious. At one stall, she meets Saad. His stall is displaying mixed winter vegetables. Cooked vegetables with so lucrative color and display make her truly amazed. She invites Saad to come to her place at the weekend and in return, Saad promises to teach her how to cook mixed vegetables. Then, that holiday appears and Saad starts his classes.

We can also learn the process of cooking vegetables that Saad teaches to Anita:

The things need for cooking mixed winter vegetables:

Different available vegetables at home: pumpkin, carrot, papaya, pointed gourd, the bulbous root of the arum, round potatoes, etc. (half cup each)

Things needed in addition:

1. Onion (large) 2
2. Zinger (chopped up) 2 teaspoon
3. Turmeric, chili, coriander, and cumin powder
4. Salt- required amount
5. Green chili- 2 pieces /4 pieces
6. Oil – 2 spoons
7. Solid cumin-1/2 teaspoon

Step 1

According to Saad's instruction, Anita cleans the necessary pot, spoon, bowl, etc. for cooking vegetables.

Safety point:

- ✿ At the beginning of the task, we need to ensure our hair is properly set to avoid loose hair falling into the food. A cap could be good protection.



Step 2

Then she cleans potato, papaya, carrot, and pumpkin, pointed gourd properly, and then peels them. Saad says that a knife or peeler can be used to peel the vegetables.

Safety point:

- ✖ The dress must not get wet while cleaning. If possible we can use an apron
- ✖ While using a knife or peeler to peel the vegetables we need to be extra careful. No way to look in the other direction. If possible, we can use gloves.



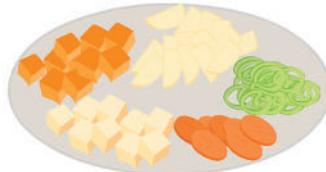
Step 3:

Then she cuts the vegetables into cubes and takes half a cup each.

Along with that, she chops up onion and zinger.

Safety point:

- ✖ While cutting vegetables we need to be extra careful. No way to look in the other direction, it might result in a cut on the hand. If possible, we can use gloves.



Step 4

Now she puts a pan on the stove, lowers the fire, and pours some oil. When the oil becomes hot she adds a fingertip of solid cumin. She sticks that for a while and then she adds onion and zinger that she has already chopped up to fry them for thirty seconds. After that, she adds half a teaspoon of turmeric powder and stirs it for thirty seconds more.

Safety points:

- ✿ Since different stoves are ignited in different ways, it is to be learned from the elders beforehand.
- ✿ If you need to use a matchbox to ignite the stove, ensure to extinguish the match stick dipping into water as soon as the ignition is done.
- ✿ While seasoning onion and zinger tiny slices into the oil, oil drops might scatter and create trouble. In this case, we can hold a lid with a side lowered while seasoning the onion and zinger tiny slices so that oil drops can't split out.



Step 5:

Now she adds half cup of cubed potato and carrot in the pan and stirs that. She spreads Half a teaspoon of salt (as required) and chili powder stirs once again and keeps the lid on the pan for the next minute. She keeps the fire level medium and removes the lid to stir properly after every few moments so that the vegetables don't get stuck to the pan. After the potato and carrot are curried in this way for some time, she adds a half cup of papaya, pumpkin, and pointed gourd and then again keeps that covered with the lid for around one minute. Now she removes the lid and stirs again before putting in two green peppers. Next, she lowers the fire level and puts the lid back.

Safety points

- ✿ While using cooking spud we need to keep our hands safe. If possible, we can use hand gloves.
- ✿ While changing the sides using a cooking spud it is better to use some heat-protecting cover (heavy cloths) to hold otherwise much pressure on the pot might cause it to fall.
- ✿ We shouldn't put much pressure to avoid the pot to fall. If we can't handle it alone, we can take help from other family members.



Step 6:

Then she removes the lid and pours the required quantity of water to dip all the vegetables into that. Then she keeps the fire level medium and puts the lid back to cover. She keeps stirring removing the lid every few seconds.

Safety point

- ✿ The pot needs to be held with pads to avoid heat.
- ✿ While using cooking spud we need to keep our hands safe. If possible, we can use hand gloves.



Step 7:

Then when the vegetables are boiled enough and the soup becomes gravy she sticks that and tastes the salt.

(As a little bit of salt is required more she adds that and tastes again). Now she keeps the lid once again on the pan, switches off the stove, and keeps the pan there for five minutes more. Here comes the very tasty mixed vegetables dish. This delicious vegetable dish also looks fantastic. At the end of cooking, she tastes a little bit with a spoon and becomes satisfied.

Safety point

- ✿ We need to be careful to puff the dish to keep it cool before tasting it. It might burn our lips.
- ✿ The pot needs to be held with pads to avoid heat.



Let us think

- Can we cook every type of vegetable in the same way?
- Why do some vegetables need to be taken first according to their types?
- What are the precautions to be maintained while cooking vegetables?
- Can we add chickpeas or peanuts to vegetables? When and how to add lentil soup then?
- Can we cook winter vegetables like tomatoes, cauliflower, beans, and peanut in the same way? When to add tomato or peanut in that case?
- In what other ways can vegetables be cut except being cubed?
- How to retain the color and quality of the vegetables while cooking?
- What is the benefit of using bay leaves, black cumin, and butter in vegetables? When shall we add them?

What we have learned

- Cleaning all the ingredients and utensils properly with clean water
- Sharp tools like knives, *boti*, etc. should be handled with proper care and need to be kept in place after work

How to cube vegetables

Following the stepwise process of cooking vegetables

Time to prepare something new by ourselves

At our home sometimes we have some leftovers of vegetables. In most cases, these vegetables are wasted. But we can stop this wastage if we are a little bit conscious. The remaining vegetables can be cooked as mixed vegetables.

In this way, we can ensure the consumption of vegetables and at the same time prevent wastage.

We know that eating vegetables is so much benefiting for our health. Vegetables and greens of different seasons can be cooked together. This creates variety in taste. Many people like to add sweet yam to vegetables. This brings a sweetened flavor to the vegetables. In some regions, it is seen that a fingertip of sugar is added to the dish just before it is brought down from the stove. In some areas, vegetables are boiled first and then seasoning is done to make them aromatic. Sometimes food lovers add prawns, chicken (Boneless chest piece), or dry fish. Each of them brings a difference in taste.

Take help from your parents or the elder members of your family and practice cooking mixed vegetables according to your taste and necessity. Cook in the class along with your classmates and serve that to your teacher. Try to cook following new ideas. Practice at home, and serve them to others with variety. Take photos or draw images of them.



Self-Evaluation

1. Listen to someone's experience, try to understand that properly, or read that from a book and then fill in the blanks with the required information.

When and how to put tomato and coriander as ingredients in a vegetable dish?	
When and how to put green peas as an ingredient in a vegetable dish?	
When and how to add animal protein (prawn, dry fish, or meat) to the vegetable dish?	
What role do vegetables play to fulfill the required nutrition in our body?	
Teacher's comment	

2. To create variety or to increase the taste you mix different types of vegetables and cook them. Serve that to your family members, get their opinions and submit that to your teacher.

Family members	Very good	Good	Average
Mother			
Father			
Brother			
Sister			
Grandfather			
Grandmother			
Any other family member			

3. You will take some photos of the vegetables while cooking or draw images and attach them to the following boxes. The guardians will display them from their mobile phones on the meeting day. If possible get the print copy, then print them on a white page and cut it into pieces to attach here.

Cutting vegetables	Vegetables curried
Pouring required quantity of water	Mixed vegetable dish

4. How I felt while cooking



(Write here the positive feelings, negative feelings, incidence of getting hurt, facing an obstacle, and what new things you have learned.)

A country with six seasons is very rare in the world. Innumerable rivers and canals are spread in the country and they extend their affectionate blessings to make our soil fertile and lively. So the surroundings remain deeply green here in this country as the grace of nature. Such a land girt with rivers and so fertile with corn and fruits are rarely found on this earth. This is our very dear motherland, our country! Even fruit plants can just grow up on this land from the excrement of birds. And, vegetables and crops are just unlimited! Throughout the year we get hundreds of vegetables like potato, sweet yam, arum, Amazonian yum bean, pointed gourd, sweet bitter gourd, papaya, asparagus bean, ridge gourd, zucchini, snake gourd, bitter melon, balsam apple, lady's finger, bottle gourd, wax gourd, cauliflower, cabbage, tomato, green pea, eggplant, brinjal, cucumber, khira, carrot, corn, radish, turnip, arum lobe, the bulbous root of the arum, shapla, red leafy, pumpkin leaves, basil, spinach, dimashak, bindweed, mustered leaf, jute leaves, notey shak, stem amaranth, drum stick, etc. The nutritional values of these foods are extremely high. We can learn to cook these vegetables of our land in many ways and in this way we can lead a healthy life.





Cooking Fish

At the end of this lesson, we will be able to

Cook fish safely and easily maintaining hygiene (depending on the situation)

‘ভাত-মাছ খেয়ে বাঁচে বাঙালী সকল
ধানে ভরা ভূমি তাই মাছ ভরা জল।’

Many days ago Ishwar Gupta wrote these lines. In Bangla literature, there are many rhymes, poems, and stories. Fish and rice combo has become the identity for the Bangalees for ages. The terracotta pieces of the eighth century found in Paharpur and Maynamati reveal images of fishes in many of them. In some temples, some terracotta images were found those portray Bangalee women cutting fish with boti. These images prove traditionally how much favorite food is fish to the Bangalees. During the Bangalee bridal occasion or turmeric ceremony decorated Rui fish is sent to the families as a token of good fortune. We express our fascination for fish in many cultural elements such as in paintings, the border of a saree, earrings, in the design of a locket! Fish is the symbol of good health for the Bangalees. No other country in the world is abundant in such a variety of fish. Bangladesh is the third highest producer of freshwater fish in the world.

Fish plays an important role in the rebuilding and growth of our bodies. Fish is abundant with protein, iron, calcium, phosphorus, vitamin C, vitamin B3, vitamin D, vitamin B2, fatty acid, lichenin, and methionine and all of them are

crucial for our body. To make our teeth and bones strong, to prevent nyctalopia and other physical problems, fish is necessary. Traditionally, in this land of rivers, canals, and marshes fish has been considered one of the most delicious dishes. Therefore, learning how to cook fish is a requirement for us.

The things that we need to learn before cooking fish:

- How to clean the tools and utensils
- How to use sharp tools
- Chopping up onions and zingers
- Cutting vegetables
- Setting the stove on
- Use of spice powder

Cooking fish follow different procedures in different regions. Moreover, the cooking procedure is not the same for all the fish. Sometimes fish is crispy fried; sometimes it is roasted in gravy soup and some other times it is cooked with vegetables or greens. In our daily meals, we see a variety of fish curries.

Let us do

Kabiguru Rabindranath wrote fanciful similes regarding fish:

ଶେଁଦୁବୁର ଏଁଧୋ ପୁକୁର, ମାଛ ଉଠେହେ ଭେସେ
ପଦ୍ମମଣି ଚଞ୍ଚଡିତେ ଲଙ୍ଘା ଦିଲ ଠେସେ’

Belal Hossain went to Sweden last year for a government training program. In the same program officers from eight other countries participated. During the one-month program, they had accommodation in a renowned hotel there. The dinner there was served almost 40/50 buffet items. The first week went well as he managed to enjoy the food. But, after a week he started to badly miss fish curry. He got an idea. He convinced the hotel in charge to include eight dishes from each of the participant's common local foods (For the rest of the days they were staying in that hotel). There was a condition that the chef should be taught to cook that particular dish. Mr. Belal eagerly accepted the condition. In the first week on behalf of the Bangalees, he chose Rui fish curry. He just won

over the hearts of all in the very first week! Almost all the representatives got amazed by its taste and they just almost ate the lees. Observing the response, the hotel in charge decided to include the curry in their regular menu. Let us learn the process that Mr. Belal taught to the overseas chef.

The things we need to cook carp fish curry:

1. Onion (large size) – 2 pieces
2. Mashed zinger – 1 teaspoon
3. Turmeric, chili, cumin powder, and salt – 1 teaspoon each
4. Green chili – 2/ 4 pieces
5. Oil – two tablespoons
6. Carp fish – six pieces
7. Potato – 2 pieces
8. Tomato – 2 pieces

Step 1

The Swedish chef first cuts the fish and cleans and wipes that properly.

Then he chops up onion and zinger and cuts two potatoes and tomatoes straight up.

He cleans the frying pan, spoon, and bowl in clean water.

Safety point

- ✿ At the beginning of the task, we need to ensure our hair is properly set to avoid loose hair falling into the food. A cap could be good protection.
- ✿ While cutting the vegetables we need to be extra careful. No way to look in the other direction. If possible, we can use gloves.
- ✿ The dress must not get wet while cleaning. If possible we can use an apron.



Step 2

Then he marinates the fish pieces with turmeric powder and salt.

Safety point

- ✿ We need to be careful about the proper quantity of turmeric powder and salt. It should not be too much or too less.



Step 3

Now he sets the fire low, puts a frying pan on the stove, and pours two spoons of oil. After the oil is heated he puts the marinated fish pieces. Then he keeps the fire level medium on the stove.

Safety point

- ✿ Since different stoves are ignited in different ways, it is to be learned from the elders beforehand.
- ✿ If you need to use a matchbox to ignite the stove, ensure to extinguish the match stick dipping into water as soon as the ignition is done.
- ✿ While putting the fish pieces in the oil, oil drops might scatter and create trouble. In this case, we can hold a lid with a side lowered so that oil drops can't split out.



Step 4

After one side of the fish pieces is properly fried, he flips them. When both sides are fried then he uses a spoon to bring them down from the pan. Mr. Belal asked him not to make them crispy. So he fries them lightly.

Safety point:

- ✿ While putting the fish pieces in the oil, oil drops might scatter and create trouble. In this case, we can hold a lid with a side lowered so that oil drops can't split out.



Step 5

Then he puts the chopped-up onion in the oil. After he fries the onion sometimes he adds one spoonful of mashed zinger, chili powder, cumin powder, and salt. Then he stirs the spices for 30 seconds while the fire level is kept medium.

He adds a little bit of water and cooks it for 2 minutes. Safety point

- ✿ While stirring the hands need to be very safe. If possible, we can use gloves.



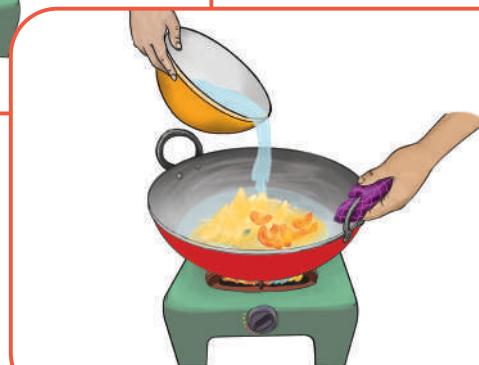
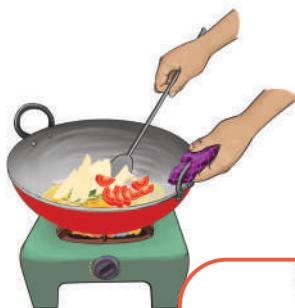
Step 6

Now he puts the straightly cut potato pieces on the pan and stirs. He continues to cook the potatoes for three or four minutes in this way and pours a cup of water before keeping the lid on the pan for the next five minutes.

Next, he opens the lid and stirs again, and pours a quantity of water so that all the vegetables dip into that. He keeps the fire medium and puts the lid back on the pan.

Safety point

- ✿ The pan needs to be held with heat-protecting pads or cloths to avoid heat.



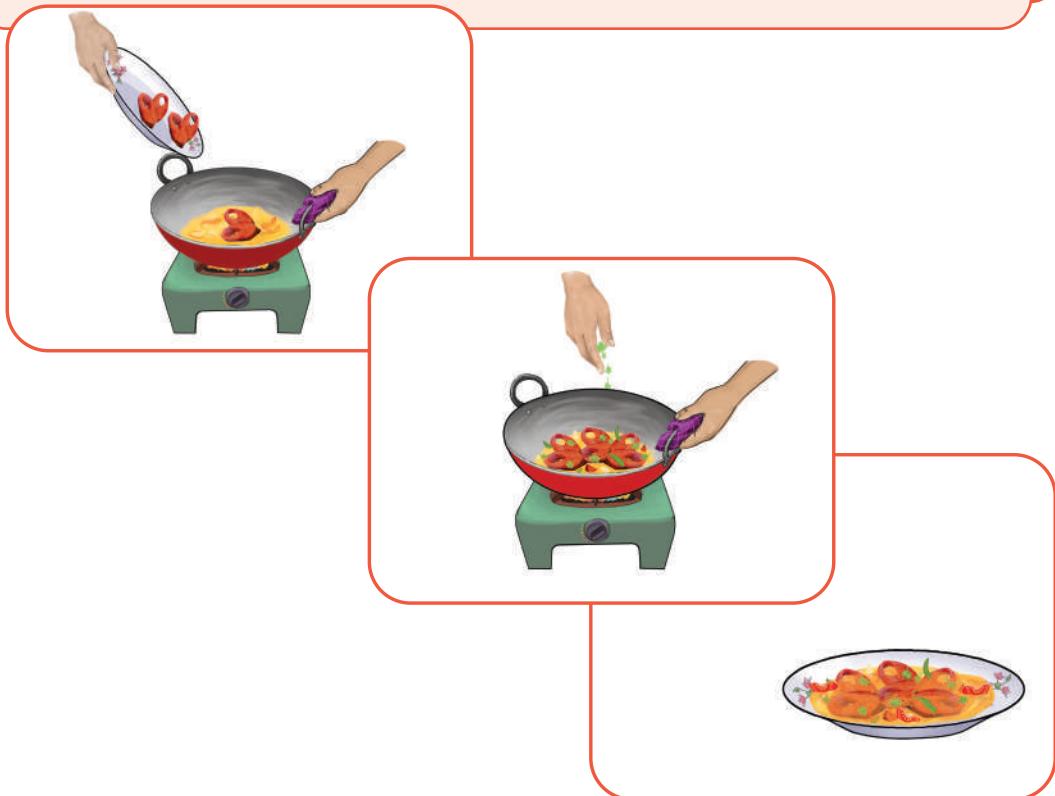
Step 7

After 3 / 4 minutes he uncovers the lid, places the fish pieces nicely, and put the lid back. Then, after 2 / 3 minutes he removes the lid and softly flips the fish pieces. He adds 2 / 3 green chilies. When the soup becomes thicker he stirs that and tastes the level of salt. (It seems that the salt is a little less, so he adds a bit of salt and stirs again). Now he adds chopped coriander, places the lid back, turns off the stove, and keeps it there for five minutes. In this way, delicious Rui fish curry is ready to enjoy.

At the end of cooking, the chef tastes a small amount in a spoon, gave a smile, and shows thumbs up to Mr. Belal.

Safety measures

- ✿ We need to be careful to puff the dish to keep it cool before tasting it for salt. It might burn our lips.
- ✿ The pan needs to be held with pads to avoid heat.



Let us think

- What other fishes except Rui can be cooked in this way?
- What other vegetables except potato can be added to this cooking?
- How can fish be roasted without vegetables? When and how to add water in that case?
- What to do if we want to have the fish fried only?
- What problem might be there if we put the fish piece on the frying pan before it is properly heated?
- Wouldn't cooking be possible without tomato, and coriander?
- In what other ways the potato or vegetables be processed except by being cut straightly?
- What could be the problem in case we make the fish pieces crispy fried for the curry?
- Is it possible to cook fish without frying?
- What precautions should be maintained while cooking fish?

What we have learned

- Cleaning all the ingredients and utensils properly with clean water
- Sharp tools like knives, boti, etc. should be handled with proper care and need to be kept in place after work
- Following the stepwise process of cooking fish

Time to prepare something new by ourselves

Mukandaram Chakrabarti, a poet of the sixteenth century magnificently described the process of cooking fish:

“কৈ ভাজে গড়াদশ মরিচ গুড়িয়া আদাৱসে।”

Fish is our cultural heritage. So many types of fish are available in this country. There are freshwater fishes, saline water fishes, and fishes in ponds, marshes, and farms. Among them, Ilish is the best. Ilish is not only our national fish but its geographical patent also belongs to us. Different fishes have got different tastes and their cooking process is also different. Take help from your parents or elderly family members to practice cooking fish according to your choice and necessity. Cook in the class along with your classmates and serve that to your teacher. Try to cook following new ideas. Practice at home, and serve them to others with variety. Take photos or draw images of them.





Self-Evaluation

1. Listen to someone's experience, try to understand that properly, or read that from a book and then fill in the blanks with the required information

Is it possible to cook fish with cauliflower, beans, and tomato? When to add each one of them?	
When and how to put mashed muster as an ingredient in a roasted Ilish curry?	
How would it taste if we add green mango or olive to a curry of small fish?	
What role do the different types of fish play to fulfill the required nutrition in our body?	
Teacher's comment	

2. To create variety or to increase the taste you mix different types of vegetables and cook them. Serve that to your family members, get their opinions and submit that to your teacher.

Family members	Very good	Good	Average
Mother			
Father			
Brother			
Sister			
Grandfather			
Grandmother			
Any other family member			

3. How I felt while cooking



(Write here the positive feelings, negative feelings, incidence of getting hurt, facing an obstacle, and what new things you have learned.)

4. You will take some photos of the vegetables while cooking or draw images and attach them to the following boxes. The guardians will display them from their mobile phones on the meeting day. If possible get the print copy, then print them on a white page and cut it into pieces to attach here.

Cutting fish, potato, and tomato	Fish fry
Seasoning spices	Boiling potato and tomato
Placing the fish piece	Fish curry

Let us listen to the names of some fishes in a rhyme:

কাতলা, চিতল, ইলিশ মাছ
 এরাই যদি মাছের রাজ,
 শিং, মাগুর আর শোল-গজার
 গাল ফুলিয়ে হয় বেজার ।
 তেলাপিয়া, ঝুই, বোয়াল,
 ভাংতে চাহে কার চোয়াল ।
 পাবদা, টাকি, খলসে, কই,
 গোল বাঁধাবে নিশ্চয়ই ।
 চান্দা, মৃগেল, চিংড়ি-ইচা,
 করবে শুরু মরণ খিচা ।
 হাসি খুশি টেংরা, পুঁটি,
 রাজায়-প্রজায় দ্বন্দ্ব দেখে
 হেসেই কুটিকুটি ।

(সংগৃহীত)

Fish is associated with the daily conversation of the Bangali people. There are so many tales, delightful comments, proverbs, and idioms regarding fish. For example, Raghab boal, Gavir jaler machh, machher maa, Machher tele machh bhaja, shaak diye machh dhaka, bhaja machh ti ulte khte jane na, machher mayer putroshok etc. No way to deny our love for fish! That's why fish should be cooked with devotion and need to be consumed with emotion. Let us learn how to cook the favorite fishes of our dear country and in this way, we all together can lead a healthy life.



Skill course-2

Caregiving



After completing this course we

will be able to take care of the children, the aged or sick persons and the disabled in the family in a proper, safe and effective way.

Tushars' family lives in a district headquarters. He has an elder sister and a brother who is two years younger than him. His father serves in an office in Sadar Upazila and his mother is a teacher of a primary school. Since he has working parents and a grandmother who falls sick often, he has face problems with day to day family chores including looking after his younger brother. It happened some days ago. His grandmother suddenly slipped and fell down in the washroom while taking her ablution. Her grandmother had to be admitted to hospital. The nurse and other staff took care of his grandmother while she was staying there. Tushar used to visit the hospital once a day and attentively follow the way his grandmother was taken care of. At the time of his grandmother's

release from the hospital, the doctor and the nurse explained to the available family members how they should take care of her at home. Tushar's father asked the doctor whether they may find a caregiver to hire who would provide home services in exchange of a monthly pay. The doctor said, "There is an option for that, if you wish, we can arrange for it".

The next day a caregiver named Shahina came from the hospital and started taking care of the grandmother. Tushar asked, "Can I do this work? What do we call those who provide this caregiving services?" Happily, she answered, "Of course, you can. This service is called caregiving and the people who work provide this service like me, are called caregivers.

Tushar said, "I want to learn the job perfectly. Will you teach me?" She said, "Sure! But keep in mind, there are many types of caregiving; Observing my daily tasks you can only learn about personal caregiving and you will get the opportunity to practise it". Tushar became very happy hearing her.



Image 8.1: Tushar, a class 7 boy, is taking care of his grandmother.

After that, she started providing caregiving training to Tushar at everyday at her work breaks. Now we will learn one after another the way the specially trained caregiver made Tushar skilled in caregiving.

Caregiving

To serve humanity is a great virtue. The children, the aged, and the physically or mentally disabled persons (permanent or short-term) in our family who cannot do their routine work have to depend on the caring services provided by their near and dear ones. It becomes important to serve or take care of them. Even after receiving treatment from a hospital or nursing home, their nursing and caregiving have to be continued by their near and dear ones. This caregiving and nursing activities might be a long-term effort.

Caregiving is a service-oriented activity. In a broad sense, the methods and actions of providing services to an individual or animal in an effective way is called caregiving. And the individual who provides or is assigned to provide this service is called caregiver. Anyone can bear this responsibility; such as parents, teachers, primary caregiving educators, child nursing providers, maids, grandmothers, family friends, coaches and maybe we too.

The probable life span of people in our country is increasing gradually. In 1960, the average life span in Bangladesh was 45 years which means on an average, people would live for 45 years. At present, it has been increased to about 73 years. It means that the number of aged people in our country has increased a lot and will increase more in future. Special skills are needed to look after the aged people. The countries in the world where the average life span is much higher, require many caregivers and caregiving is a prestigious career there. In the near future our country will also need many caregivers in near future. Again, due to an increase in the number of aged people in every family, we also have to learn the duties of a caregiver in order to serve the beloved members of our family.

Personal Care

The activities performed by a caregiver can be divided into two categories. For example-Making bed, get someone up from bed, brushing teeth, attending to bathroom, washing hands, applying oil or lotion and combing, shedding nails of hands and feet, etc.

General Health Care

Taking medicine as per physician's advice, taking temperature (using normal thermometer and digital thermometer), measuring diabetes and pressure, etc.

There are three fields of Caregiving. They are---

- a. Personal care
- b. Healthcare
- c. Social care

Caregiver Shahina said, "So far, we have got introduced with services based of different fileds of of caregiving. Now we will get to know about personal care."

The act of helping or providing services to help accomplish a person's (self or others) necessary day-to-day tasks is called personal care.

Making a bed

Let us learn how to make a bed-

First of all, keep the pillows aside and brush the bed.



Image 8.2 (a): Waving the bed sheet to clean.

After that, overlay the bed sheet neatly
(brush or bed-sweep might be used)



Image 8.2 (b): Brushing the bed sheet.

All the edges of the bed sheet may be tucked tightly (due to this, the bed will be less untidy)



Image 8.2 (c): Tucking the bed sheet.

After that, the pillows need to be arranged neatly towards the head



Image : 8.2 (d) Arranging Pillows in the bed sheet.

b) Helping to rise or get someone up from bed

- At first uplift the aged person from laying down position.
- After that move him or her gently to the edge of the bed
- Arrange for releasing his/her legs gently from bed to let them down slowly.
- After that, arrange for lifting him/her up by holding the shoulder and hip.



Image 8.3: Helping to rise from the bed

c) Helping to brush teeth

- Brush the teeth keeping the brush on the gum and teeth at a 45 degree angle.
- Brush from up and down and down to up, not from front to back
- Brush after the meal in the morning and before going to sleep at night.
- Without making haste, take the time to brush for two or three minutes.
- Don't use a brush for a long time; it should be changed in every few months.
- Get the teeth brushed after taking chocolate or sweet dishes.



Image 8.4: Helping to brush teeth

Things to be followed when brushing teeth

(Necessary materials: toothbrush, toothpaste, and floss)

- Brush the teeth at the front first (up and down).
- Clean the inner surface
- Clean the tongue
- Gurgle with water to wash off
- Repeat the process 2 or 3 times.



Image 8.5: Method of brushing teeth

Cautions or what should not to be done

- ✖ You have to brush gently, brushing with excessive pressure damages the enamel of teeth.

d) Helping to go to the washroom

Aged people need help to go to and come from the toilet. Even though aged adults are more independent, they may need some help when going to the bathroom. Aged people run the risk of falling down or meeting an accident when going to the washroom with haste or due to a variation in blood pressure as they sit down on or stand up from the toilet. So, we have to pay special attention to their movement in this situation. If needed, a user-friendly toilet stand can be arranged. Care must be taken that the bathroom or toilet floor is dry, which means, it should not be slippery.



Image 8.6 Special arrangements in the bathroom

e) Helping to wash hands

Rules of washing hands

- Get the hands wet with water.
- Apply soap to the surfaces of both hands and wrists with soap.
- Rub both the hands together fast and thoroughly.
- Make sure to rub the fingers ends, nails, and both surfaces of the wrist. Rub hands and wrists for at least 20 seconds.
- After that, wash your hands and wrists with clean water.
- Wipe the hands and wrists with a clean towel or dry them in the air.

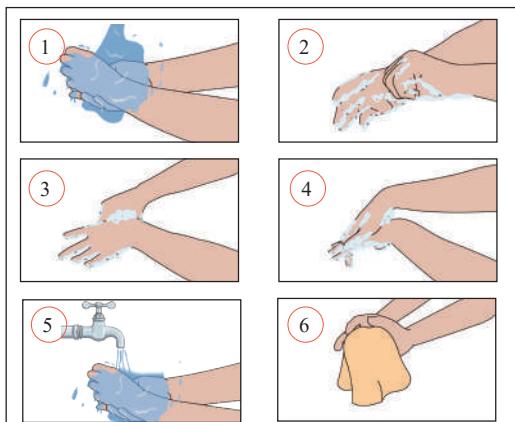


Image 8.7: Washing hands properly

Cautions or what should not to be done

- ✖ Use a towel or tissue to stop the water tap
- ✖ Make sure there is no soap remains on hands

f) Applying oil, lotion and combing hair

A patient or concerned person might require assistance in keeping the external parts of the body tidy, such as- keeping hair clean and tidy, applying lotion/oil on hands and feet, using cream on the face, decorating nails, etc. In doing so, care should be taken that-

- Oil or lotion should be applied to the body, hands, or feet immediately after bathing or washing hands and face; cream should be applied on the face.
- Oil should be applied after drying the hair, not when it is wet.
- They should be applied gently with soft massage so that the patient does not get hurt.
- If the hair is long, untangle it well with your hands before combing.

g) Providing assistance in trimming in fingernails and toenails

Nail grooming is a simple but important self-care. Keeping nails short not only looks good, but it also reduces the chance of having dirt and bacteria which may cause infection.

Let's learn how to trim hands and toenails:

- At first, soften the nails with water.
- Proper tools (nail cutters/blades) need to be collected.
- Fingernails of both hands need to be trimmed.
- Fingernails of both feet need to be trimmed.
- The uneven or rough edges of the nails need to be smoothen by polishing with a nail cutter
- After trimming the nails apply a little lotion to moisturize to keep the nails soft.



Image 8.8: Trimming hands and fingernails



Group Work

Get into groups and with the help of the teacher, role-play the above tasks in the classroom with dummies (if necessary). All the teams have to take part in role playing. Each group should act out a different task. If someone's does not follow the correct method, others will advise and help to him/her to help them practise.



Individual Work

Practise the above mentioned tasks at home. If someone in your family needs help at home (could be paternal grandparents or maternal grandparents, father or mother, younger brother/sister, or someone sick who lives with the family), you must provide services according to their needs and do the tasks for them and try to develop those skills through repeated practice. Keep a record of how many times you've done a particular task. After one month fill in the table as per the instructions of the teacher and show it to him.

Check how much competency we have received in which tasks of personal health care.

Table 8.1: Health care exercise for maintaining good health

Tasks	How many times I have practised	What problems I have faced	How to Solve (My Feelings)	Expressions (icon)
Helped to make bed				
Practised lifting up from bed				

Helped to brush teeth				
Helped to go to the bathroom				
Helped to wash hands				
Helped to apply oil, lotion, and cream				
Helped to trim the nails				
Comments of the Guardians/persons to whom the services were provided:				
Teacher's comment:				

Health care

After teaching Tushar various personal care techniques, caregiver Shaheen said, “There are many other personal tasks that you may learn when you grow up a little more. Now apply whatever I have taught you to take care of your grandmother regularly.”

She then took the initiative to teach about health care and its various applied features. Now we will also learn the things one after another that she has taught Tushar. The health care issues that we will practise include- matters relating to the provision of providing health care necessary for physical and mental health, such as:

A) Assisting in taking medicine

Learning to assist in taking medicine as prescribed by the doctor, that is, to help take medicine in the morning, noon, and at night according to the doctor's prescription. For example, in the instance of taking tablets/capsules/syrup-

1+1+1 means 1 unit of medicine should be taken thrice a day, in the morning, at noon, and at night

1+0+1 means 1 unit of medicine should be taken twice a day, in the morning and at night

0+0+1 means 1 unit of medicine should be taken once a day, only at night

[N.B, 0 = will not eat, 1 = will eat]

Let's learn how to assist others to take medicine:

Step-1: According to the prescription, and based on different times (morning, noon, afternoon or night) the right medicine should be chosen and separated accordingly.

Step-2: Hold the glass properly to help take water (if needed) and proper medicine.

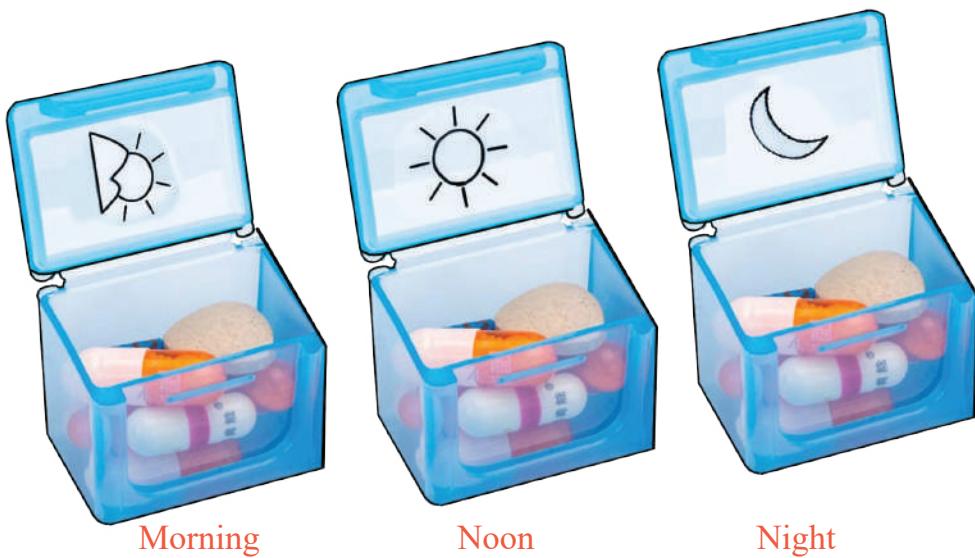


Image 8.9: Special measure to find the right medicine

B) Concept of body temperature measuring device

Measuring fever

We can tell if someone has got a fever by touching his forehead. Touching the forehead with the back of the hand also gives some idea about having a fever. But one has to measure the body temperature with a thermometer to be sure about a fever. Different types of thermometers for measuring fever are available in the market. Moreover, nowadays, thermal scanners are also used to measure body temperature.

Let's learn how to measure fever.

In the case of an ordinary thermometer:

1. First, the thermometer should be washed with spirit or soap-water and be wiped with a clean, dry cloth or napkin tissue.
2. The position of the mercury in the thermometer should be carefully observed.
3. If it is above 97 degrees Fahrenheit mark, shake it well to bring the mercury down.
4. For children, the narrow end of the thermometer should be placed under an arm (armpit) and that hand should be pressed against the body for two minutes.
5. For adults, it can be placed inside the mouth under the tongue and held between lips for two minutes.
6. After keeping it for two minutes, check the degree of fever or reading on the thermometer. The mark in the thermometer that touches the thin black mark of mercury indicates the patient's temperature.
7. The reading of the thermometer should be recorded in a specific page along with the date and time. A table like the one shown below can be used for this.

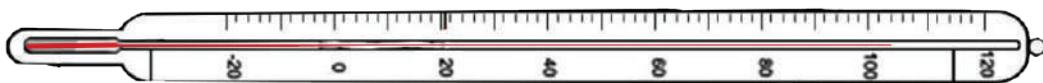


Image 8.10: General thermometer

Table 8.2: Keeping records of body temperature

Date	Time	Thermometer Reading

- After use, the thermometer should be washed with clean water and wiped with a clean cloth or tissue before storing.

In the case of a digital thermometer:

- The thermometer should be washed with spirit or soap-water and wiped with a dry cloth (Caution: - In case of a digital thermometer, care should be taken that water does not enter inside).
- The thermometer should be turned on by pressing the switch.
- For any child, the narrow end of the thermometer should be placed under an arm (armpit) and that hand should be pressed against the body for two/three minutes.
- In the case of adults, they might be asked to place it under the tongue and hold it between the lips for about two minutes.
- The digital thermometer should be taken out when the music is heard.
- Now one has to observe temperature **Image 8.11: Digital thermometers** shown on the display.
- The reading of the thermometer should be recorded in a specific page along with the date and time. A table like the one below can be used for this.

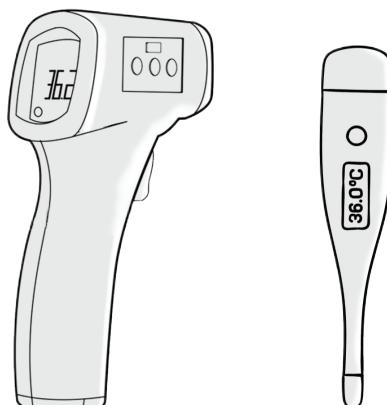


Table: Record of body temperature

Date	Time	Thermometer Reading

8. After use, the thermometer should be preserved after washing and wiping.



project work

Health Camp

Organize a health camp at school. Discuss this with the head teacher, other class teachers, senior students of the school and other students of your class and draft a nice plan. The purpose of organizing health camp is to make other students, teachers and other school staff aware of the caregiver job, explain its importance to them, explain why everyone needs to learn the caregiver job, and show some techniques. Write a report based on the experience after doing the health camp.

Write a report based on the experience after doing the health camp.

Points to keep in mind while planning

- | | |
|--|--|
| <ul style="list-style-type: none"> ● When to do ● Where to do ● How to do ● How to collect items needed for the health camp ● What services will be provided ● What items will be there in the stall | <ul style="list-style-type: none"> ● How the camp will be decorated ● Who will be invited ● What stalls will be there ● Who will be in charge of which stall ● Who will write the report ● Who will be in charge of maintaining discipline, etc. |
|--|--|

If possible, one report can be produced on behalf of the whole class. In that case, you can divide the total members of the class into 5 groups. Create headings of the various parts that may go into the report and ask each group to write about one heading. Then everyone's writing can be compiled to create a complete report or you can prepare one report from each group and submit it to the teacher.



Image 8.12: Organizing health camp at schools

Social Care

Shaheena told Tushar, “A person needs not only physical care but also a lot of emotional support to stay healthy. Opportunities should be created for them to participate in various social activities. For example, participating in various social events in an individual’s surroundings, playing sports with them, reading out newspapers and books, watching television, helping them use mobile phones, taking them for a walk in the park, taking them to religious events, helping them with shopping etc.



Image 8.13: Spending caring time

In this age of scientific excellence, the demand for caregivers has increased highly. Although various robots do many of our jobs, robots do not have the compassion, empathy, and emotion required for caregiving. That is, we need human love for people. Hence the demand for caregiving is increasing rapidly in all countries.

Even in our day-to-day life, we may encounter many children, elderly or sick people who need immediate help. We will certainly step forward and extend our helping hands when we face such moments. A moment's help might save him/her from a great harm. We must always remember that no one in this world is born with eternal privileges. Anyone can develop physical or mental problems at any time. If we stand by each other with compassion, one day others may also stand by us in times of trouble. So, let us all build a humane world together; stand by the family and society with compassion and love.



Let's fulfil this world
with affection

Skill Course-3

Poultry Raising



By the end of the lesson, we will be able to-

do chicken farming in simple ways ensuring safe environment and due cleanliness

The schools of Tanu and Tanmay, two brothers and sister, is closed for summer vacation. They could not visit anywhere because their parents' busy schedule. Today Tanu's father after returning from work shows train tickets before the two siblings and says, "Tomorrow morning we all are going to your grandfather's house." Overwhelmed with joy, the two siblings request their father not to inform their grandmother in order to give her a surprise. Next day when they reach home it is almost noon. Seeing them, their grandmother's joys know no bounds. Telling their small aunt to arrange food for them, their grandmother sits on a mat together with Tanu and Tanmay in the veranda. Tanu sees that her small aunt enters a thatched room at the side of the veranda and takes two hens and goes towards the pond. Housemaid Mariam aunt takes out some eggs from a cage. Pointing at the thatched house they ask grandmother what it is, she says that poultry farming is done over there. They go there running and see that 15-

20 chickens are roaming around. Some are eating from the pot; some are sitting on the loft. They (Tanu and Tanmay) are much amused. They see some more chickens running around in the yard. Noticing a small house at the side of the kitchen, Tanmay asks aunt about it is and she replies that it is a chicken coop (hen house or chicken house).



Image 9.1: Tanu and Tanmay in their grandparents' house

When Tanu and Tanmay look at their mother inquisitively who is sitting beside their aunt, she explains to them that the coop is for the chicken to stay at night which are now loitering outside. The two siblings again go running to their grandmother and sit beside her. Now begin their curious queries about chicken. What do chickens feed on? From where these are collected? Why is chicken farming done? How many eggs do they lay? There are so many more questions! Grandmother answers the questions one after another and asks, "Now Dadubhai (grandson) tell me why we are farming chickens."

Tanmay promptly answers, "Although we came unexpectedly, you did not have to go to the market to buy chicken". "Is that all?" Now Tanu says, "You didn't have to buy eggs either." "Besides, our day to day needs for nutrition is met and we can also earn more by selling the extra eggs and passing our time well," adds grandmother with a sweet smile.

Tanmay's face lights up. He asks, "Grandma, is poultry farming a hard job?"

Grandmother says, "Not at all, dadubhai, you can do chicken farming at a small scale in your flat or in your village home with 2-4 chickens in a case." After

lunch grandmother has a detailed discussion with the two siblings about poultry farming. Now we will come to know that discussion.

First of all, let us know the objectives and advantages of poultry farming:

- Employment opportunities can be created
- Demand for animal protein can be met
- Family nutritional needs can be fulfilled
- The quality of life can be improved by selling eggs and chickens in the market
- By farming it is possible to earn more while working from home with a small investment

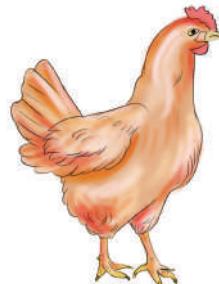


Image 9.2: Chicken

Usually chicken is farmed in several ways in our country. If there is a yard or open space in front of the house, it is easily possible to rear chicken there in open rearing method. In an open space, chicken can be raised in two ways.

- a) Open rearing method
- b) Half-closed rearing method

In case of open rearing method, chickens are freed from their coop in the early morning. They roam the homestead all day long and enter the house with the sunset. In the half-closed method, there is a particular house/coop for the chickens along with an adjacent open space. The coop/chicken house is surrounded by 5-6 feet high bamboo sticks or iron nets. The chickens easily roam here and stay inside the chicken-house at night. Again, if there is scarcity of open space, chickens can be reared in confined method, and in that case, they are reared a small scale inside coop at.

Whatever be the method, we have to know the following in order to rear chicken successfully:

1. Building house
2. Collecting hatchlings
 - a) Source
 - b) Selecting breed

3. Chicken feed
4. Care
5. Disease management: Prevention and Cure

Building chicken-house

To build a chicken-house in open or half-closed rearing method, one need to collect materials like bamboo, iron wire or thick rope, iron nails, coloured tin and old board paper.

Now grandmother describes how to build the house with these materials:

- An open space at the corner of the house or room should be selected
- Bamboo should be cut in narrow strips at 2 feet and 3 feet height
- Four strips of 4 feet high bamboo should be cut for the four corners of the chicken-house
- A frame of the house should be made 1 foot above from the ground and the bamboo strips should be grounded on the floor and around the house according to their size with iron nails
- 1 square feet door should be kept along the floor between widths
- The house should be covered with coloured tin or plastic according to the size
- Clean water and food should be provided in front of the house.

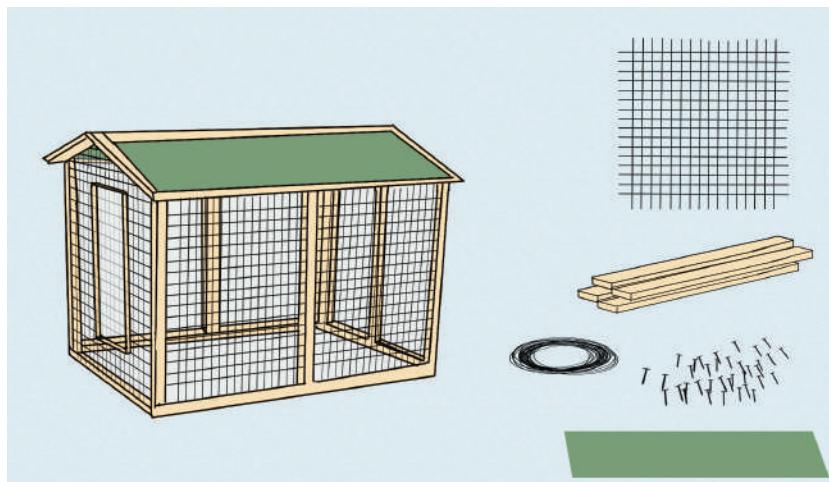


Image 9.3: Building a chicken-house

But these measurements may vary. If coloured tin is unavailable, other tin or material can be used. If we want to rear chicken in confined method, we can build chicken-house with the same materials. In that case, the size of the room should be determined by understanding the amount of space. 2/3 chickens can be raised by making a small chicken-house in a corner of the balcony in the small houses of the city. In that case, the chicken-house should be cleaned daily. There should be light in the room. Leftover food must be removed, or the chicken will scatter the food all over the house. Care must also be taken to ensure that the house does not smell because of the chicken. Keeping the house clean regularly will not cause the smell.

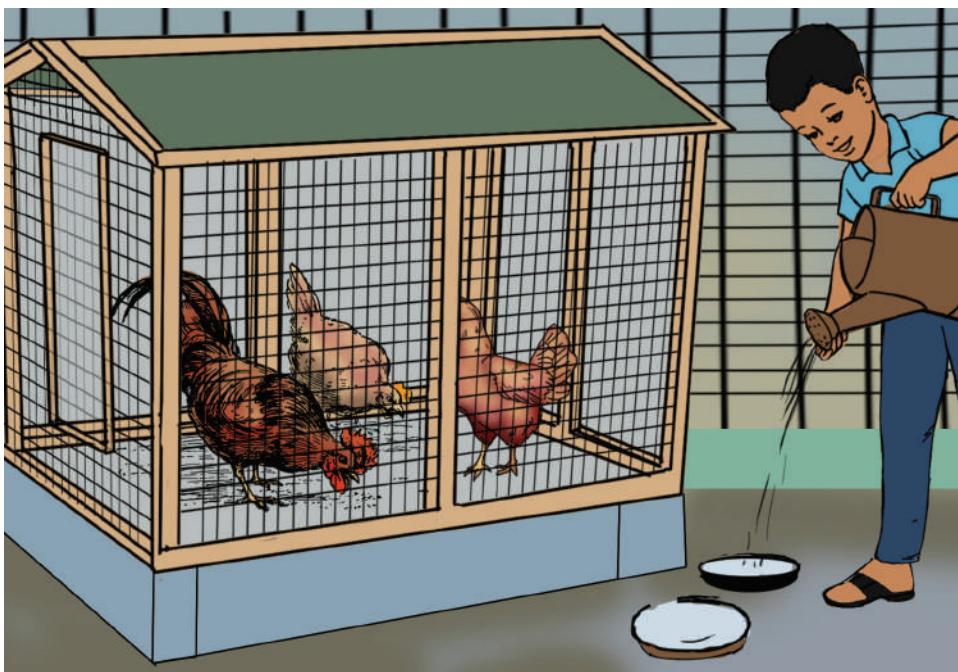


Image 9.4: Chicken-house in small space in a city home

Collection of hatchlings

Where to collect chicks from and what breed of chickens to collect should be considered first. In that case, two things should be considered-

A. Source

Suitable sources for obtaining two-months old chicken (known as pullets) are:

- Govt poultry farm
- Farmer
- Dealer or chicken trader

b. Breeds and characteristics of chickens

There are different breeds of chickens. Some breeds of chickens are reared only for eggs. Another breed of chicken is reared for meat. Breeds of chickens can be identified by their characteristics. Let us get to know some breeds of chickens-

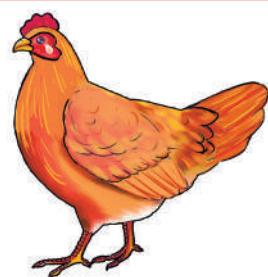
Breed: Faumi (General characteristics)

- They are almost like native chickens in size
- Ear lobes are white, the head comb is small and red
- Gray on the throat but the rest of the body is a mixture of white and black
- Restless and clever like native chickens
- Egg production 200-220 per year



Breed: Sonali (General characteristics)

- Slightly larger and lays more eggs than native chickens
- Feathers can be dark brown or golden or black and white.
- Legs are long and yellow
- Each hen lays an average of 160-180 eggs per year.



Breed: Common Desi (General Characteristics)

- Chickens of this breed are not of any specific color. However, chickens of reddish brown or reddish black color are now available more.
- Their feet are hairless and white. However, black legs are also seen.
- Skin is yellowish.
- Single comb is prominent and comb color is red. But brown or gray comb is also seen.
- Ear lobes with a mixture of white and red are more common.
- Each hen lays an average of 60-90 eggs per year.



Chicken feed

Feed plays an important role in keeping chickens healthy. Care should be given to daily food in domestic chicken farming by family. Chickens, like all animals, need 6 basic ingredients (sugars, meat, fats, vitamins, minerals and water) in their diet.

By families native chicken are usually reared in open rearing or free-range method. Most of the daily needs of the native chicken are met by scavenging method. Our daily surplus or stale food such as discarded rice, curry, scattered wheat, paddy, insects, discarded parts of vegetables, grass, leaves, gravel, stones etc. are eaten by native chickens. Moreover, some additional food is required for the necessary physical growth and egg production. Since chickens eat more insects in nature, chickens get their protein from nature. However, in order to increase the productive capacity of chickens, along with these normal foods, nutritious food should be provided as complementary food. All types of free-range or semi-free-range chicken require supplemental feed. However, in case of captive rearing i.e. cage rearing, chicken are fed processed feed or balanced feed.

The additional food that should be given to chickens is-

- Carbohydrates – rice bran, cracked corn, stale rice.

- Meat and fats - Mustard, broken kalai (black bean), mustard/sesame cake, fish pulse should be mixed with carbohydrate foods.
- Vitamins and Minerals: These two elements need to be supplied by green leaves and vegetable leaves, other plant and animal foods.
- Water – Always keep a container of water within range for chickens to drink when needed.

Preparation of balanced feed (ration) for farm-chicken

If many chickens of Faumi or Sonali breed are kept together for egg or meat, then to prepare chicken feed mainly broken wheat/maize, rice husk, soybean meal, full fat soybean, oyster powder, fish meal, salt, vitamin-mineral mixture are required. This mixture is known as chicken ration. Chicken ration should be prepared by collecting from reliable sources. To prepare the ration, food should contain a total of 6 elements as nutrients, such as meat, sugars, minerals, fats or oils, vitamins and water in prescribed quantities. Now we will learn how to make rations in our own farm in a simple way.



Image 9.5: Various powdered feed for chickens

To prepare the ration, the following materials must be collected first-

- Nikti /Balance
- Food ingredients (broken maize, rice husk, soybean meal, oyster powder, fish meal, salt, vitamin-mineral mixture)
- Shovel
- Empty bag

First, a clean space in the room has to be selected. The necessary ingredients should be measured one by one and poured on the floor. After that, all the ingredients should be mixed well by stirring them with a shovel. Mixed food should be stored in bags. The food should be taken out of the bag and given to the farm chickens as needed.

Preparation of Chicken Feed/Ration (10 kg)

Table 9.1:List of home-made balanced grain feed for chickens of different ages

Ingredients	0-8 weeks	9-18 weeks	19-72 weeks
Broken maize/wheat	5.0	5.0	5.4
Wheat husk	1.0	0.7	0.5
Rice powder	1.0	1.5	1.5
Til cake	1.2	1.0	0.7
Dried fish powder	1.4	1.2	1.0
Bone powder	0.15	0.3	0.25
Crushed oysters	0.2	0.25	0.6
Salt	0.05	0.05	0.05
Total	10	10	10

Table 9.2 Daily feed intake of Faumi and Sonali chickens

Age of chicken	Average daily feed intake per chicken	Age of chicken	Average daily feed intake per chicken
8th week	45 gm	16th week	78 gm
9th week	50 gm	17th week	80 gm
10th week	52 gm	18th week	82 gm
11th week	58 gm	19th week	84 gm
12th week	66 gm	20th week	87 gm
13th week	69 gm	21st week	90 gm
14th week	72 gm	22nd-23rd week	95-98 gm
15th week	75 gm	24th-25th week	102-108 gm

Caution

Homemade chicken feed (ration) is not like that made by companies i.e. it does not look like a tablet (pellet or crumble). It is powdery in nature. But for larger chickens, it is better to keep the crushed feed ingredients slightly larger. Feeding large chickens with finely ground (powdered) feed will cause them to eat more food, resulting in higher feed costs.



Image 9.6: Rations of various size for chickens

Desi/Sonali chicken Maintenance

Daily care of chickens two months old or older

- Healthy chickens should be collected.
- In front of the room where chickens are kept at night, water and food should be given in specific containers. So that the habit of drinking water and food while leaving the house and entering the house in the morning is formed.
- Chicken house must be kept dry and clean.
- In order to increase the production capacity of native chickens, a small amount of additional balanced feed should be given.
- 50-70 grams per head of handmade/ready feed should be given half in the morning and half in the afternoon.
- Chicken feed should always be kept dry and clean. Along with that, the food container should also be kept clean and sterile.
- Chicken houses should be regularly cleaned with lime or disinfectant to control diseases.
- Treatment and special care should be given to the diseased chicken keeping them separate from the sound ones.

Annual maintenance

- Once every 2 months deworming medicine should be given dissolved in water.

- Regular vaccination is essential to prevent some communicable diseases like Ranikhet (Newcastle disease) or Pox. But deworming should be done ten days before vaccination.
- Chicken lice must be removed.
- Measures to protect against the attack of harmful biological entities i.e. biosecurity safety must be ensured.

Disease management

Remedies: Important Chicken Diseases, Symptoms and Actions to take

Native/Sonali chickens are relatively disease tolerant but some diseases can cause severe damage to chickens. There are some diseases that cause all the chickens to die together. Therefore, if any abnormalities/symptoms occur in the chicken, necessary measures should be taken. Abnormalities in chickens that are considered diseases are:

If the chickens

- Defecate lime-like stool
- The head or neck becomes bent, the legs become paralyzed, the wings droop
- There is shortness of breath and they stop eating
- Fever occurs
- Pimple-like lumps appear on scalp/lobes/corners of lips, eyelids.
- They doze keeping the wings open
- Breathe rapidly and stop eating
- Lack of anemia in eyes and face is observed

Apart from these, sick chickens are usually recognized by sight. because-

- Affected chickens will continue to shrivel
- The chicken feathers will become disheveled
- Laying-hens will almost stop laying eggs
- Sometimes chickens will poop watery feces
- Worms can be seen in the feces

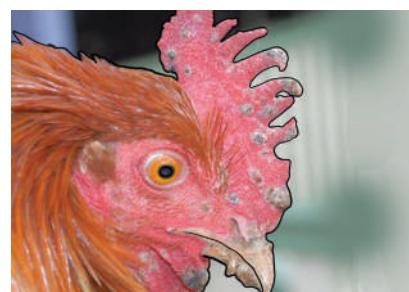


Image 9.7: Virus infected chicken



Image 9.8: Chicken suffering from fowl typhoid

Remedy

- Initially diseased chickens should be separated from the healthy ones
- Nearby veterinary hospitals should be contacted
- Advice should be taken from nearby experienced chicken/poultry farmer

Vaccination of chickens

Prevention management of chicken diseases is very important. Vaccination is used as a preventive measure against diseases in chickens. We all know that prevention is better than cure. Vaccination can ensure profitable chicken farming by preventing disease. In this case, the vaccine is collected from a government institution or a reliable source and vaccination is done according to the schedule as per the instructions of the manufacturer. Let's see how to give vaccines for various diseases-

Name of disease	vaccine	Day (Age of chicken)	Doses
Ranikhet	B.C.R.D.B	3-7 days	One drop in the eye
Gumboro (Infectious Bursal Disease or IBD)	Gumboro	10-12 days	One drop in the eye
Gumboro	Gumboro	17-19 days	One drop in the eye
Ranikhet	B.C.R.D.B (2nd dose)	21-23 days	One drop in the eye
Fowl Pox	Fowl Pox	28-30 days	Pricking needle in a featherless place under the wings
Ranikhet	R.D.V	60 days	1 c.c. into the thigh muscle
Fowl Cholera	Fowl Cholera	65-70 days	1 c.c. under the skin

Materials required for vaccination

- Syringe
- Vaccines of various diseases
- Dropper

What to do in this case-

- Vaccines against various diseases should be procured from reliable sources.
- Healthy chickens should be vaccinated on specific days following the vaccination schedule.
- Vaccination should be done in the cool part of the day (morning or evening).
- The vaccine should be mixed with distilled water as per the instructions of the vaccine manufacturer.
- Each chicken should be vaccinated with 1 drop in the eye using a dropper.



Image 9.9: Vaccination of chickens

Cautions

- ❖ Do not administer more or less than the prescribed dose.
- ❖ Vaccination should be done only after learning and receiving training on the method of vaccination.

Let us think

- If you keep chickens in a small place, what preparations should be made?
- Will chickens get proper nutrition if even one of the food ingredients is missing?
- If the amount of food is not appropriate in proportion to the age, what can be the problem?
- How to take care of chickens when going somewhere for 1-2 days?
- Where can we go for treatment and advice for sick chickens?
- Which is more important, disease prevention or treatment, to make poultry farming profitable?



Self-Evaluation

Collect 2/3 chicks from a nearby source with the help of your guardian. Set up a chicken house and raise the chickens at home with regular care. Monitor regularly. If there is any problem with the chickens, take prevention and remedy according to the teacher's instructions. Fill in the boxes below based on your experience in keeping chickens.

1. The breed of chickens reared by me:.....
2. Features I considered while selecting the breed of chickens:.....
3. How I measured the materials for building the chicken-house:.....
4. The kind of food I give daily:
5. The proportions in which the food ingredients I have mixed to make the food :.....
6. Whether any eggs have been laid, if so, how many:.....
7. If suffered from any diseases:.....
8. If infected, the manner in which the disease was detected:.....
9. The way I applied medicine:.....
10. My Chickens' present condition:.....



My feelings about raising chickens:



My future wishes or dreams about chicken farming:

Guardian's opinion about my chicken farming:

Teacher's comment:





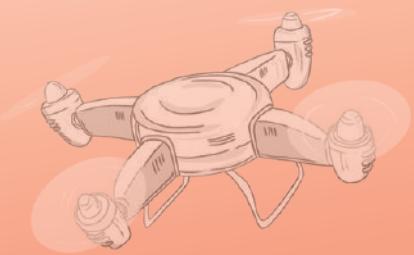
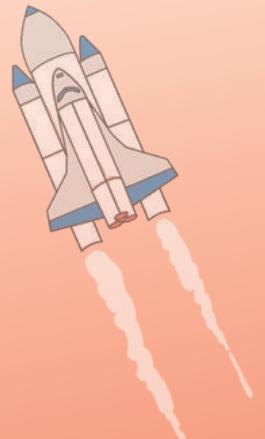
তৈরি পোশাক শিল্প: উন্নয়নের অগ্রযাত্রায় আকাশ ছোঁয়ার বাসনা

বাংলাদেশের রঞ্জানি আয়ের সিংহভাগ আসে তৈরি পোশাক শিল্প হতে। তৈরি পোশাক রঞ্জানিতে একক দেশ হিসেবে বাংলাদেশের অবস্থান দ্বিতীয় (জুন, ২০২২)। এই তৈরি পোশাক শিল্পে কর্মরত মোট কর্মীর প্রায় ৫০ শতাংশই নারী। বাংলাদেশের মোট রঞ্জানি আয়ের ৮২ শতাংশ তৈরি পোশাক শিল্প থেকে আসে। বাংলাদেশের অর্থনীতির অন্যতম মূল চালিকাশক্তি এবং বিপুল সম্ভাবনার এই শিল্পের মান উন্নয়ন ও শ্রমিকদের নিরাপদ কর্ম পরিবেশ নিশ্চিতকরণে সরকার ও বেসরকারি উদ্যোগাবৃন্দ একযোগে কাজ করছেন।

Academic Year 2023

Class Seven

Live and Livelihood



সমৃদ্ধ বাংলাদেশ গড়ে তোলার জন্য যোগ্যতা অর্জন কর

– মাননীয় প্রধানমন্ত্রী শেখ হাসিনা

তথ্য, সেবা ও সামাজিক সমস্যা প্রতিকারের জন্য ‘৩৩৩’ কলসেন্টারে ফোন করুন

নারী ও শিশু নির্যাতনের ঘটনা ঘটলে প্রতিকার ও প্রতিরোধের জন্য ন্যাশনাল হেল্পলাইন সেন্টারে
১০৯ নম্বর-এ (টেল ফ্রি, ২৪ ঘণ্টা সার্ভিস) ফোন করুন



Ministry of Education

For free distribution by the Government of the People's Republic of Bangladesh