**Fish**

Hello everyone , good noon, I am Mahi. My given topic is fish

In Bangladesh fish is a common name every one know. No one will find a person who do not know about fish. Moreover Bangladeshis are called as “ Mache vaat e bangali”. We get this name for a specific reason. In Bangladesh there are many rivers . In these rivers we cultivate fishes or grow or rise anything can say. As we have so many rivers and if we use it then there are a good number of fishes we get every year. We can eat them and also sell them to another countries. It will get us international recognition and money too.

Fishes are a good source of protein also. Protein is important for our body. Red meat some times increases blood pressure for some people specially older people. So they can not have meat . so instead of meat they can have fishes to fulfill their protein need. So that they do not need to have any supplements.

There are many variety of fishes in Bangladesh. So if anyone like fish he or she has many options to choose form. Personally I do not like eating fishes because of their smell and its small so may thin bones which i have to remove. It is very time consuming and you have to be careful eating fishes otherwise it can stuck in your tongue.

Its all from me. Have a nice day.

Thank you everyone for hearing me with patience.