

Kan Chenna Khawvel

Pawl 3

Min Hual Veltu



0335

Prepared by

National Council of Educational Research and Training



Published by

**State Council of Educational Research and Training
Mizoram: Aizawl**

Prescribed for use as a textbook in EVS for Class III by the State Council of Educational Research and Training (SCERT), Mizoram, Aizawl

Vide Notification No. M.17021/2/2025-EDN

Dated Aizawl, the 7th November, 2025

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First Edition : 2026

Copies : 6829

Price : ₹ 75/-

Published by :

THE DIRECTOR

STATE COUNCIL OF EDUCATIONAL RESEARCH AND TRAINING (SCERT)

MIZORAM, AIZAWL

Printed at : **Mizoram Government Press**
Aizawl, Mizoram

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THE CONSTITUTION OF INDIA

PREAMBLE

WE, THE PEOPLE OF INDIA, having solemnly resolved to constitute India into a **¹[SOVEREIGN SOCIALIST SECULAR DEMOCRATIC REPUBLIC]** and to secure to all its citizens :

JUSTICE, social, economic and political;

LIBERTY of thought, expression, belief, faith and worship;

EQUALITY of status and of opportunity; and to promote among them all

FRATERNITY assuring the dignity of the individual and the **²[unity and integrity of the Nation]**;

IN OUR CONSTITUENT ASSEMBLY this twenty-sixth day of November, 1949 do **HEREBY ADOPT, ENACT AND GIVE TO OURSELVES THIS CONSTITUTION.**

1. Subs. by the Constitution (Forty-second Amendment) Act, 1976, Sec.2, for "Sovereign Democratic Republic" (w.e.f. 3.1.1977)
2. Subs. by the Constitution (Forty-second Amendment) Act, 1976, Sec.2, for "Unity of the Nation" (w.e.f. 3.1.1977)



THUHMAHRUAI

Zirna hi khawtlang leh zirlaite mamawh danglam zel phuhrukna tura inthlak danglam reng a ni a. Hemi hre reng chung leh National Curriculum Framework (NCF) 2023-in a tumte phawk chhuak zirlaibu tha tak leh zir thiam ngei ngei tur bituk (competency based learning) National Council of Educational Research and Training (NCERT) chuan a siam a.

State Council of Educational Research and Training (SCERT), Mizoram chuan Mizoram chhunga elementary education-a sulsutu leh hmalatu a nih angin NCERT zirlaibute hi tualchhung mamawh, nunphung leh chenna nen inmil turin a siam rem a. NCF 2023 thil tumte vawng nung reng chungin zirlaite tan tangkai zawk tur leh awmze nei zawkin zir turte a duang a ni. Zirlaibu siam rem phalna copyright min pek avangin NCERT, New Delhi chungah thinlung takin lawmthu ka sawi a ni.

He zirlaibu puitlinna tura tha leh zung sengtu mi tangkai tak tak – teacher educator te, subject expert te leh zirnaa a vawnfung chelhtute chungah thinlung takin lawmthu ka sawi a. Zirna hi mi tin huapzo (Education for all) a nihzia kan thawhhonna atangin a lang Chiang Hle a, chutih rualin zirlaite zingah thil hriat chian chakna te, thil siam chhuah thiamna leh ngaihtuahna fim tak neih theihna te a chawm nung thei zawngin he lehkhabu hi siam a ni baw.

He zirlaibu hi zirtirtu leh zirlaite tan zirtirna kalphung tihchangtlunna kawngah leh zau zawka National Education Policy (NEP) 2020 thil tumte tihhlawhtlinna atan hmanraw tangkai tak a nih ngei ka beisei.

Aizawl
7th November, 2025


(CAROLINE ZORAMTHANGI)
Director, SCERT
School Education Department
Government of Mizoram



Zirlaibu Chungchang

Kan Chenna Khawvel tih chu National Curriculum Framework for School Education (NCF-SE) 2023 chuan pawl 3 – 5 zirlaiten zirna bul an tan chhoh nan a zirlai pawimawh tak niin a ngai a ni. National Education Policy (NEP) 2020 leh NCF-SE 2023 chuan he zirlaibuah hian naupangte chu kawng engkima hmasawnna leh thil hriatthiamna thuk leh Chiang zawk an neih nan subject hrang hrangte inkungkaih tira zir a tul zia a rawn uar hle a. Chuvangin, a kal phung tura rawtna a siam chu subject hrang hrangte integrate hi a tum a ni. A chung a thil tum pahnihte hian naupangte an zirna bul tan tura buatsaihna atana peng pawimawh tak an tihchhin, an zawn chhuah leh an hmuh chhuah hmanga zirlai an hriatthiam hi a thlawp tlat a ni.

He zirlaibu *Kan Chenna Khawvel* tih thupui chu a chhûnga thil tumte thlir chungin pawl 3 zirlai atan duan leh siam a ni. *Kan Chenna Khawvel*, tih a nih ang hian he zirlai hian a sawi, thil hriat chian chakna a chawh thova, chhui chhuah leh hmuh chhuah duhna leh ngaihtuahna hmang thiam tura a tiha tih, chu chuan zawhna tam tak zawt thei turin a pui a ni. Zawhna tam tak zawt thei tura buatsaihnna thil hriat chian chakna chawh thawh te, thil chhui leh hmuhchhuah kawnga ngaihtuahna hmang thiam tur a a taka thil tih hmanga zirtir chu a tum ber a ni.

Subject hrang hrang Science, Social Science leh Environmental education te chu he zirlaibu hian a rawn thlunzawm a.

Naupangten hlim leh hriat chian chak tak chung a chheh vel an thlir lai hian hriat thiamna thuk zawk te, remhriatna leh ngaihtuahna fim tak an hman thiam theih nan he lehkhabu hian mahni tawn hriat (experience) hman a rawn uar hle a ni. Unit tin a chapter hrang hrangte hi naupangten anmahni a thutlukna siamna hun remchangte, an thil hmuhchhuahte ngaihtuah let theihna hun remchangte leh ngaihtuahna zau tak hmanga zawhna inhawng tak takte zawt thei tura duan leh siam a ni.

Hei hian naupangten hriatthiamna tak tak nei lova vawn thiam ringawt tih bona hun remchang a rawn siam a, naupangte chu an chheh vela thil awmte chik leh ngaihvenna a neih tir a, chu chuan thil hriat chian duhna leh zawhna zawh chakna a siam a ni. Naupangte thil ngaihtuah chhuahna leh thiam thil te tih hmasawnna kawngah hma lam pan tur chuan hriat tawh atanga la hriat loh, hnaitê atanga hla tak, mâwltê atanga chipchiar, hmuh theih atanga hmuh theih loh leh hriat fo thin atanga la hriat ngai loh kawng zawh a ngai a ni.

He Zirlaibu hian hlawm thum lian tak tak a nei a. Hlawm khatna chu a bu chhunga thu awm tur leh chuta tanga zir chhuah tura beisei thlan chhuah a ni a. Hlawm hnihna chu a chhung thu a naupangte an tel ve theihna leh inbiak ve theihna tur remchang siam a ni. Hei hian thiamna leh thil nihphung tak tak hriatthiam tir tura naupangte hnena thiamna hlan



chhawanna kawngah zirtirtu nasa takin a pui. Naupangte hnena thiamna hlan chhawng tur chuan naupangte dah pawimawh bera neih a, nuam ti taka an zir theih nan te, an kum-mila zirtirna heng infiamna hmanga zir, thupui mila zir, naupang thil khalth hmanga zir leh zawhna hmanga zirtir te hi a bu chhung thu hian a huam vek a ni.

A hlawn thumna hi naupangte an zirlai a an hmasawn dan tehna tur thlan chhuah leh chhui zui zelna a ni a. Kan hriat tlan vek chu, naupangte pawhin thiamna hi thlalak en atang te, sawi ho atang te, tihchhin atang te, puzzle leh riddle zawn chhuah atang te, tawn hriat inhrilh atang te leh ngaihtuahna leh ngaihruatna hmanga lemziah leh thuziah atang te hian thil an zir chhuak thin. Tehna hrang hrang vanga phurrit tih zangkhai nan thiltih hmanga zirlaite teh tura hriattirna pek a ni tih kan hre tawh a. Tehna hlawkthlak leh awmze nei kal pui turin class tin leh subject tin a thiamna leh hriatna an zir chhuah tur chiang taka tarlan a ni a, chumi behchhana chuan zirtirtuten zirlaite hmasawna an teh tur a ni.

An zirlaibuah hian naupangten an hnam bil chaw entirnan *haakh* (thlai hring chi khat, Srinagar a lar em em) an zir a, hei hian naupang chu chaw chi hrang hrang leh hmun hrang hrang a an chaw ei thin hriat chakna a siam a. Hei hian subject hrang hrangte inkungkaihna a siam a, chaw chhum nan a mamawh te kan hria a, khawi ram a ei thin nge tih leh an hnam dan te kan hriat phah baw. Naupangten chaw atangin India rama hnam hrang hrang te chin dan an zir hova. Chutiang hmanga zirhona chuan naupangte hriat thiamna thuk tak pe in an zirlai, thupui leh a awmzia inzawmna an ngaihtuah thei baw.

“Kan Chenna Khawvel” tih hi naupangte chenna leh a chheh velte thupuia hmangin then li-ah siam a ni. Unit tin te hi awmze nei tak a duan ni in, naupangte hlawk zawk a tel tir ve hi a tum a ni.

Chapter tinte hi sawi ho leh inbiak tawnnate, thawnthu emaw thil siam chhawn atangte a thil nihna leh thiamna ti chhuak thei tur a duan an ni. Entirnan, unit 2, “Thil to chi hmelhriatna” ah hian naupangten sawiho na hun tha tak neiin huan an tlawh a, thlai chi hrang hrang leh a bung hrangte an sawi ho a, inrem tak leh lungual a kan chen ho nan enkawl an ngaihate an sawi honaah hian tarlan a ni.

A bu chhunga thute hi naupangte nuam tih zawng leh an thil zir ah tel ve chakna an neih theih nan a duan a ni. A lem hmanga hrilhfiahna hian naupangteah thil chikna te, an ngaihtuahna hman thiam tirta a tum a ni. A tawngkam hmante leh hrilhfiahna a pek te hi naupangte kum milpui leh ram chhung hmun hrang hrang a awmte nen a inpawhtawna thlen tur a siam a ni.

Unit tin bul tanna ah hian unit leh chapter tin thupui chungchang hrilhfiahna leh chumi a zirtur tlangpui tarlan a ni a, chu chuan thiamna duhthusam leh zir chhuak tura beiseite an zir chhuah theih nan a pui a ni.



Lehkhabu-a tawngkam hmante hi a awlsam in a Chiang Hle a, hei vang hian naupangten awlsam takin unit li-a zir chhuah turte chu hrethiamin a nihphung tak tak an man theih phah a ni. Chutih rualin, a bu-ah hian thumal thar engemaw zat dah tel a ni bawk. Chu chuan chona harsa si lo a pe a, naupangte tawng thiamna a ti zau bawk entirnan, leilunga thil awmte leh an nihphung chungchang an zir turah chuan thumal thar heng, 'transparent', 'opaque' leh 'translucent' tih te telh a ni a. Naupangte'n heng thumal te hi nitin a taka an thil hmuhte nen a inzawmna an hriatthiam theih nan entirna leh sawifiahna hmanga hrilhfiah an ni.

Chubakah, zirlai tinah hian naupangte hmasawn dan tehna tur duansa telh a ni a, chu chu naupangte hmasawn dan zawnchhuah nan leh naupangten an thiam theih dan tur bera zirtirna an dawn theih nan a tangkai em em a. Chung hmasawn dan tehna tur duansa ten a huam chu entirnan, in leh sikul kalkawng lemziah te, lehkhua puan hmanga bawhtah siam te, sawihona hun siam te, traffic signal inmil tir te, milem leh thlalak a awm an hming emaw chanchin ziah te, thlai than dan hre tura thil awlsam tak hmanga tih te emaw thlai peng hrang hrang hnathawhte chungchang a naupang zawhnate mawl mang tak a chhang mai lova, chipchiar leh a kaihhnawihthe nen a chhan thin a ni.

'Ngaihtuahna seng ang aw' tih huang hi naupangten an zirlai tlangpui an ngaihtuah let theihna hun remchang siam sakna a ni.

Lehkhabu-a tih tur pekte hi naupangten an duh dan, ngaihdan leh zalen taka an tih theih vek te an ni. Zirtirtute pawhin zirlaibu a pek bak naupangte tan phurrit ni si lo, an chheh vel nen a inlaichinna nei si tih tur dang an siam belh thei a ni.

He lehkhabu hian thil siam mak tak tak te hriatthiamna kawng a hawnsak ang a, chu chuan he zirlai subject hrang hrangte inthlunzawmna hi zir leh zirtir a awlsam phah ngei kan beisei.

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Then Khatna

Kan Chhungkua leh Khawtlang

Then khatna chungchang

Chhungkaw hrang hrang ni mah ila, kan vai hian inmamawh tawn theuh kan ni a, lungrual taka cheng ho leh intanpui thin kan ni. Thlai chi hrang hrang kan ching a, rante kan vulh bawk a, chung zawng zawngte nen chuan he khawvelah hian kan cheng ho a ni. Chutianga inlungrual tak leh inpawh tawn taka chen hona chuan khawtlang leh ram nuam tak kan siam a ni. Then khatnaah hian chhungkua leh khawtlang nihphung chi hrang hrang te, kan inmamawh tawn dan leh kan intanpui tawn dan te kan zir dawn a. Kan chhehvel a thil awmte tana kan tangkainate pawh kan zir dawn bawk a ni. Chaw, thawmhnaw leh thil dang tam tak min petu, thlai leh ran chi hrang hrangte pawh duat taka enkawl thin kan nih thute tar lan a ni bawk. Puipunna lian tham heng – mela te, kut hrang hrangah te chuan kan infiam a, kan zai hova, kan lam ho thin bawk. Hetianga hlim taka thil kan tih hona hian Pathian thil siam – Ni, Thla, Boruak, Tui leh Lei hlutna leh tangkaina pawh min hriat chiantir phah a ni.



Zirtirtute hriat tur

He zirlai bu hi hlawm (unit) li-ah then a ni a. Then tinah hian zirlai (chapter) pathum zel a awm a. Then hmasa berah hian 'Chhungkua leh Khawtlang' tih a awm a. He zirlaiin min zir chhuahpui a tumte chu hengte hi a ni.

Zirlai 1: 'Chhungkua leh thiante' tihah hian chhungkua a cheng ho te, an inlaichin dan te, an inthanpui tawn dan te, leh hlim taka an awm ho dan te a tarlang a.

Zirlai 2: 'Mela-ah i kal ang' tihah hian hnaivai deuh leh hla deuha chhungte nena hlim taka hun hman ho dan te tar lan a ni a. Chhungkuaa mela-a kal leh hun hman ho dan te, intihhlimna chi hrang hrang hmuhnawm ti taka enkual leh han tih ve chhin chungchang te, chutiang hunah chuan mi tin mai hlim taka kan khawsak ho dan te chu tar lan a ni bawk.

Zirlai 3: 'Kût hman thinte' tihah hian kût den chhena eitur an siam thin te, incheina chi hrang hrang leh zai leh lâm chi hrang hrang kan thlir thin chungchang te tar lan a ni a. Kûtah chuan mi tin te chu hlim tak leh inpawh taka kan khawsak ho dan te tar lan a ni bawk.



- Zirtirna hmanrua lei ngai lo leh remchang deuh te lo ngaihtuah lawk ni se. He zirlai an zir hma hian naupangte chu an chhungkaw thlalak theuh kentir a, an chhungkaw chanchinte sawi ho tir ve ni se.
- Traffic sign hrang hrang thlalakte, tualchhung ei leh in, thawmhna leh infiamna hmanrua chi hrang hrangte lak khawm a, naupangte entir tur a ni.
- Inleng leh a tlawhtu: Hmun bik chi hrang hrang – pangpar huan leh park te, thil pho chhuahna hmun te, traffic point te, police station te, clinic te, bazar te leh adt. tlawhpui theih ni se. Hetianga hmun tlawh tur remchang a awm lo a nih chuan police te, kangthelhtu te, doctor te, ran vulhtu te, pitar leh putar te pawh kawm thin ni se.

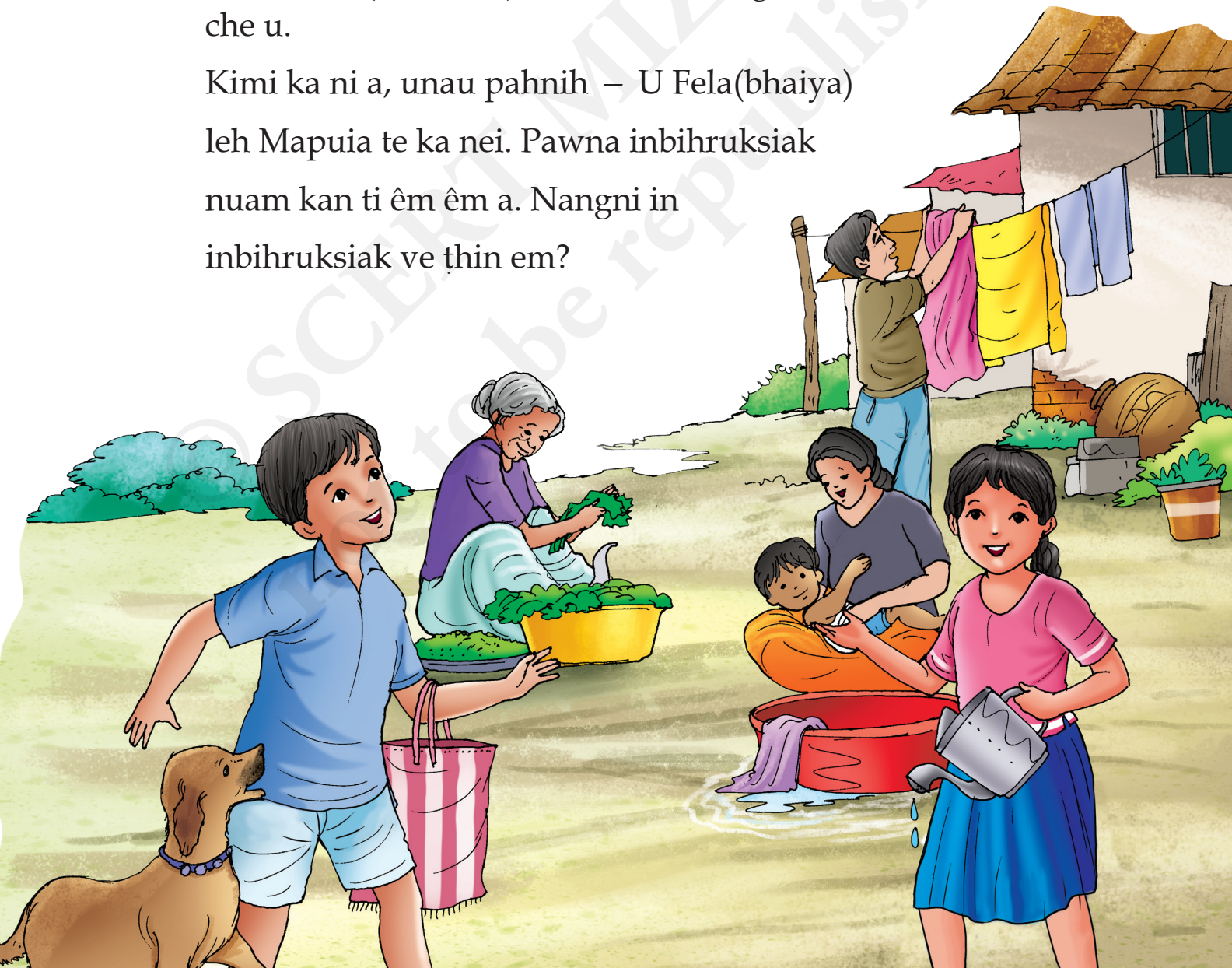


Chhungkua leh Thiante

Infiang ho ang u hmiang

Chibai ule (Namaste), kan inah lo leng ta che u.

Kimi ka ni a, unau pahnih – U Fela(bhaiya) leh Mapuia te ka nei. Pawna inbihruksiak nuam kan ti êm êm a. Nangni in inbihruksiak ve thin em?





Kan chhungkua
chuan Mapuia 'Tik
barakhaih' pui chu nuam kan ti
thei hle. Kan kawt zawl nuam takah
te chuan kan infiam thin a. Kan kawta
huanah chuan pangpar mawi tak takte kan
ching a. Kan chung te, kan thian te leh kan
thenawm

te pawh kan an lo leng ve thin.

Kan huanah chuan an thu khawm
a, fiamthute thawhin hlim takin an
titi a, an nui ho thin. A chang chuan
ka nu leh pate pawh an hnathawh
zawhah hahchawlh nan an lo thu
ve thin bawk. Kan vaia tlai lam hun
hman ho chu nuam kan ti thin hle.



*Tik barakhaihah hian naupangte chu an biru a, rang taka rawn lang thutin
barakhaih an ti thin'



Zai ho ang u hmiang

Ruah s̄ur ni te hian kan huana b̄uk
t̄eah kan t̄hu khawm t̄hin a. Ruah
s̄ur laia pawna han t̄hut velte chu
nuam tak a ni. Chutiang hunah
chuan hmanlai Mizo pawnto
hla te kan sa a, rul khelh (snake and ladder) te kan khel
t̄hin bawk. Ka nu leh ka pi te chuan ruah sur lai chuan
chhangbante an siam a, kurtai nen kan hmeh t̄hin. Tui ti
takin kan eiho t̄hin. Ka pi hian an naupan laia ruahsur
hnuaia an sak t̄hin hla chi hrang hrang a sa t̄hin a, chung
hla t̄henkhatte chu min zirtir ve a, kan lo sakpui ve t̄hin.

*Ruah hla*

Ka nu, ka pa,
Lo haw thuai thuai ang che.
Tlangah ruahpui a s̄ur e,
Sakhi lam peng rawn zawh la
Lo zangphar dêr dêr ang che
Chhingi a t̄ap e, Rolenga a t̄ap e,
Ka mu mang mang chu ni sela,
Ka zuk au na ral ral tur a.

— Mizo folk song

Pawnto hla: Hmanlai chuan zan lamah naupangte chu pawnah
an infiam a, hla awlai te te sain an lam a, an hlim em em t̄hin.
Chutiang chu 'pawnto' an ti a, an hla sak t̄hin chu 'pawnto hla'
an ti bawk.





Sawi ho ang ule

- Kimite chhungkaw hming han sawi teh?
- Ruah sur laiin in chhungkuain eng nge in tih thin?
- Ruah sur laia sak chi hla hriat in nei em? In neih chuan in thiante nen han sa ho teh ule.



Ziak rawh le

A hnuaiah hian in chhungkaw hming han ziak teh le.

Hming	In inlaichin dan	I koh dan
Mamuani	Nu unaunu	Nutei

Nui ho ang aw



Ka pu chuan keimahni ang rual
vel a nih laia a thiante nena an
infiam dan chu U Fela nen min
zirtir a. Kan infiamnaah a lo tel
ve thin baw. Kan ui 'Buanga'
tia kan koh pawh lo tel vein
hlim takin kan bulah a lo bawh
a, a mei hêmin a tlan kual vel
thin. Buanga chu kan chhungkaw
zinga tel ve tlat a ni a, kan nunah
hmun pawimawh tak a chang a
ni. Kan thiante pawhin Buanga
infiampui chu nuam an ti ve
thin hle.

U Fela leh Kimi te chuan Buanga
chu an ti na ngai lo. An ei tur neih
pawh an pe ve zel thin zawk a ni.



Zawng
chhuak
ang ule

An naupan laia i pi leh pute infiam ve thin dan
i hria em le?

Chhungkaw hrang hrang te

Chhungkaw thenkhat chu an rual a,
Chhungaw thenkhat chu an tlem,
Chhungkuate chu an inang vek lo va,
Kan in hmangaih tawn vek thung.
Chhungkuaah chuan nu leh pa leh
naupang an awm a.
Pi leh pute nen,
Mi dangte pawh an awm,



Tute nge ni ang le?
Chhungkua chu,
Nangmah ngaihtuahtute an ni,
Ka chhungte hi an hlu a,
I chhungte pawh.



Kimi te chhungkua hi chhungkaw rual nge chhungkaw tlem?



Chhungkuaah chuan
mi tam deuh emaw,
tlêm dêuh emaw
a awm theih a. In
thenawm velah pawh
chhungkaw chi hrang
hrang an awm tih i
hre thiam ang.



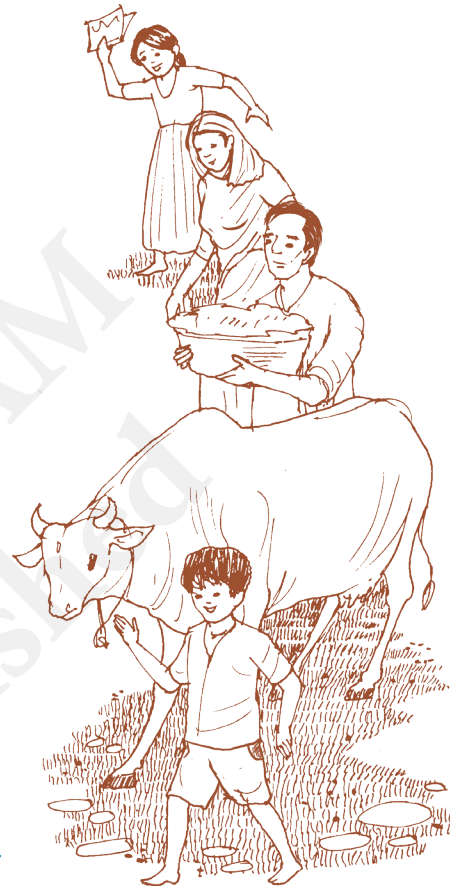
Sawi ho ang ule

- Aia upa zawkte leh in chhungkuaa mi dangte nen engtin nge in infiam thin?
- In in leh a velah eng nungchate nge lo kal thin?
- In in bul vela lo kal nungchate chaw i pe ve tawh em? I thil tawn chu han sawi teh le.
- Eng vengin nge nungchate hi tihnat leh chhaih nawmnah loh tur an nih?



Kan chhungkua, thiante, thenawmte leh kan chhungkhatte hian min hmangaih a, min ngaihsakin min tanpui thin. Chhungkuaah chuan nu leh pa, pi leh pu, unaupa leh unaunu bakah mi dangte an awm thei bawk.

Kan inhmangaihin kan intanpui tawn a. Thing kung, thlai leh rante pawh kan hmangaihin kan duat bawk a. Bawng, lawi, ui, vaki, zawhte leh kel te pawh kan chhungkaw zingah an tel thei vek a ni. U Fela leh Kimi'n Buanga an duat a, an hmangaih ang hian keini pawhin rante kan duatin kan hmangaih tur a ni.



Intanpui tawn



Tih tur

1

In chhungkuaa hnathawk lai thla/lem in hmuh thin te thai la, chei bawk rawh le.





Kan inah chuan thil tam tak kan ti ho thin a. Sam sei tak ka nei a. Sikul ka kal hmain ka pi chuan ka sam min khuih sakin a phiar bawk a. A phiar pah chuan a zai rât rât thin. A zai ngaihthlak chu nuam ka lo ti êm êm a. A hnen aţang hian hla tam tak ka zir bawk a. Ka nu leh pate chu in chhung hna chi hrang hrang ei rawngbawl, in tihfai aţanga bazar thlengin an inpui tawn thin.

Ka pu chuan huan siam nuam a ti hle a. U Fela nen chuan kan nu leh pa, kan pi leh pute chu an hnathawhnaah ni tin kan pui thin a. U Fela'n in tihfai leh eirawngbawlah a pui a, kei chuan ka pu huanah ka pui thung a ni.

Kan thian hnai tak pakhat chu Mawii a ni a. Amah leh a nu, nu Hlui (ka nu unaunu ang mai



a ni) hi kan inbul lawkah an awm a. Nu Hlui hi ei rawngbawl thiam tak a ni a, hun pui lo thlente hian chhang leh ei tur dang tui tak tak a siam thin. Nu Hlui leh Mawii hian hun pui lo thlenin kan inah an rawn hmang ve thin.

Mawii hian bawhtah a tah thiam hle a.

Lehkha mawi rawng chi hrang hrang hmangin a tah thin a, a chang chuan chanchinbu chhia te a hmang bawk thin. Lo puih nuam ka ti thei hle.



Lem ziaak rawh le

In chhungkua in inpuih tawn dan a lemin han ziaak teh le.



Kan chhung te leh thenawm khawveng te aṭangin thil tam tak kan zir vek a.

- I chhungte aṭangin eng nge i zir? Tu hnen aṭangin nge?
- I hnen aṭangin zir chhuah an nei ve em?



Tih tur

2

Lehkha chi hrang hrangte la khawm la, *bawhtah* han tah ve teh le.



Sawi ho ang ule

- Engtin nge i chhungte i puih thin?
- In chhungkuaah puih ngai bik pi leh pute, naupangte leh damlo an awmin engtin nge i puih thin?



Ziak rawh le

- In chhungkuaah tu nge upa ber?

- In chhungkuaah tu nge naupang ber?

- In chhungkuaah tu nge sâng ber?

- In chhungkaw zinga mi, in chenpui si loh an awm em? Tu te nge an nih a, khawiah nge an chen? In inhmu fo thin em?

Zirtirtute hriat tur

Hmanrua chi hrang hrang hmangin bawhtah hi a tah theih tih hrih fiah tur.

Tih tur pahnihna hi enpuina hnuaiah mahni class-ah tihpui tur.



Kimi leh U Fela te ang hian chhungkua chu kan ni tin hnathawhah kan inpui tawn thin a.

Kan chhungkuaah chuan kan bula cheng kher lote pawh an tel thei a. Kan nu leh pate aṅa kan laichinte an ni.



- Kimi te chhungkua chuan in chhungah thawh an nei theuhva.
- In chhungkuain eng nge in thawh ve theuh le?
- Zawng chhuak la dah khat rawh le.

Hnathawh	Thawktu
Ei rawngbawl	
Thlai tui pek	
Thil siam that (in chhung bungrua siam that, kawrkilh vuah, adt.)	
In tihfai	
Bazar	



In chhungkuaa in thawh hna dang pawh i belh thei.

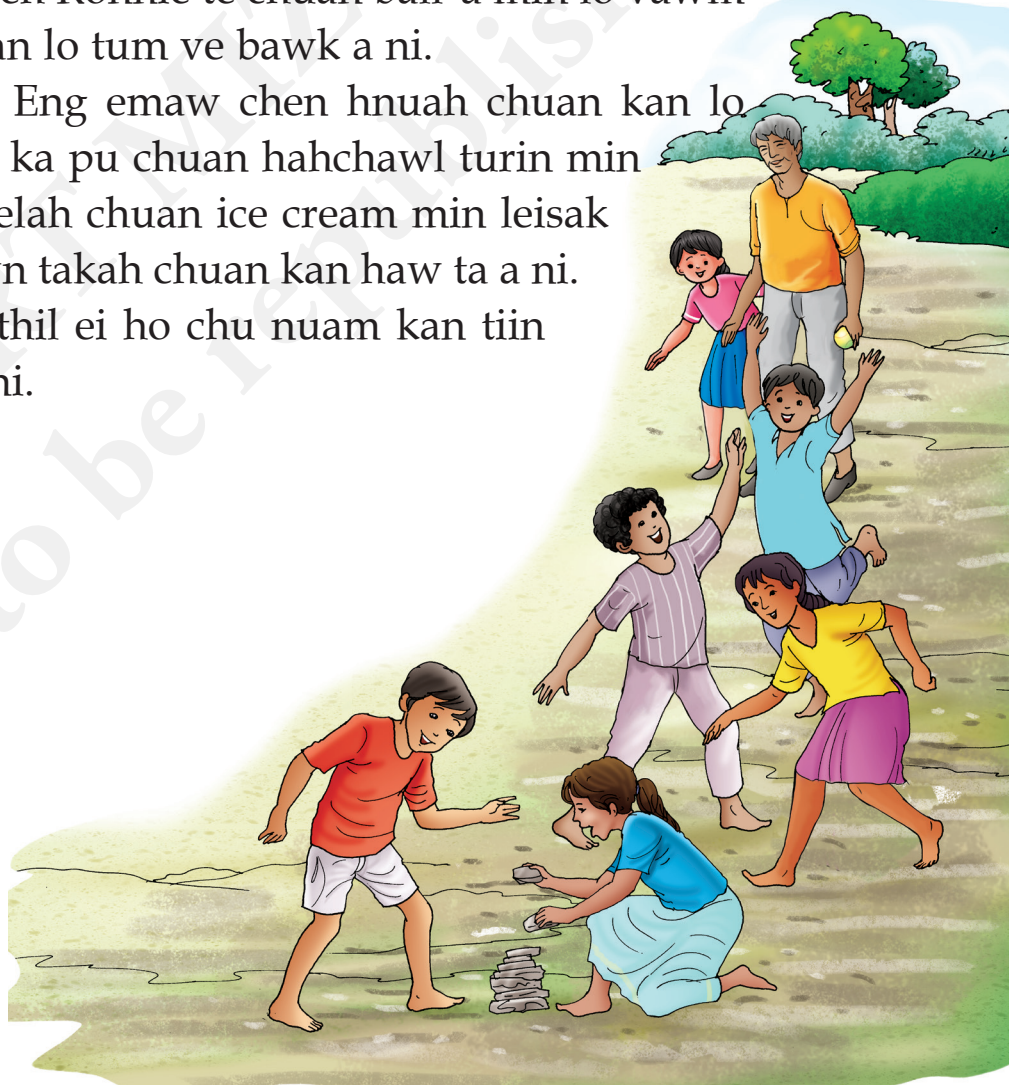
In chhungkua lo tlawh thin in chhungte hming ziaak la, in inlaichin dan ziaak bawh rawh.

Chhungkua leh thiante nena hun hlimawm hman.

Chawlh a ni a, ka pu hovin kan vaiin park-ah kan kal a. Kan thlen chuan kan thian tam takte chu an lo in tile vawm a. Rema, Rinki, Rohit, Ronnie leh Thari te chuan chak taka tlan a, tile rem tha vat vat turin an lo inauva.

Anni chu kan va zawm ve a, pawl hnihah kan insiam a. Ka pu chuan a ball ken chuan tile inrem chu a vawm darh ta vek mai a! A theih anga ranga tile chu rem khawm kan lo tum bawh a. Rohit, Rema leh Ronnie te chuan ball-a min lo vawm fuha min chak lohtir an lo tum ve bawh a ni.

A nuam hle mai. Eng emaw chen hnuah chuan kan lo chau ta deuh bawh a, ka pu chuan hahchawl turin min ti a. Minute 20 hnu velah chuan ice cream min leisak a. Khua a lo thim dawn takah chuan kan haw ta a ni. Inkhelh, nuih ho leh thil ei ho chu nuam kan tiin kan hlim tlâng hle a ni.



Ngaihtuahna seng ang aw

A. Ziak rawh le

1. Chhungkuaa awm ten engtin nge an inhmangaihna leh inngaihsak tawnna an lantir ?
2. I ṭhiante nen engtin nge in infiam ṭhin?

B. Lem ziak rawh le

In chhungkuaa hun hlimawm tak in hmang ho lai lem han ziak teh.

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Mela-ah I Kal Ang

Mela kal tura inbuatsaihna

A tawpa tawpah chuan khawpuiah chuan *mela* buatsaih a ni ve ta a. Nita leh Radha pawh *mela* kal turin an inpeih tawh a, a phurawm tak zet a ni. *Mela* neihna chu an in atanga a hlat avangin bus-a an kal a ngai a ni.



“Eng nge ni ta? In va buai hmel ve?” tiin a pi (Dadiji) chuan a zawt a.

“Pi, *mela-ah* kal kan tum a. Khawngaih takin lo kal ve rawh!” tiin Nita leh Radha chuan an sawm a.

“*Mela* maw! Aw! ni tak e, i nu pawhin kal ve turin min sawm tak asin. Ka kal ve chak khawp mai. Mahse ka ke a nâ tih in hriat kha,” tiin a pi chuan a chhâng a.

Nita-i pa chuan an thusawi chu a rawn zawm ve a. “Kan rualin mi tam tak an lo kal ve dawn a. Kan thenawm Sneha leh Rohit-a te leh pate Mohan-a (pa unaupa) te chhungkua te pawh an lo kal ve dawn. Vawiinah relin an lo thleng ang. Lungngai suh, kan buaipui vek dawn che alawm,” a lo ti ve bawk a.

A pi chuan nui chungin “A tha alawm, ka lo kal ve ang e. In tui painate (ûm tê) in tikhat tawh em?” tiin a zawt a.





“Aw tikhat tawh e pi, kan bag ken tur pawh kan peih tawh e,” tiin Nita-i chuan a chhang a. Naupangte chu hlim avangin an zuang hlawm a. A pi in kal ve a tum avang chuan an vai chuan an hlim êm êm a ni.

Nita-i pa chuan an thenawmte chu au in a hun taka inpeih turin a hrilh bawk a.

Chutih lai chuan pate Mohan-a chuan phone-a rawn bia in Nita-i te chhungkua chu *mela* neihna hmunah inhmuh mai a rem thu a rawn hrilh bawk a. Bus-a an kal hnuah auto-rickshaw-in *mela* neihna hmun an pan dawn a ni.

“Ehee, kan tam bawk a, a nuam dawn hle mai!” Radha-i chuan a lo ti a.



Sawi ho ang ule

- Nita-i leh Radha-i te chhungkaw bag kenah khan eng nge awm a i rin?
- Zin dawn ta la, engtin nge i inbuatsaih ang?



Mela panna kawngah chuan



Sneha-i leh Rohit-a te hi Nita-i te thenawm an ni satliah lo va thian inkawmngeih tak an ni. An ni pawh *mela* kal turin an inpeih ta.

“Sneha, inpeih vat rawh. Nita-i te chhungkua an lo thleng tep tawh ang,” a nu chuan a lo ti a.



“Nu, ka inpeih tep e. Ka mamawhte ka keng kim em tih ka en fel mek e,” tiin Sneha-i chuan a chhang a.

“Nita-i te chhungkua an lo thleng e, kal a hun ta e,” a pa chuan a rawn ti a. Chumi hnu chuan an vaiin *mela* awmna hmun pan chuan an chhuak ta a.





Nita-i chuan a pi kutah kaiin bus awmna hmunah chuan muang changin a hruai a. Kawng lehlam lehlam atangin motor a lo kal thei a ni tih hriain fimkhur takin kawngpuiah chuan an kal ta a.

Bus number 401 chu muangchangin a rawn ding ta. Bus conductor leh Nita-i pa chuan a pi bus chuang tur an pui a. Kum upate thutna tur an siam bikah chuan a pi chu nuam takin a thu ta a.

An vai chuan an chuang kim ta a, a pi bulah chuan an thu hlawm a. Rohit-a pa chuan an vai atan ticket lei a chuh tlat mai a, "Khawngaihin puitling ticket panga leh naupang ticket pali," conductor hnenah chuan a ti a. Naupangte chu anmahni thutna theuha thua zuang lo turin a hrih bawk a. An him zawk nan an lu leh bante chu tukverh pawna dah chhuak lo turin a hrih bawk a. Bus-in khawpui a kal pelh hnu chuan *mela* neihna hmun zau tak chu an thleng ta a.





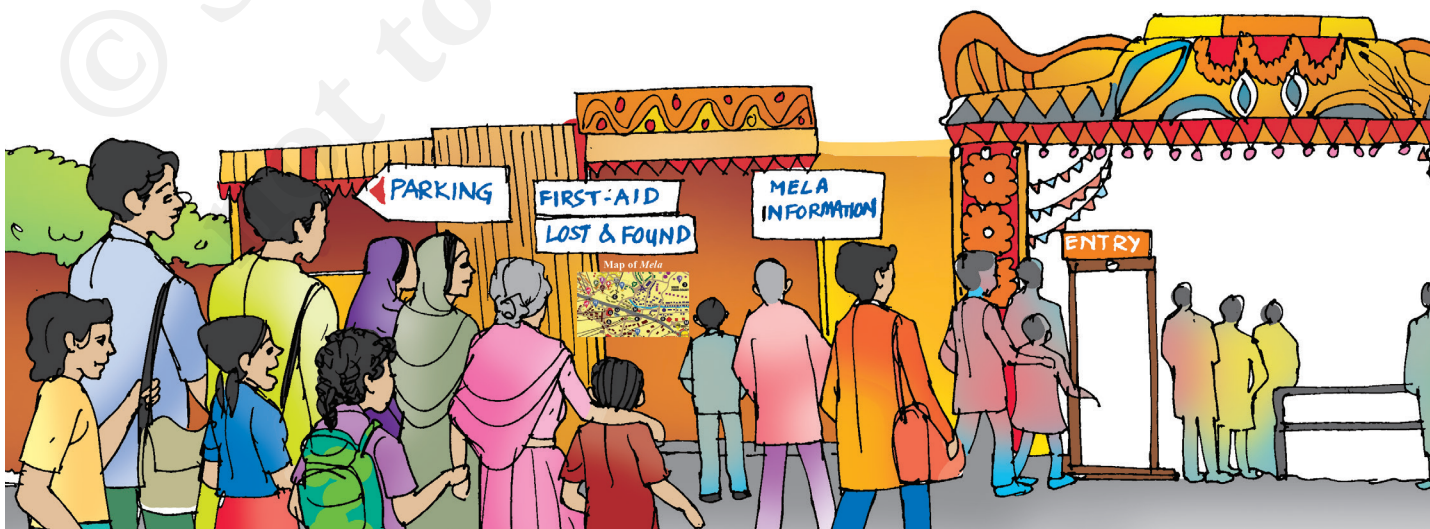
Sawi ho ang ule

- Eng hmangin nge i zin thin?
- Bus emaw, car emaw, bicycle emaw hmanga zin lainn engtianga fimkhur tur nge?



Ziak rawh le

I thian te, thenawm te leh in chhungkua emaw a in zinna chanchin han ziak teh le.

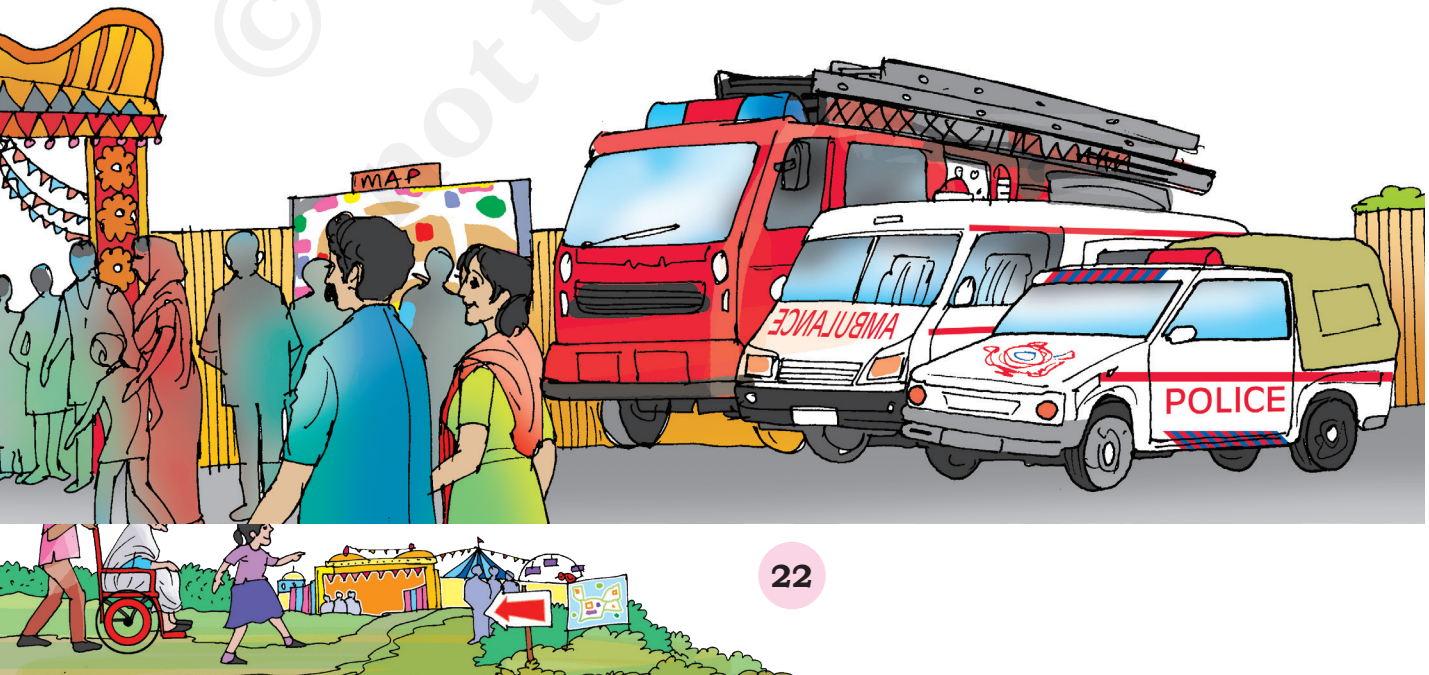


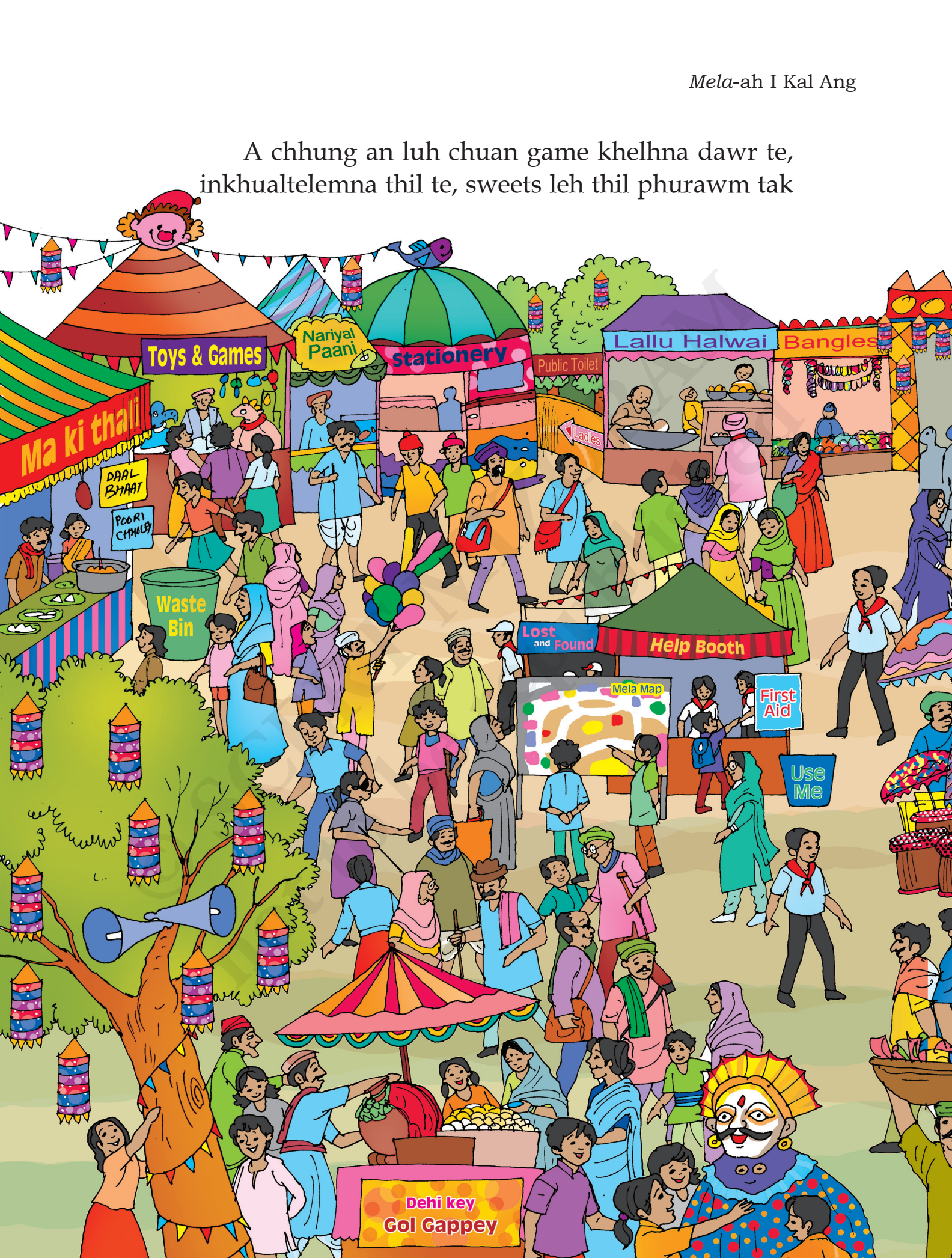


Mela-ah chuan

Chhungkaw pahnih te chuan *mela* neihna hmun chu an thleng ta a. Pate Mohan-a te chhungkua pawh auto-rickshaw atangin an lo chhuk ta bawk a.

Mela luhna lai takah chuan dawr chi hrang hrang awmna hmun hriat theih nan map a lo awm a. A bul lawkah chuan ambulance, police motor leh kangthelh motor hman mai theihin a lo awm bawk a. Thil chhar dahkhawmna tur hmun leh a buaipui tura inpete nen. Pate Mohan-a leh Rohit-a te pawhin hmanhmawh takin a pi wheelchair tur an la bawk a.



[illegible]

tak zawrhna dawr te a lo awm a. Naupangte pawh an hlim êm êm a. Inkhualtelemna thil an zawrhna dawr atangin kaihbu, nautelem leh virmepte an lei a. Merry-go-round-ah leh giant wheel-ah te an chuang a.





Sneha-i leh Radha-i te pawhin ngûn leh tlereuh dangte an lei baw k a.

“Magic show en tawh ang u,” Nita-i chuan a ti a. Magic show chu an enho ta a!

Pate Mohan-a chuan naupangte chu au in, “Nuam in ti baw k a, thil ei ve thung tawh ang u hmiang. In thil ei hmain kut fai taka sil tur aw,” a ti a. Tui awmna hmunah kalin an kut an sil fai hlawm a. Gol gappa, chaat, chhole kulche, jalebi, rabri, kulfi leh thil dang tui tak takte an ei a. An ei zawh chuan an eina nawite chu bawlhhlawh bawmah an paih fel leh vek a.

Mela an chhuahsan dawn chuan, a pu chuan “Naupangte u, enteh u, police officer saw tuin nge zui le?” a ti a.

Naupang ho chuan, “Pu, police ui a nih saw!” tiin an chhang a.



I hre ngai em?

Kumbh Mela hi khawvela festival hman thin lian ber a ni a. Mihring punkhawmna lian ber niin Ganga, Yamuna, Godavari leh Shipra kamah te neih thin a ni. Kum 12 danah Haridwar, Prayagraj, Nashik leh Ujjain-ah an hmang thin.

Hriat ve atan: Kumtinin February thlaah Aizawl Day hi hman thin a ni.





Ziak rawh le

- Thil chhar dah khawmna hmun siam kha eng nge a tangkaina?

- Police ui hi eng nge a tangkaina?

- *Mela-ah* i kal ve tawh em? *Mela-ah* chuan eng nge nuam i tih ber?



Sawi ho ang ule

Inhrilh tawn ang u hmiang

Nita-i, Radha-i, Sneha-i leh Rohit-a te ni ta ula, *Mela-ah* eng thil nge in tih duh han inhrilh tawn teh ule.



Zawng
chhuak
ang ule

- In chhungkuaa puitling zawkte an hunlaia *mela* leh tunlaia *mela* danglamna han zawt teh.
- Eng vingin nge *mela-ah* khan ambulance leh kangthelh motor-te a awm?



Ngaihtuahna seng ang aw

A. In class-ah sawi ho ula.

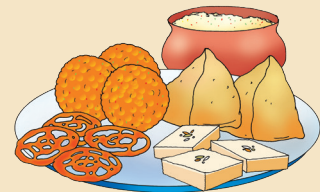
1. Engtin nge tarte/upa zawkte kan ngaihsak ang?
2. Kan bul velah eng motor nge kan hmuh thin?
3. Lirtheia chuan laiin engtia fimkhur tur nge?

B. A lem leh a thu hi mil rawh le.

A thu dik ber thlang chhuak la, a lem nen mil la , a lem hnuaiah hian ziaak ang che. Entirna pek ang hian.



Volunteer



Kangthelh

Chhang siam

Toys zuar

Puppeteer

Ngûn zuar

Volunteer

Police officer

Daktawr

Mehendi artist

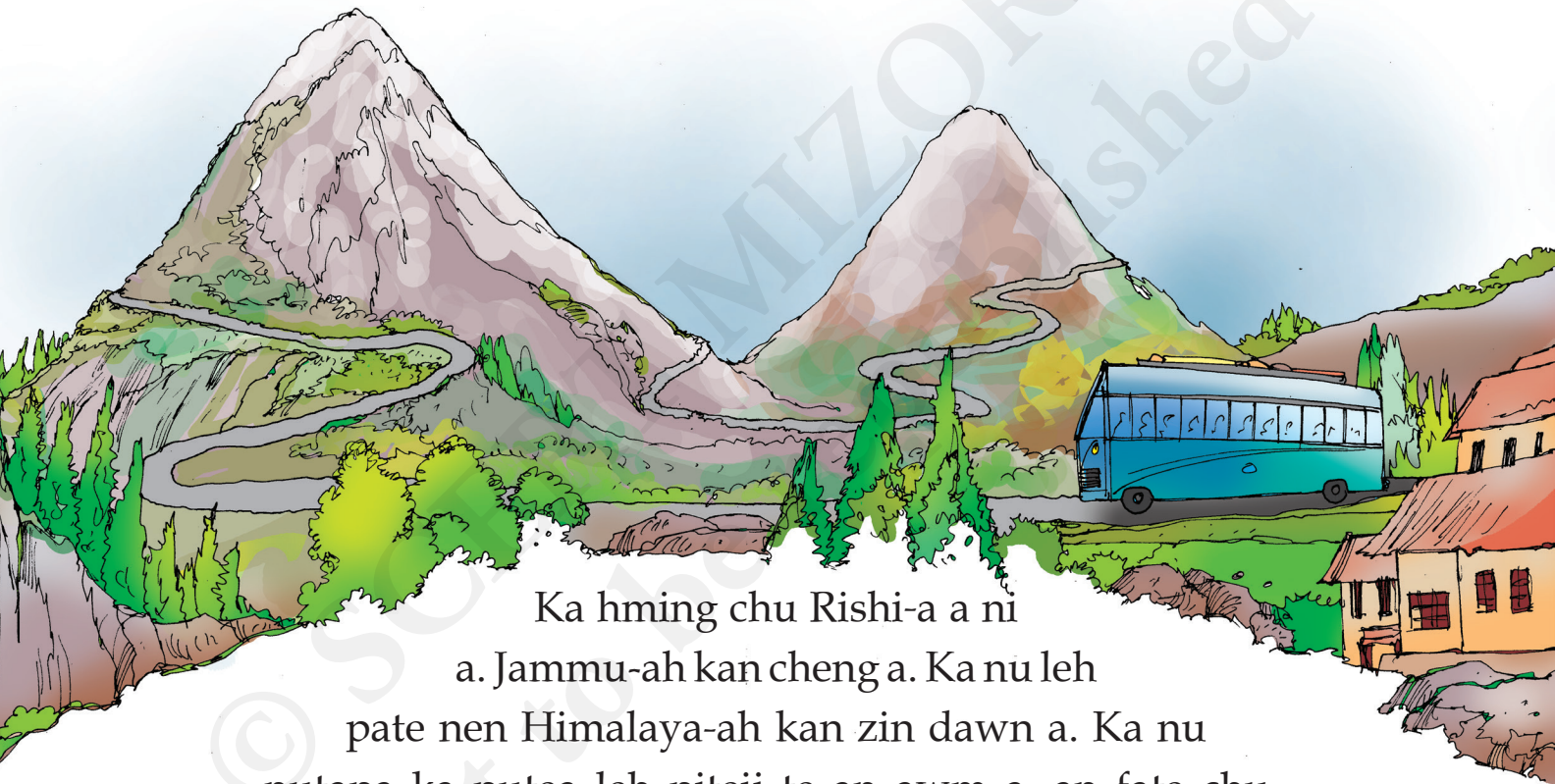




Kût Lawmna



Pangpâr Kût



Ka hming chu Rishi-a a ni
 a. Jammu-ah kan cheng a. Ka nu leh
 pate nen Himalaya-ah kan zin dawn a. Ka nu
 nuṭapa ka putea leh piteii te an awm a, an fate chu
 Chiya-i leh Nonikaa-i te an ni. Tlang kâra thingtlang
 khaw tê tak tê a cheng an ni. Bus-in kan kal a, a nuam
 kan tiin hmuh tur thil chi hrang hrang a tamin a mawi ka
 ti hlawm hle mai. Kawngte chu a kualin, tlang pangachte
 chuan pangpar a vul nasa êm êm a. Hla takah thing kung
 ding khup hmuh tur a awm baw k a.



Sawi ho ang ule

- Bus-in i zin tawh ngai em? I zin tawh a nih chuan i thil tawnte han sawi teh.
- I zinnaah chuan eng ang thing kung leh pangparte nge i hmuh?
- Zinnaah i himna turin eng nge i tih ang?
- Thirsakawr i khalh emaw, kawnga i kal emaw laiin i himna turin eng nge i hriat tur?





Tih tur

1

Column A a inziak hi Column B-a a awmzia nen thai zawm rawh :

Column A



Column B

Motor din phal loh

Horn hmet suh

Tlan muanna (Speed breaker)

Kual let phal loh

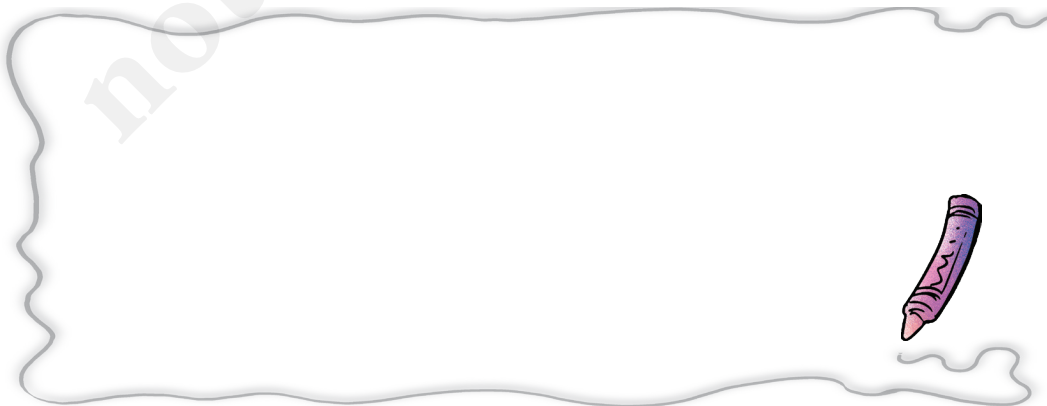
Hnathawk an awm

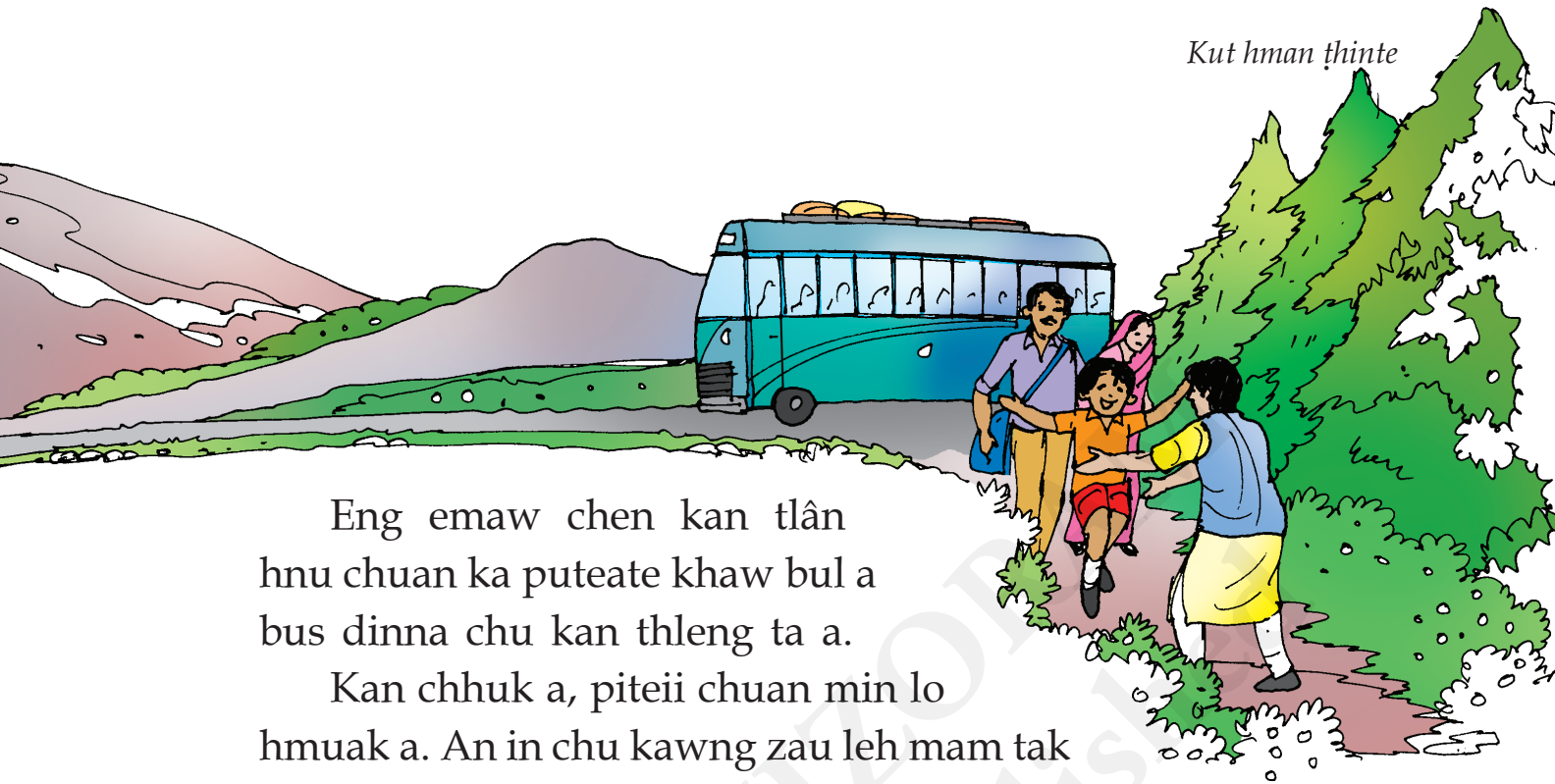
Sikul a awm



Lem ziaak rawh le

Signboard intar i hmu thin ang a. A chung a tel lo signboard i hriat pathum lem han ziaak teh le.



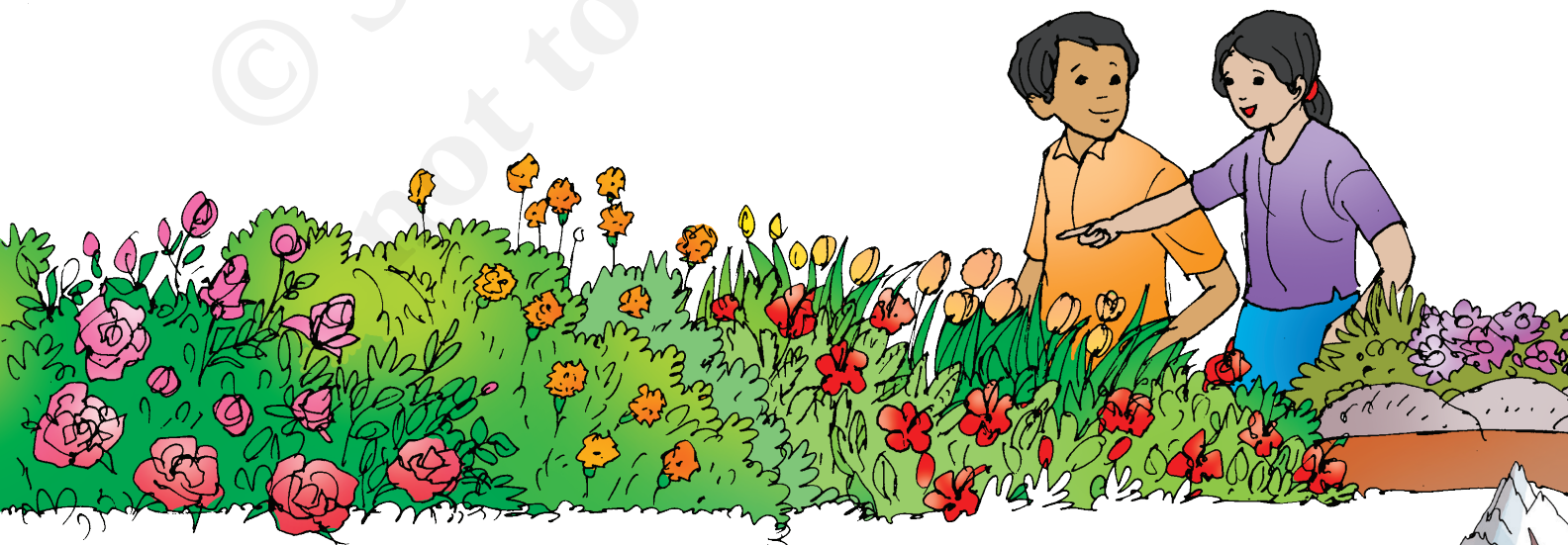


Eng emaw chen kan tlân
hnu chuan ka puteate khaw bul a
bus dinna chu kan thleng ta a.

Kan chhuk a, piteii chuan min lo
hmuak a. An in chu kawng zau leh mam tak
aṭangin kawng zim leh diak tak kal tlang a ngai a ni.

An in kawtah chuan pangpar rawng chi hrang hrang
a parte chu a lo intlar dul mai a. Pangpar thenkhat rose,
derhken leh midum pangpar-te chu an hming ka hriat
ve te an ni a. Heng pangparte hi ka la hmuh ngai loh
ang maiin a mawi dangdai ka ti êm êm a ni.

“Khawngaih takin heng pangpar hming te hi min
hrilh thei em?” tiin Nonikaa-i chu ka zawt a.



Pangparte chu kawkin
Nonikaa-i chuan, “Hei hi
chu tulip a ni a.” a ti a.

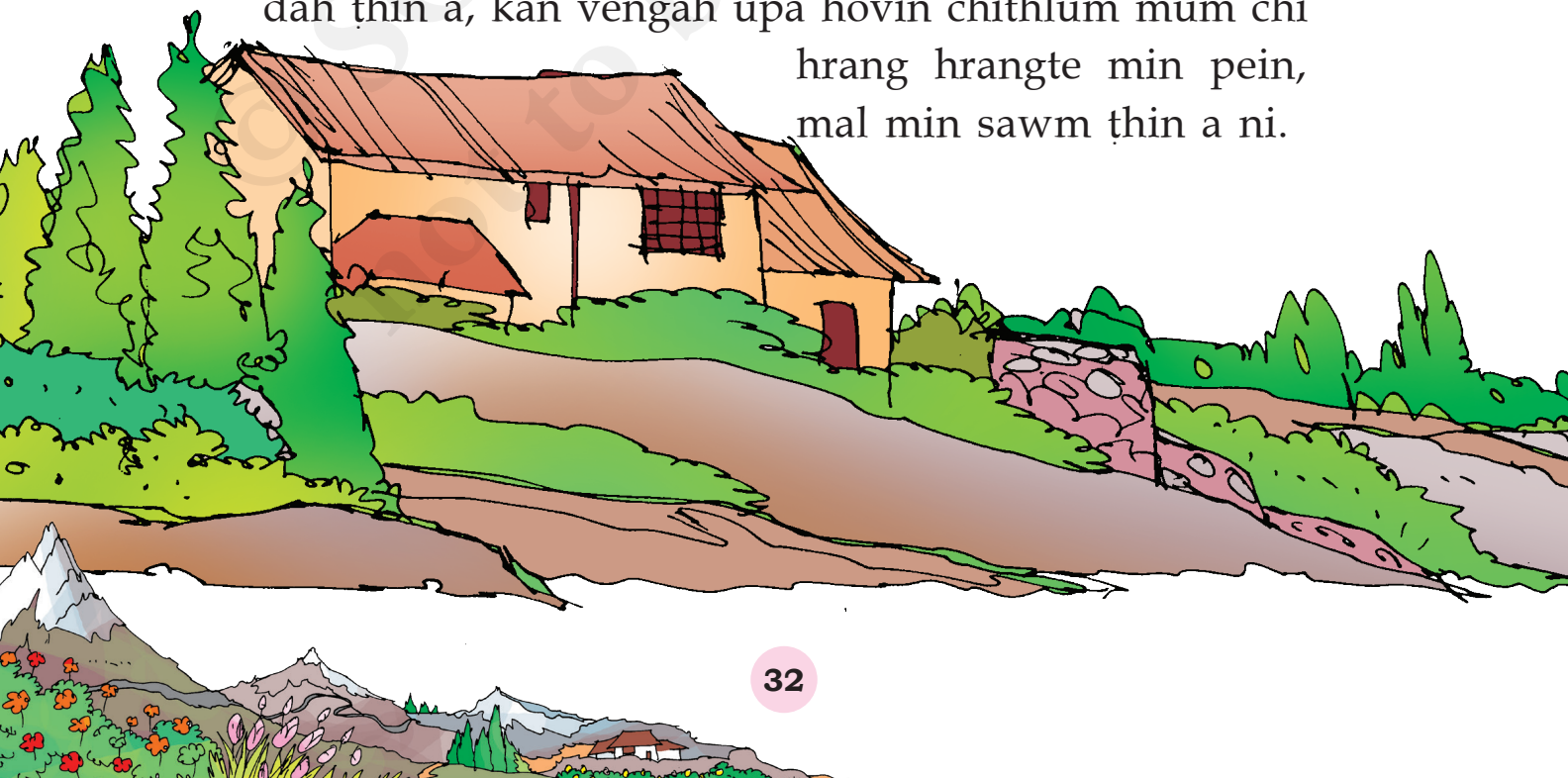
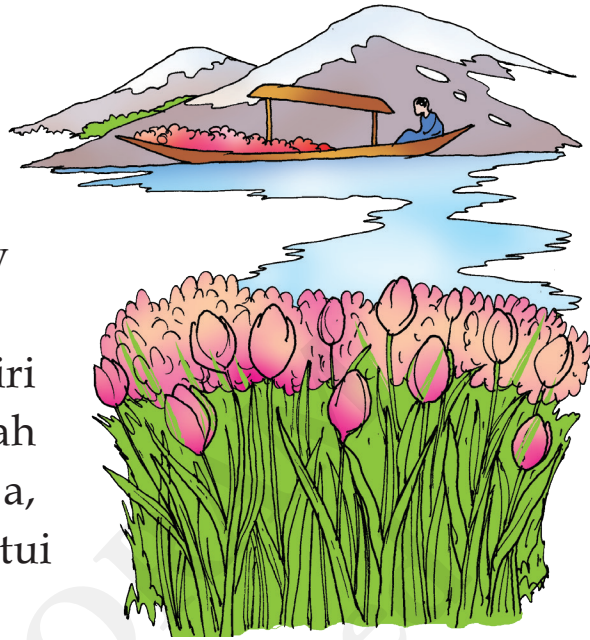
Ka piteii chuan chhun chaw
ei turin minrawn ko zui a.

An ei turah chuan Kashmiri
chaw chi khat *haakh* (thlai hnah
chi khat) an tih hi a tel vek a,
chaw lum nena ei chi a ni a, a tui
êm êm mai lehngal a!

“Tun ang hunah hian Kashmir
Tulip Festival kan nei thin tih i hria em?” tiin Nonikaa-i
chuan chaw chhun ei lai chuan min zawt a.

“Kan awmnaah pawh pangpar a sena par mawi
tak thlasik laia par thin kan nei a. Chhawkhlei Par
(Rhododendron) a ni a,” ka ti a.

Chiya-i leh Nonikaa-i hnenah chuan Spring Festival
kan hman thin dan ka hrilh a. Festival lai chuan
thenawmte kawngkaah pangpar chi hrang hrangte kan
dah thin a, kan vengah upa hovin chithlum mum chi
hrang hrangte min pein,
mal min sawm thin a ni.



Phur takin Chiya-i chuan,
 “Ka thiannu Unni; Kerala-a
 awm te chuan tun ang hunah
 hian *Vishu Festival* an hmang
 thin a. *Vishu Kani* siam nan
amaltas pangpar eng te, thei
 leh thlai te an hmang thin a
 ni.” a ti a.



Mami chuan rawn sawi vein “Nipui intan hi chu
 hun nuam leh hlimawm tak a ni. Thlasik khaw vâwt a
 reh chhova, pangpar te lo parin, thing leh thlai hnahte a
 lo chawr a, khaw nawm hunlai ber a ni mai awm e.”



Mami, Chiya-i leh Nonikaa-i hnenah chuan kan vela
 pangpar vul mawi ka tihzia ka hrilh a.

Eng emaw chen kan cham hnu chuan kan haw ta a.
 Chhungte nen hun kan hmang ho thei chu nuam kan ti
 hle a ni!

**Vishu Kani* chu Malayali hovin an kum thar ni hmasa bera vanneihna an dawn nana an
 hun hman hi a ni a. Ni a chhuaha an thil hmuhte chuan vanneihna leh hausakna a rawn
 thlen an beisei a ni.





Tih tur

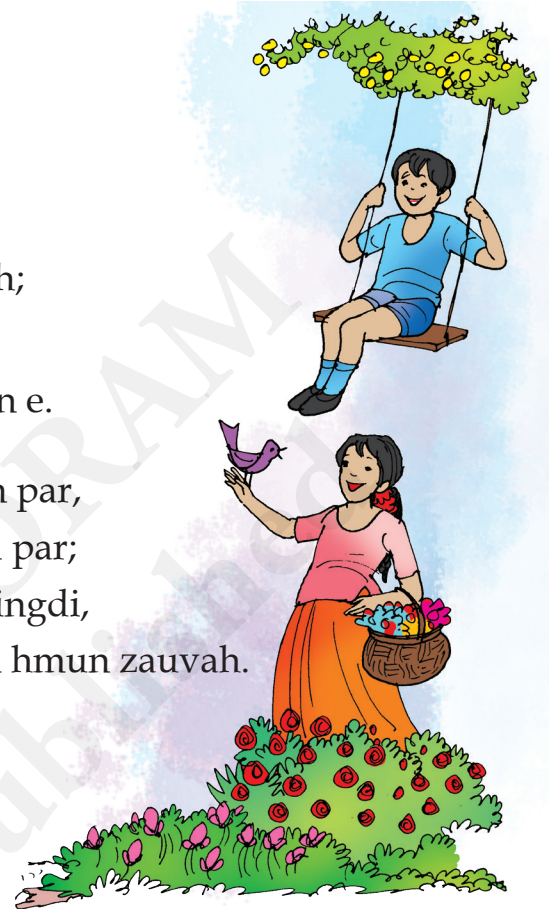
2



Zai ang ule!

Kan tlang ram par vulna,
Thal khua eng riai romei karah;
Lenkaw! turni nem duai,
Zai tin ri mawi an chiar nglian e.

Phunchawng, nauban, ainawn par,
Thuah, vau, chhawkhle, senhri par;
Chawnpui, pang, samtlang, dingdi,
Par mawi thang vulna, Zoram hmun zauvah.



Ziak rawh le

1. In chhungte nena sawihovin kût hrang hrang kan neihte han ziak teh u.
2. Kût hrang hrangahte chuan engte nge ei tur in siam thin?

Hunbi	Kût	Ei tur bik siam
Thal		
Nipui		
Fur		
Thlasik		



- Engtin nge i thiante nen kût leh hunpui in hman ho thin?
- Miin Kût an hman hian ei tur tui bikte siamin kawr thar an neih vek i ring em?
- In awmna bulah tlang emaw, lui lian emaw luitê emaw a awm em? Hmun hla deuhva awm in chhungte in tlawh tawh em? A nuam in ti em?

Ngaihtuahna seng ang aw

A. Sawi ho tur:

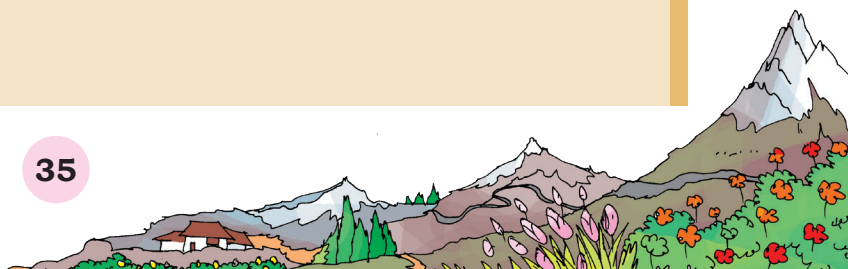
1. Zin veivah nan eng motor nge an hman thin?
2. Zinnaah i himna turin eng nge i tih ang?
3. Kût laiin eng ang ei tur nge in siam thin?
4. Kût leh hunpui kan hman hian inpawhna engtin nge min siam?
5. Ramhnuai leh a chhehvela hun hman nuam i ti em? A tihlim che em?
6. Mizoramah kût i hman tawh ngai em? I hman dan i thiante nen han sawi ho teh ule.

B. Ziak rawh le:

1. Tun hnaiah in chhungte i tlawh hming pahnih han ziak teh.
2. I chhungte leh i unaute nen engtin nge hun in hman thin?
3. Mizoramah Pangpar Kût kan hman thin chi hnihte kha engte nge?

A kar awl dahkhat rawh:

1. Chiya-i and Nonikaa-i te chu khaw tê tak tê _____ bulah an awm.



2. Bus chu kawng_____tak, pangpar mawi vul chûk hmunah te chuan a tlan a.
3. Putea te ina kal tur chuan Rishi-a leh a chhungte chu kawng zim leh_____tak an kal tlang a ngai.
4. Pangpar sen thlasik laia par thin hming chu_____.
5. _____chu thlai hnah hring chi khat chaw lum nena ei chi a ni.

C. Lem ziaik rawh le:

Chart paper hmangin heng a hnuaia mi te hi signboard siam la. A lem leh a rawng i duh zawng i hmang thei. I thil ziah chu i sawi fiah dawn nia.

- Sikul library
- Inthiarna
- Tuala intlar (Assembly)
- Tui inna hmun (Drinking water point)
- Khelmual
- Classroom
- Kailawn

Nuam ti deuhin lo siam rawh le!



I hre ngai em?

Khawvela tlang hmingthang ber chu India ram hmar lama awmin Himalaya an ti a (Himalaya awmzia chu vur awmna hmun tihna a ni). Khawvela tlang sang ber chu Mount Everest a ni a, kan ram thenawm Nepal-a awm a ni. Mount Everest tlang san zawng chu metre 8,848 a ni .



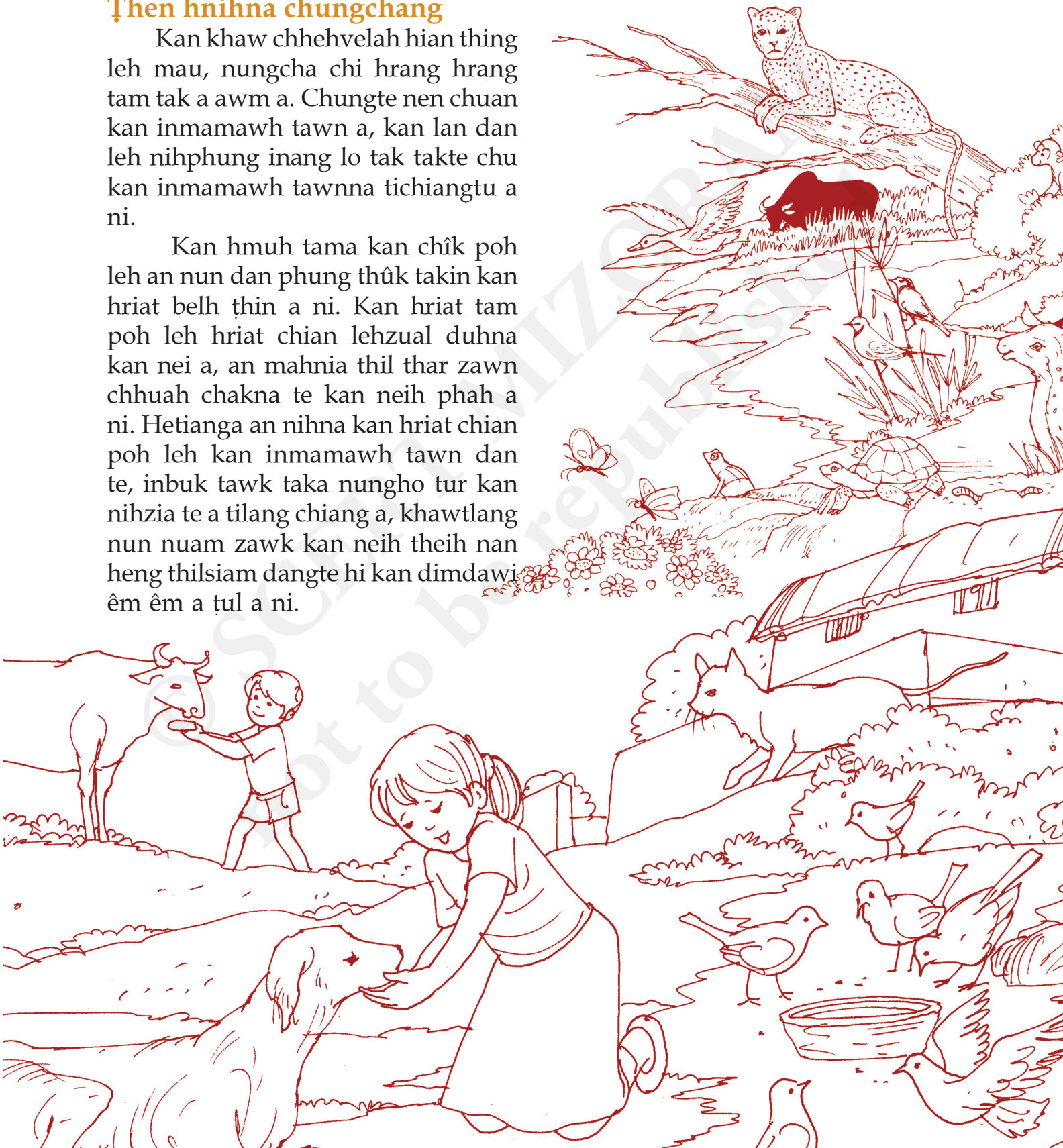
Then Hnihna

Min Hual Veltu Nunna

Then hnihna chungchang

Kan khaw chhehvelah hian thing leh mau, nungcha chi hrang hrang tam tak a awm a. Chungte nen chuan kan inmamawh tawn a, kan lan dan leh nihphung inang lo tak takte chu kan inmamawh tawna tichiangtu a ni.

Kan hmuh tama kan chik poh leh an nun dan phung thuk takin kan hriat belh thin a ni. Kan hriat tam poh leh hriat chian leh zual duhna kan nei a, an mahnia thil thar zawn chhuah chakna te kan neih phah a ni. Hetianga an nihna kan hriat chian poh leh kan inmamawh tawn dan te, inbuk tawh taka nungho tur kan nihzia te a tilang chiang a, khawtlang nun nuam zawk kan neih theih nan heng thilsiam dangte hi kan dimdawi em em a tul a ni.



Zirtirtute hriat tur

He zirlai hi 'Min hual veltu - nunna' tih a ni a. Zirlai hrang hrangin a tum te chu hengte hi a ni:

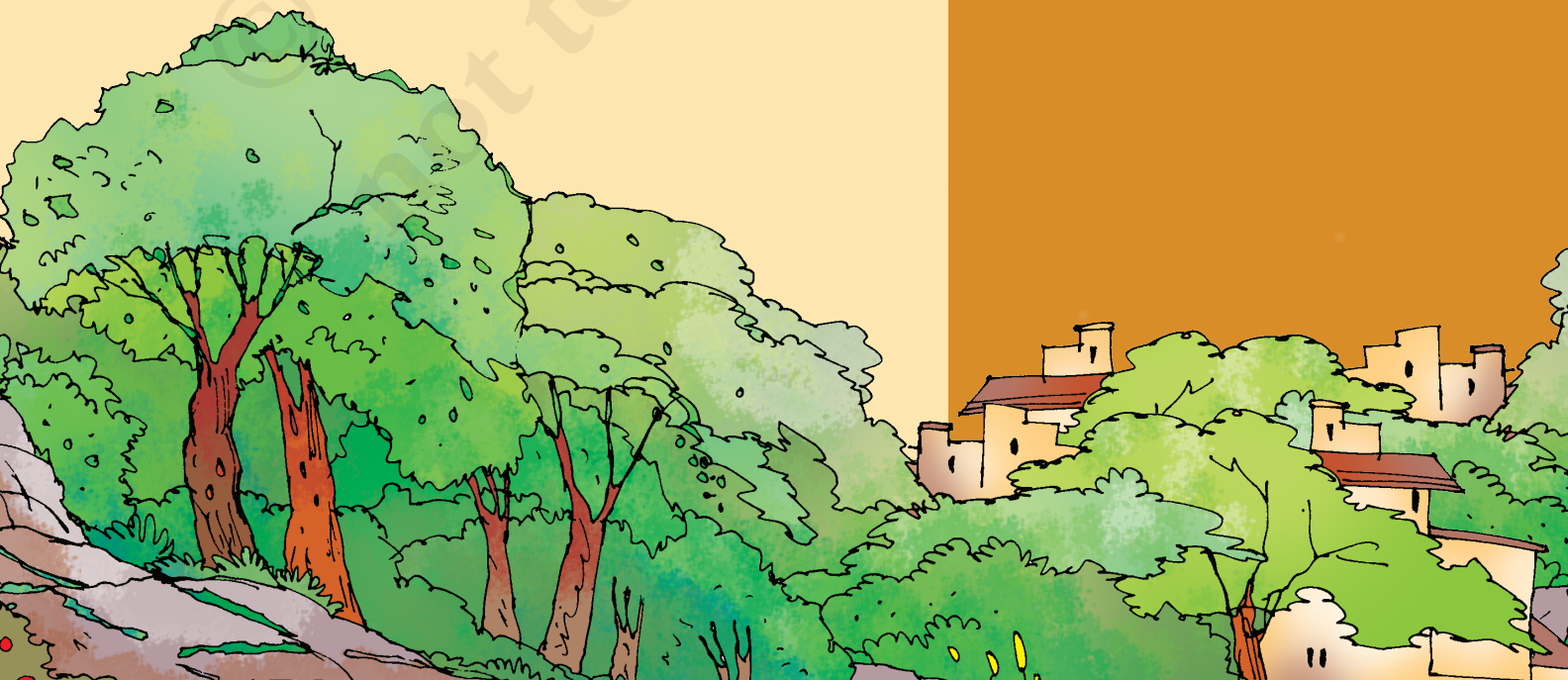
Zirlai 4: He zirlai '*Thil To Chi Hmelhriatna*' hian kan chhehvêla thing leh hnim hrang hrang awmte min kawhbmuh a. Chung thlai chi hrang hrangte chuan pianhmang te, pawimawhna leh tangkaina hrang hrang an nei hlawn a ni. An hnah hmang te, an par leh an rah hmangtein an ropuizia an puang chhuak a. Chu bakah, dam khawchhuah nana an mamawh chi hrang hrang an neih te an than lenna atana thil tha leh pawimawh te chu tarlan a ni.

Zirlai 5: He zirlai '*Thing leh Nungchate an Chengza*' hian thing leh hnim leh nungchate inlaichinna chungchang min zirtir a. Ngun taka zir chiangin an inpuihtawn dan min hriattir bawk a, a hual veltu nungcha hrang hrangte chu an nihna hrechiangin, an nunphung leh an chennate an bel chiang a. An chenna khawvelah hian leilung, nungchate leh thing leh hnimte rem taka chenho chu a tar lang a ni.

Zirlai 6 : He zirlai '*Inrem Taka Chen Ho*' in min zirtir a tum chu, thing leh hnim leh nungcha te nen hian inzawmna thuk tak kan nei a ni tih hi a ni. Heng thing leh hnim leh nungcha thenkhatte hi mihringte chenna bul hnaia awmin a then chu hmun hla takah te an awm thung. Tin, heng nungchate hi ngilnei taka enkawla kan duat hi a ngai a. Ngilneihna nena enkawla inrem tak leh inpawh taka kan chen ho hian, kan zavaia tan hlimna leh hriselna kawng kan siam a ni.



- Ramsa lemte tar chhuak la, ramsa lema siam hmai kawr te khai la, ramsa leh an awmna hmun hring dup lem siamin, ramsa lem te reuh tē tē leh pangpar pot te dahin hung chhuak rawh.
- Flash card-ah ramsa te, sava te, rannung te, pangpar te leh thing leh hnim lemte, buatsaih rawh.
- Thil awlsam leh thil thleng tak tak, naupang kum mil a siam video leh film tawi, thawnthu bu leh hla thu a bu chhung nen a inmila siam dah lawk ni se.
- In leng leh a tlawhtu – sahuana te, ramsa humhalhna hmun te, thing leh thlai tiahtirna hmun te tlawh ni se, emaw an tlawh hmun chanchin sawi thei tur mi thiam bik kawm ni se.





Thil Tō Chi Hmelhriatna

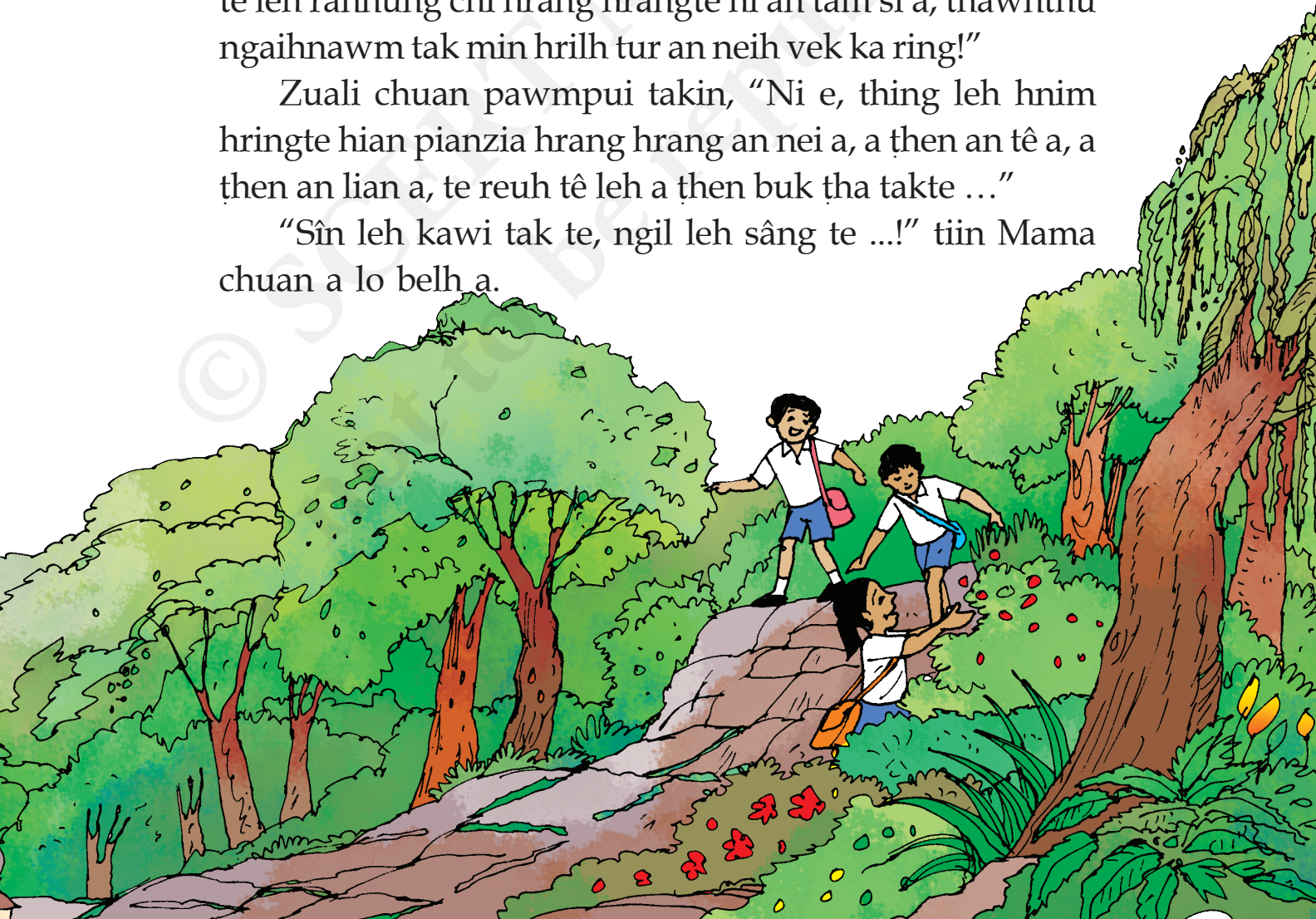
Thing leh hnim hring chi hrang hrangte

Hriata, Zuali leh Mama te chu ni tin kein sikul an kal thin a. An kalkawngah te chuan pangpar mawi tak tak te, tlang te leh lui te an hmu a.

Ni khat chu Hriata chuan mak ti deuhvin, “Kan leilung awmdan hi mak inti ve em? Thing leh hnim hring te, sava te leh rannung chi hrang hrangte hi an tam si a, thawnthu ngaihnaawm tak min hrilh tur an neih vek ka ring!”

Zuali chuan pawmpui takin, “Ni e, thing leh hnim hringte hian pianzia hrang hrang an nei a, a then an tē a, a then an lian a, te reuh tē leh a then buk tha takte ...”

“Sîn leh kawi tak te, ngil leh sâng te ...!” tiin Mama chuan a lo belh a.



Hriata chuan, “Hnah thenkhatte chu a thap a, a then chu a mam a. Han khawih leh han hnim te hi nuam ka ti.” a ti a.

Zuali chuan, “En teh, he Lenhmui (java) thing hnahte hi a chhah in a tle asin! Mama, i thing kung duh ber ani lo’ m ni?” tiin a zawt a.

Mama chuan, “Aw, ni e! A par var te tak tê tê te, a rah hring te tak tê tê te kha ila hria em? Ni rei lo tê hnuarawn sen a,rawn nawinawk vek thin ang kha. A rah hmin han lawh te kha, nuam kan tih thin zia kha!”

Zuali chuan nui chungin “Heng thing kung hlim vawt raih hnuaia kal hi a nuam khawp mai,” a ti a.

Thing kung chuan kung lian tak leh zar tam tak a nei a. A zarte chuan hnah tam tak a nei a, a zungte chu lei thûk takah a in phum a.

Thing kungte



Theihai



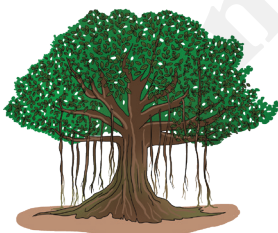
Coconut



Herhse



Lamkhuang



Bung



Tlaizawng



Hmawng



Chawnpui



Ziak rawh le

Thing kung hming in hriat theihte han ziak teh u, in hmuhna hmun in hre thei em? Chung thing kungah chuan engte nge in in bulah emaw, in sikul kalkawngah emaw in hmuh thin?

Shrubs (Hnim buk)

Hriata chuan, “Hnim hring zawng zawngte hi thing kung angin an thanglian vek lo va, heng pangpar sen mawi tak te hi han en ula, thing kung angin an kung a lian ve lo.”

Mama chuan, “a kung leh a zar te chu uk tawi te te an ni,” a ti a.

“Heng hnim buk kan hmuhte hi shrubs a ni a, ina tulsi kan phun te hi shrub chi khat chu a ni,” tiin Zuali chuan a lo sawi a.



Shrubs (Hnim buk) chu kung lian lutuk lo, a zarte pawh lei hnaih taka awm thin te hi an ni.



Midum pangpar
(Hibiscus)



Rose



Tulsi



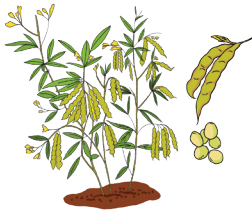
Curry leaf



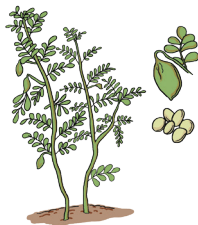


I hre ngai em?

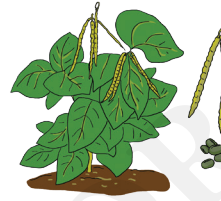
Dal kan ei thinte — Chana dal, masoor (dal sen), moong (dal hring) leh urad (dal dum) — hengte hi hnim buk chîte an ni.



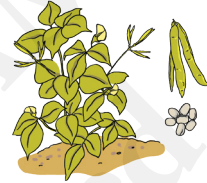
Chana



Masoor



Moong



Urad



Ziak rawh le

- Hnim buk (Shrub) hming i hriatte han ziak teh. A chung a milemte khi i hmu ngai em?

Herbs leh Grasses

Mama chuan “Inah pudina leh tomato kung kan nei a. An kungte chu a hringin a nê m hle a ni,” a ti a.

“Ka pi chuan heng hnim chi reng reng kung nem tak nei thinga chang lo ho hi herbs an ni a ti”, tiin Hriata chuan a lo belh a.

Zuali chuan hnim chu kawkin, “En teh u, heng hnim te hi a kung a nem in an hring nghalh mai a. An hnahte chu a seiin, a pan phek vek asin,” a ti a.

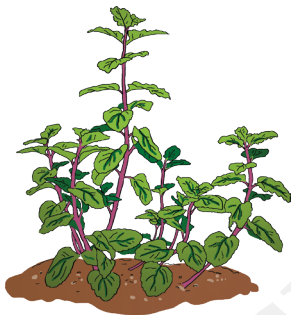


“I sawi dik e, Zuali, a nih leh heng hnimte hi herbs an nih ve i ring em?” tiin Hriata chuan a zawt a.

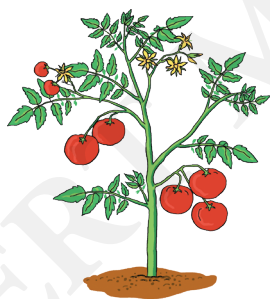
Herbs chu hnim tē zawk a kung nem tak, thing ni si lo te hi an ni. Phûlte hi herbs chi khat an ni.

Grass kan tih te hi an hnah a panin, a phek a, an kung pawh a kawrawng a, in bul hnaia phul te en ula, chi hrang eng zat nge in hmuh theih?

Herbs



Pudina



Tomato



Dhania



Anjam

Grasses



Rairuang



Hmunphiah





I hre ngai em?

Heng thlai chi hrang hrang — buhpui, kawnglawng, buhtun, vaimim leh a dangte hi grass lian chi an ni.



Buhpui



Wheat



Buhtun



Ragi



Jowar

Mau leh fû te hi hnim sang taka thang chi an ni a. Mau hi hnim zingah chuan kum khat aia rei an dam thei a ni.



Fû



Mau



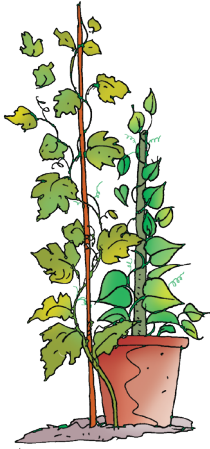
Ziak rawh le

Herbs i hmuhte hming ziak la, i hmuhna hmun ziak bawh rawh.

Climbers leh Creepers (Hnim zam chi)

“En teh u! He thing kung ah hian hnim a zam chho!” tiin Mama chu a au chûl a.

Hriata chuan, “Ehe a nih hi! Ka thianpa George-a te pawhin an inah money plant an nei a. A chho zawnga a than dan ka hmu a mak ka ti hle mai. Banga muangchang a lawn chho ang mai a ni.” a ti a.



Zuali chuan, “Money plant kungte chu sei tak leh sîn tak, amaha ding thei lo, zamna tur a hmuh loh chuan lei hrûla zam mai thin a ni,” tiin a lo hrilh fiah a.

Mama chuan, “Mâi te pawh hi lei hrûla zam chi ang tho a ni. Leiah hrui anga an zam te pawh ka hmu a ni,” a ti a.

Hnim zam chi (Climbers leh Creepers) te hian kûng zawi tak leh pan tak an nei a. Hnim zam chi , thing dang puihna hmanga zam chho hi climbers an ni a. Lei hrûla zam ho hi creepers an ni. Climber thenkhat te chuan an zamna thing aţangin chaw an hmu thin.

Climbers



Money plant



Zan par rimtui

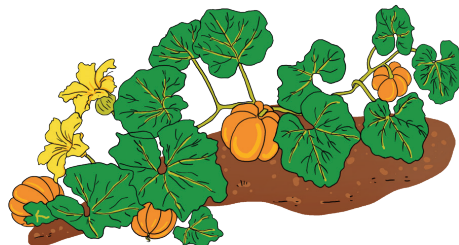


U̇m ei

Creepers



Dawnfawh

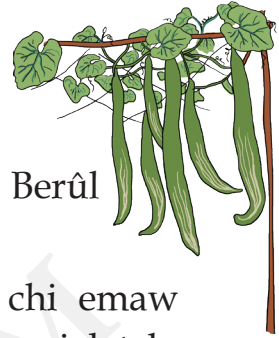


Mâi



Ring chhin rawh le

- He thlai hi leia zam chi nge thing rinchhan a zam chi?



Berûl



Ziak rawh le

- A chho zawnga zam chi emaw, leia zam chi emaw (Creeper leh climber) i hmuh tawhte hming han ziak teh. Khawi hmunah nge i hmuh. Phek 53-naa milem tarlanah khan a lang ve em?
- Heng a hnuaia mite hi thing kung, hnim buk, climber leh creeper thliar hrang rawh.

Derhken
(Telugu ãawngin
Banthi)

Neem
(Kannada ãawngin
Bevugida)

Jujube or bawrai
(Manipuri ãawngin
Boroi)



Tih tur

1

- Pawl khatah mi pahnih emaw, pali emaw zela inñhenin, in sikul bul velah thing kung emaw, hnim buk (shrub) emaw bulah ding ula.
- In mitin a hmuh phak thlengin thlir kual ula. In ke lam en theihnghilh lo ula!
- Thing kungte, shrub-te ,herbs leh grass-te, climber leh creeper eng zat nge in hmuh thei le?

Zirtirtute hriat tur

Kan chhehvella thil to chi tualchhunga kan koh dan inzirtir ni sela. Climbers leh Creepers an inan lohna entir ni se. Hnim thenkhatte chu an rinchhan/dawmtu azirin climber emaw creeper angin an awm thin.



Tih tur

2

- I chheh vela hnahte zirchiang rawh.
- I lehkhabuah hnah lem ziakin, chei la, chhinchhiahnate pe rawh.
- Class-a i thiante hnenah a rawng, pianhmang, len zawng, a ziarang leh rim te hrilh fiah rawh.
- Heng thil kan tih hnu hian hnah chungchangah engte nge kan hriat?

Mama chuan Zuali hnenah, “Hnahte hi an rim a inang lo vek a sin. Rûnhmui te, dhania-te, curry hnah te, pudina-te leh lemon grass-te hian rim danglam tak inanglo vek an nei asin,” tiin a hrilh a. Zuali chuan Mama hnenah, “Theihai hnah hi nuai sawmin i hnim ve tawh ngai em ? A rimtui ka ti,” tiin a sawi a.

Mama chuan, “Kan thusawi hian theihai rim tui tak min hriat chhuah tir! Ka unaupa hi a mit a del a; mahse, theihai, lakhuihthei, lamkhuang, kawltthei leh lenhmui rah te hi an rim aţangin a hre hrang vek thei,” tiin a lo sawi belh a.



Tih tur

3

I mit tuam la, i thiante hnenah thei i bul hnaiah keng turin ti la. I mit chhing chungin engti ang a hla aţangin nge thei rim i hriat theih? Thei chu zai l p la, a hma angin han ti leh chhin teh. Thei chu a pum ai chuan a zai l p chu a rim hriat a awl zawk em? Hmun hla aţangin eng thei nge hriat awl ber? In lamah pawh tichhin

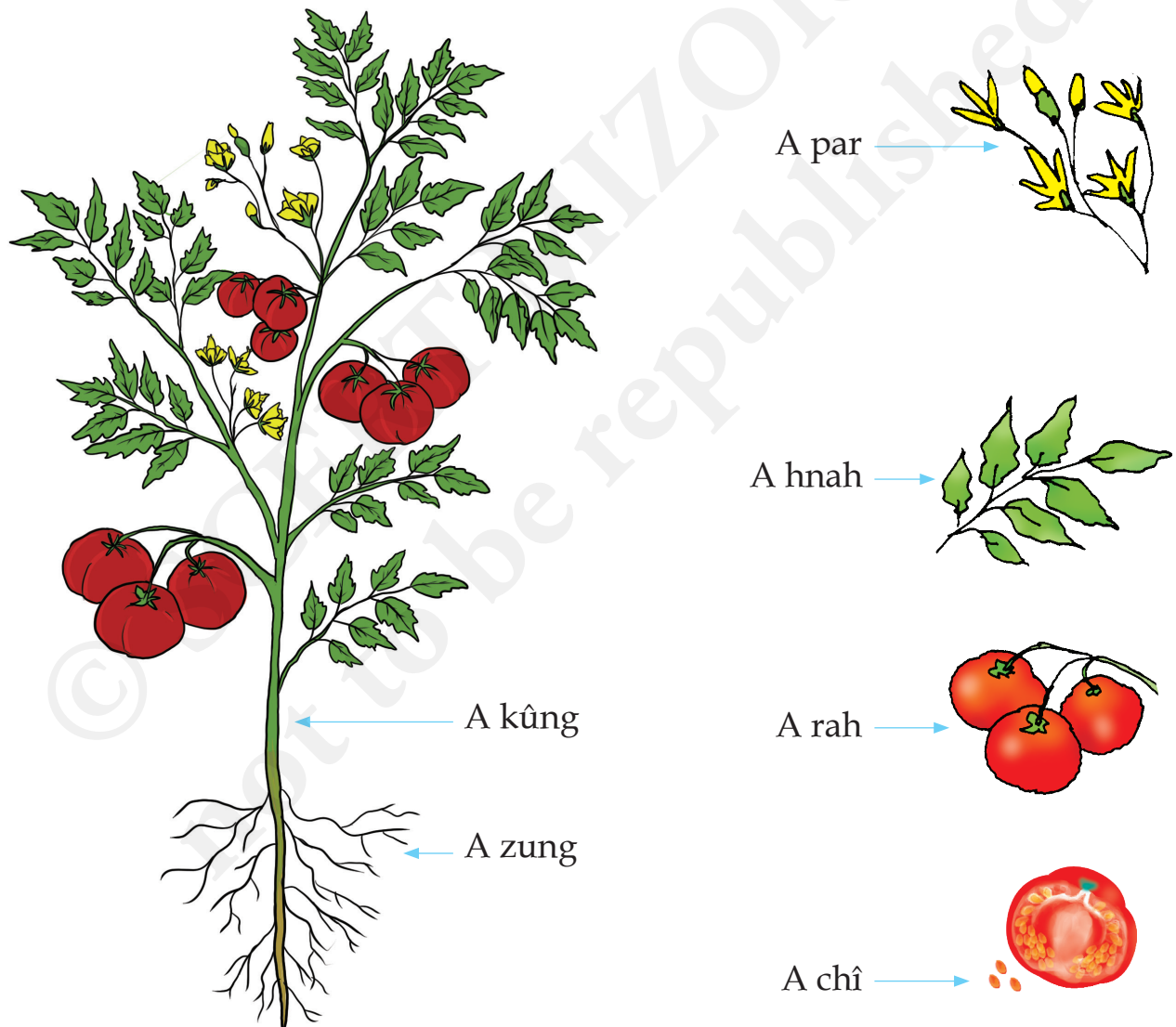


verawh.

Hnim/Thing kung peng hrang hrang te

Hnim/thing kung te hian peng hrang hrang an nei a, chungte chu — a zung, a kûng, a hnah, a par, a rah leh a chî te an ni. Tunah chuan tomato kung hi lo zir Chiang ila.

- Thing kung/hnim peng hrang hrangte kha engte nge?
- An peng hrang hrangte chhinchhiah la, ziaak rawh.



Tomato kûng



Tih tur

4

Thing hâwng i lo bel Chiang ang u

Thing hâwng chu thing tuamtu, a kawr chhah lai a ni a. Thing hâwng chu khawih la han belchiang teh le. Nungcha te, rannung te leh hnim zam te an awm em? Lehkhapuan chu thing kungah chuan nem bet la, crayon emaw, pencil emawin nawt ang che. Han en teh le, thing kung thla i nem kai ta reng em?

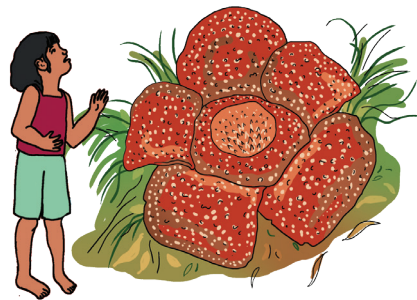
I lehkhapuan hnung lamah i thing kung hming emaw a sawi fiahna ziaak la. I thiante lehkhapuan la khawmin an thing kung hâwng nem kai atang chuan eng thing kung nge a nih ring chhin rawh.

- Thing kungah chuan nungchate, savate leh rannungte i hmu em?
- Eng nge an tih?



I hre ngai em?

- Chini hi fû kung atanga siam a ni.
- Mau hi hnim zingah a sang ber.
- Rafflesia hi pangpar zinga lian ber a ni a, nihliap ang a lian a ni. Mizoram ah pawh hmuh a ni.



Rafflesia par

Ngaihtuahna seng ang aw

A. Sawi ho ang ule.

1. Thing leh hnim te hi awm lo se engtin nge kan awm ang?
2. Thing leh hnimte hi engtin nge an than len nan a zungin a puih?
3. Thinga a kung hi eng nge a tangkaina?

B. Ziak rawh le.

1. In sikul, park emaw in in bulah hnim/thing kung in hmuhte han ziak chhuak teh. Eng ang chi nge an nih – thing kung, shrub, phul, herb, climber nge creeper an nih han ziak teh.
2. A khawi peng ber hian nge eng thil to chi nge a nih tih a hriattir che?
3. Thil to chi a i duh ber chungchang ziak la, eng nge i duh ber nachhan?

C. Lem ziak rawh le.

Hnah chi hrang hrang i bul hnaia i hmuh te lem han ziak teh.



Zirlai

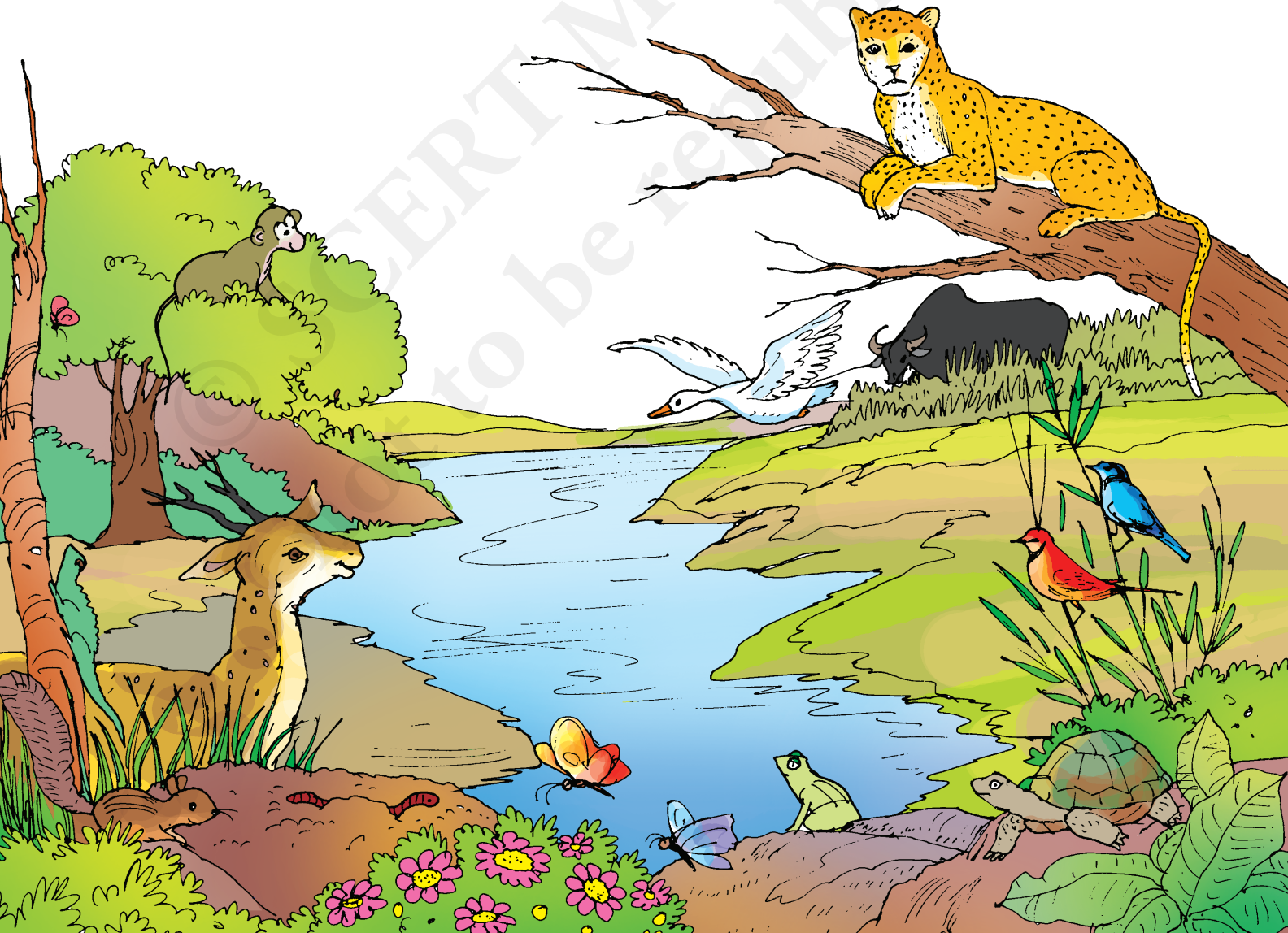


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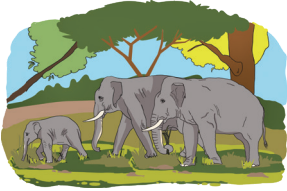
Thing leh Nungchate An Cheng Za



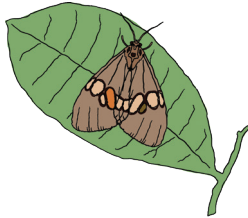
Zirlai 4-naah khan thing leh hnim hrang hrang kan zir ho tawh a. Thing leh hnim hring awmna apiangah nungchate an awm tih in lo hmu em? Chîk takin en ula, nungcha tam tak hi thing leh mau leh kan chhehvêlah te inhmu ang.



Hetah hian nungchate, thing leh hnim nena cheng
ho an awm a. Heng nungchate hi i hriat zawng an ni em?
Hmuh tawhna i nei em? Eng nungchate hi nge lei hnuaia
khawsa thin?



Sai rual hnim ei
lai



Lungphûr thlahtu
hnaha a hahchawl
lai



Pangang hnah ei
lai



Changpat lei leh
hnah tla an awm
lai



Daikat zai lai



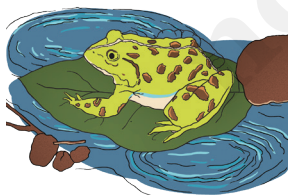
Thlohtë thing
kunga a awm
lai



Fanghmirten
hnah hmangin bu
an sa lai



Thlangdar hnaha
a awm lai



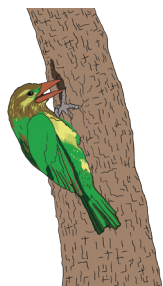
Uṭawk hnaha a
hahchawl lai



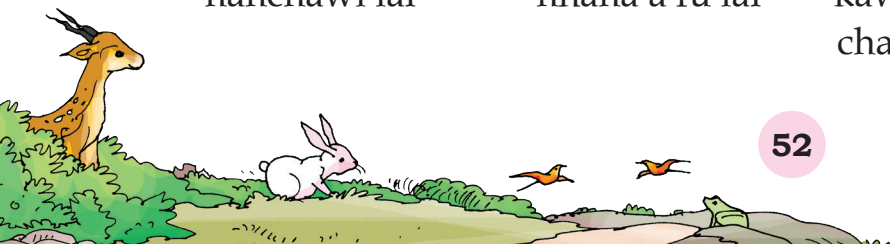
Phengphehleph
hnaha a fu lai



Thehleiin thing
kawrawng hah
chawlh nan an
hmang



Tawllawtin
in bū atan
thingkawrawng a
hmang





Sawi ho ang ule

Phek 63-naa nungcha hovah hian engte nge i hmuh tawh? I hmuh tawhna hmun leh hmuh dan han sawi teh. I kut leh bante hmangin an len zawng han sawi teh.



Zawng chhuak ang ule

Eng vangin nge nungchate hian thing leh mau bula khawsak an thlan?

Leia nungchate

Thing bulah ding la. I theih chuan pheikhawk phelh rawh.

I ke hnuaia lei chu eng rawng nge?



Tih tur

1

I thing thian bula lei tlem chu i kutin han la la.

- A awm dan leh a lan dan han ziaak teh.
- A ro nge a hnawm? A thap nge a mam? A hraw nge a dip?
- Leiah chuan rannung emaw hnah emaw an awm em?
- A rim i hriat reng nan lei chu han hnîm teh.

Kan lei awm dan

☐ Thap

☐ Mam

☐ Chang

☐ Phut

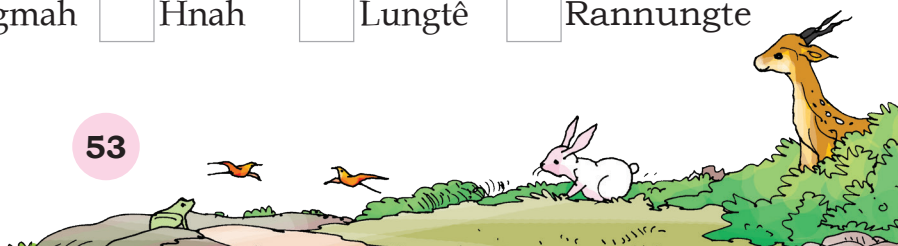
Kan leia thil awmte

☐ Engmah

☐ Hnah

☐ Lungtê

☐ Rannungte



A chung a i tih ang
khian ruah sur tukah han
tichhin leh la. A hmaa lei
i lakna atang khan la leh
la. Lei awm dan, a lan dan
leh a rimah te danglamna a
awm em?

A hmaa lei i lakna
atanga hla takah lei la leh
la. I lei lak chu a hmaa mi
nen danglamna a awm em?
Engtin nge a danglam?



Chîk takin lei chu endik la. Eng thilte nge i hmuh chhuah?

Lei hi khawvel tuamtu pawn lang ber a ni. Lei chu
lung lian tak tak keh darh atanga insiam a ni a, chu bakah
hnah ro te, thing zung te, thing tang te, nungcha thi tawh
leh a dam atang tein a insiam bawh a ni.



Leiah chuan rannungte leh thil nung chi hrang
hrangte an cheng a. A then chu kan hmu thei a, a
thente chu an tet em avangin hmuh theih an ni lo va. Lei
chung langah te, hnim karah te, hnahah te chuan heng
rannung- fanghmir te, tlumpi te, sephung te leh khau te
i hmu ang.



Ruah a sur a, lei a lo huh hian thil nung dang, heng changpat leh ketaminu kan tihte hi an lo chhuak thin a. Lei a tang chuan hnim leh thlai chi hrang hrang lo to te pawh i hmu thin ang.



Sawi ho ang ule

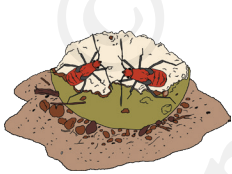
Fur lain, thing te, hnim te leh nungcha tam tak in hmuh belh ang a. Heng thing leh mau leh nungchate hi khawi a tang lo chhuak nge? A hmaa i hmuh loh chhan eng nge ni?



Tih tur 2

I thing thin bulah ding la, han en kual teh. Nungcha chi hrang eng zat nge i hmuh theih? Hrilh fiah la, a hnuaia table-ah hian zia lut rawh. I duh chuan a hnuaia a lemte hi i hmang thei ang.

Ka hmu ... (Hrilhfiahna)	A awmna chu ...	Eng nge a lo tih?
Rannung te reuh te a sawt lai	Hnimah	A sawt kual/a zuang kual
Hnim te reuh te lo invial	A bul lawka hnimah	Eng mah
Sava dum		



Thangnangten
thei tawih an
bawm



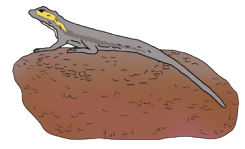
Tho tlê



Hnahah
fanghmirte
an awm



Phengphehlep
tlangsama a fu lai



Laiking lung
chunga awm lai

Zirtirtute hriat tur

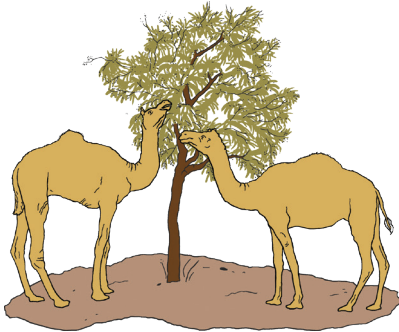
Rannung thenkhat chuan lei a tang an vah chhuah theih nan ruah sur hun an nghak thin a. Thlai chi thenkhatte erawh chu lei hnuaiah rei tak awmin, ruah a lo surin emaw, tui pek an nih in emaw an lo tiak ve thung thin a ni.





I hre ngai em?

Nungcha te, sava te leh rannung te hian thing pêng hrang hrangte hi an chaw atan te, inhumhimna atan te leh hahchawlhna atan te an hmang thin.



Sanghawngei in thing hnah an ei.



Chhimbukte in thing kawrawng chhungah an no dahin an enkawl sei lian thin.



Thehle in leh choaktan an no enkawl sei len nan hmawlhthê hmangin bûk an sa thin.



Theirahte in hi zawngtê in an duh hle.

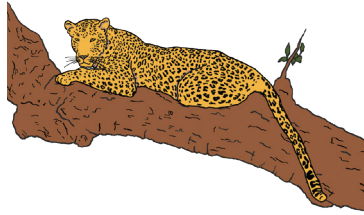


Kawlhawk in thingnahte thui khawmin bû an sa thin.



Dawithiama-arpa in leh phengphehlep ten pangpar zû an dâwt thin.





Bâk te leh keitê te hian inhumhimna
atan leh hahchawlhna atan thing zar
an hmang thin.

Pangang in chaw atan thing hnah
hrang hrang an ring thin.

Heng nungchate hi i hmu tawh ngai em? Lo ngaihven ve
rawh.

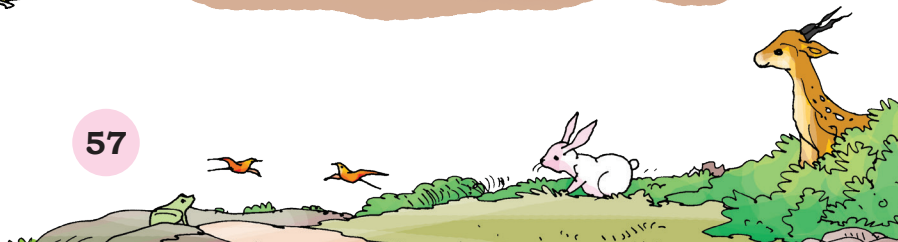
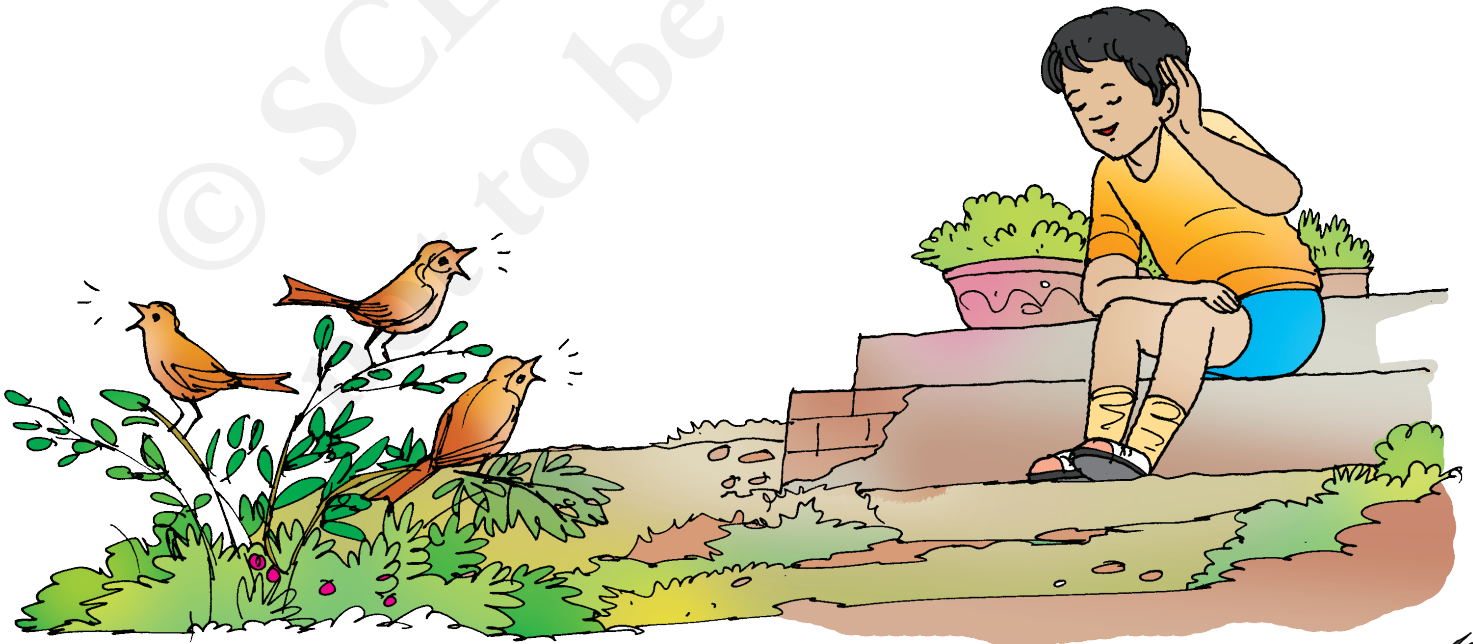


Tih tur

3

Savate hram ri

- I mit chhing la, sava hram ri ngaihthlak tum rawh. Sava hram ri i hria em? A hram ri i hriatte chu eng sava nge an nih i hre thei em?
- A lema a lan ang hian i beng bulah i kut dah la, sava hramna lam hawi la. An hram rite chu i hrefiah thei zawk em?



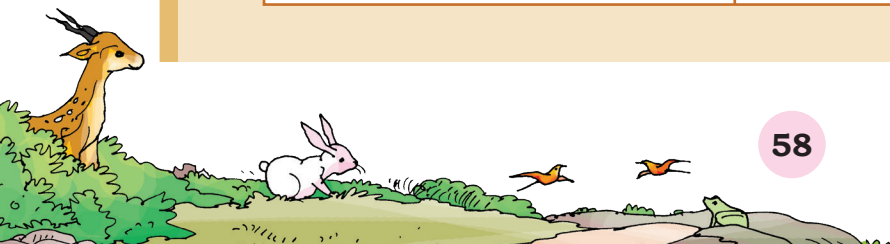
Ngaihtuahna seng ang aw

A. Sawi ho ang ule.

1. Hmun hnih aṭanga lei khaikhin tur i lak rawngte leh awm dan kha eng nge ni? Eng tik thlaa lak nge? An rim a inan lohna a awm em? Han sawi fiah teh.
2. I thing zir chianna aṭangin eng thlaah nge hnah thar a lo chawr ṭhin?
3. Thing leh hnim awmna apiangah eng nungchate nge awm ṭhin a i hriat?
4. Ngun takin ngaihtuah lêt la, nungchaten thing leh hnima an innghah dan han ziaak teh. Entirna pekah khan eng nge i duh ber?
5. Engtin nge lei hi a lo insiam?

B. Ziaak rawh le.

Nungchate hming pahnih thing leh hnim bula awm i hmuh.		
Nungchate pianzia, len zawng leh rawngte sawi fiah rawh.		
Eng vangin nge chung nungchate chu thing leh hnim bulah an awm?		
Chung nungchate chanchin eng nge hriat belh i neih?		



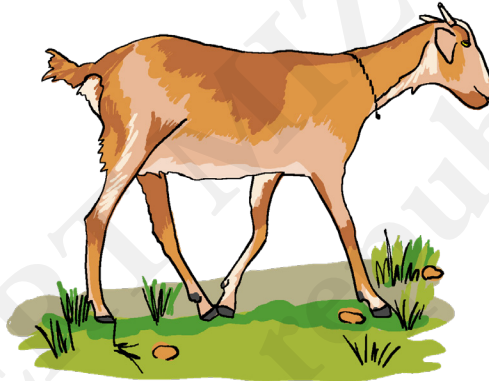
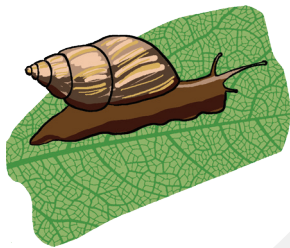
Zirlai

6-na



0335CH06

Inrem Taka Chên Ho





Sawi ho ang ule

- Heng ramsa, sava, rannung leh pangpar te hi inah an khawsa in an awm em?
- In chhungkuain in enkawl em?



Zawng chhuak ang ule

- Phek 59-naa lang ve lo ramsa leh ransa, sava leh rannung i hriat dang an awm em?
- An hming zawng chhuak la, a hnuai table-ah hian ziak rawh. Entirna pakhat pek a ni.

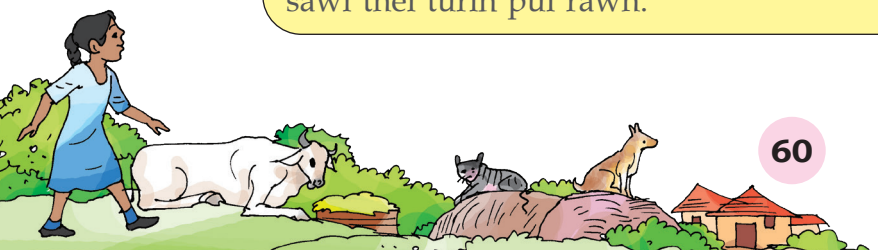
Ramsa hming	I hmuhna hmun
Zâwng	Thing kung

Inah ran te vulhin, pangpar te pawh kan ching thin a. Mi thenkhat chuan duat leh uluk taka an enkawl laiin thenkhat chuan an ina awm turin an duh lem lo.

- In chhungte khan an naupan laiin eng ran leh pangparte nge an neih thin zawt la, an chanchin sawitir rawh.

Zirtirtute hriat tur

Naupangte chhâna khai khawm la, chumi atang chuan an ngaihndan sawi thei turin pui rawh.





Sawi ho ang ule

Inkawpa sawi ho tur

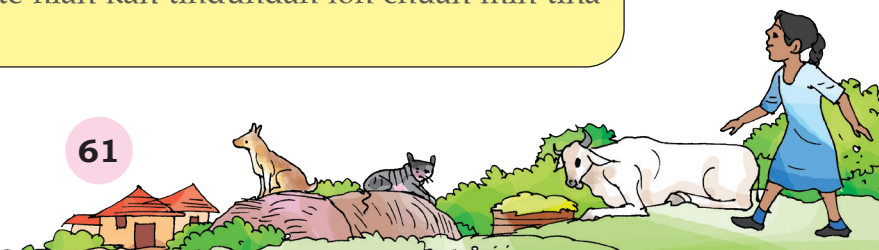
- Ran, sava leh rannung in vulh leh khawi ni lo, in ina lo kal thin engte nge?
- Eng vangin nge in ina lo kal thin a i rin?
- In inah lo awm ve ta se eng nge i ngaih dan?
- A eng ber nge i ngainat a, i duh?
- I ngainat leh duh lohte kha engtin nge i tih thin?

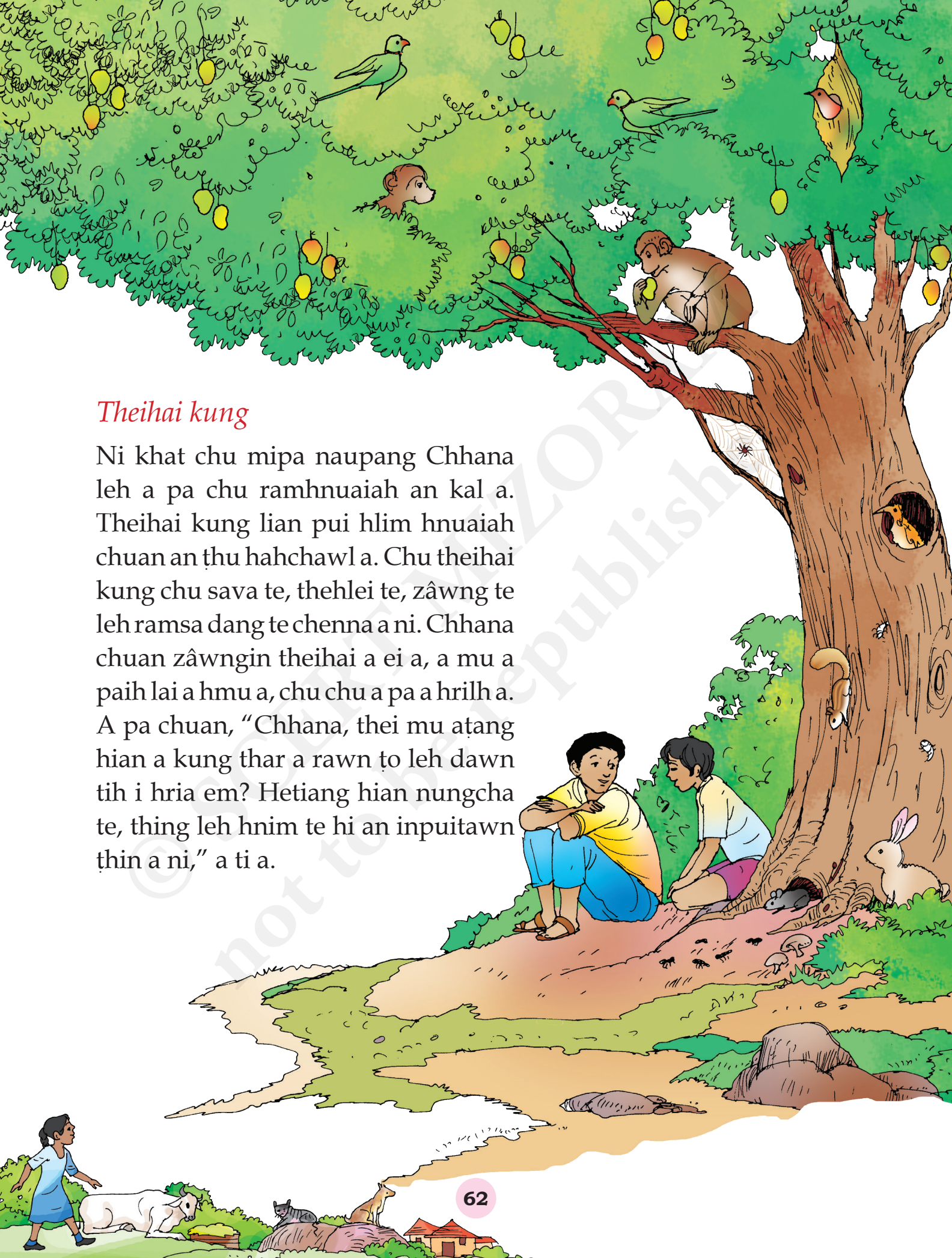
Kan ina ran leh pangparte hi duat taka enkawlin tui leh chaw leh awmna turte kan siamsak thin.



Zirtirtute hriat tur

Rante hi kan ngainat loh leh hlahv vang maiin kan tiduhdah tur a ni lo tih uar takin sawi ni se. Rante hian kan tiduhdah loh chuan min tina ngai lo.



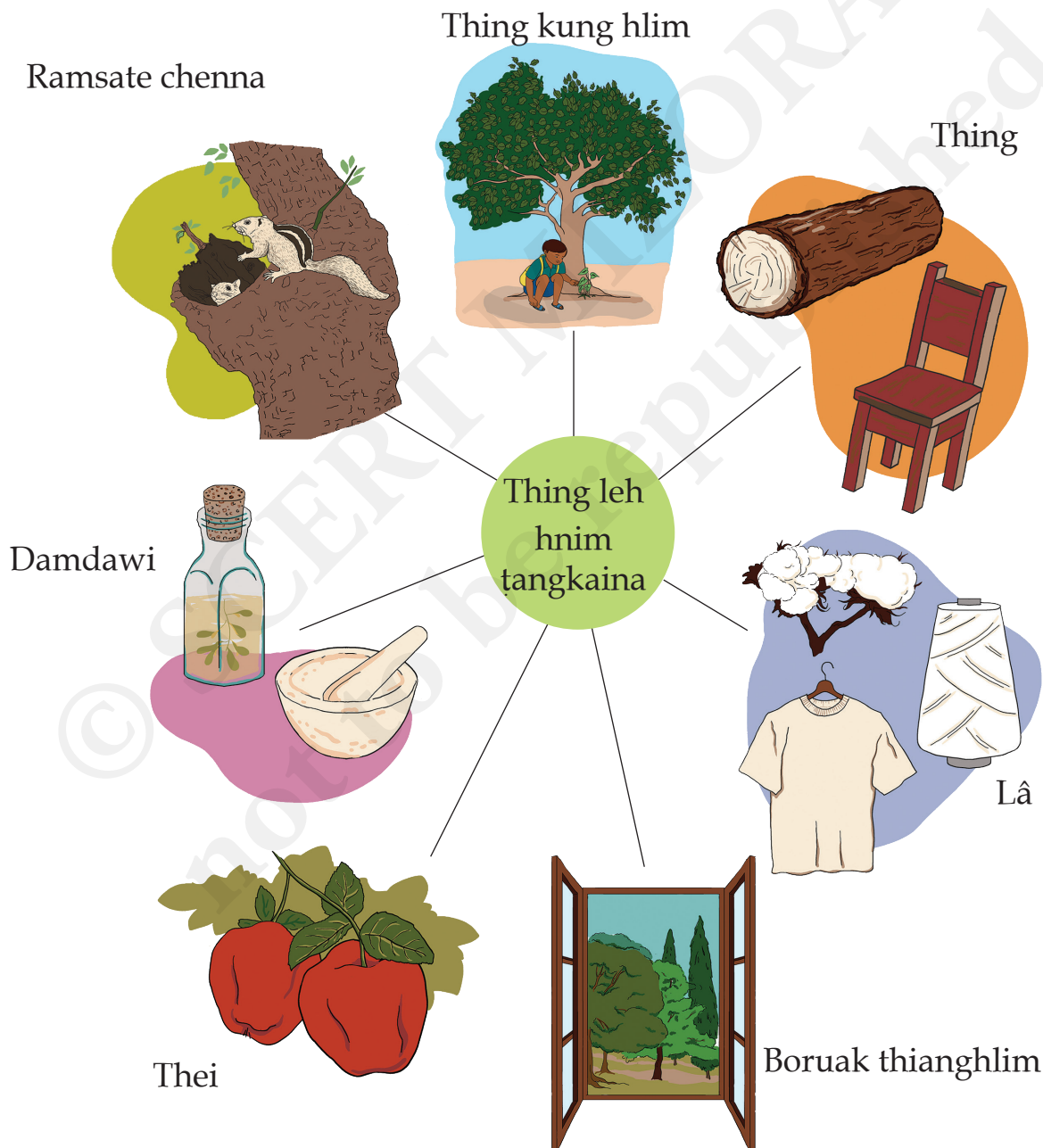


Theihai kung

Ni khat chu mipa naupang Chhana leh a pa chu ramhnuaiah an kal a. Theihai kung lian pui hlim hnuaiah chuan an thu hahchawl a. Chu theihai kung chu sava te, thehlei te, zâwnng te leh ramsa dang te chenna a ni. Chhana chuan zâwnngin theihai a ei a, a mu a paih lai a hmu a, chu chu a pa a hrilh a. A pa chuan, “Chhana, thei mu atang hian a kung thar a rawn to leh dawn tih i hria em? Hetiang hian nungcha te, thing leh hnim te hi an inpuitawn thin a ni,” a ti a.

Chhana chuan theihai kûng aṭanga a rah tla chhar pah chuan, “Hei, theihai ka nei ve,” a ti a. “Thei chauh ni lovin thlai leh thil dang tam tak te pawh heng aṭang hian kan hmu asin,” a pa chuan a lo ti a.

Chhana chuan, “Aw, ni tak, hmanah min hrilh tawh tak e. Thing aṭang hian damdawi te, thawmhnaw siamna atan lâ te, insakna atan thing te kan hmu a ni,” a ti a.





Sawi ho ang ule

- Thing leh nungchate eng angin nge kan tan an tangkai?
- Nungchate tana thing tangkaina eng nge ni?
- Thingte tana nungchate tangkaina eng nge ni?
- In vela thing leh nungchate eng angin nge inenkawl thin?
- Thing leh nungchate tan eng nge kan tangkaina ni ang?



I hre ngai em?

Thing kung sang tam takte hi thehleiin a tum reng vang ni lova a phun darh te an ni. Leiah thei mu a thuhruk duh avangin a phum a, chu chu theihngihlin a lo to ta thin a. Hetiang hian nungchate leh thingte hi inrem tak leh inbuk taw takin an khawsa ho thin a ni.

In mamawh tawn vek kan ni

Thing leh nungchate hi duat taka kan enkawl a, ei tur leh awmna turte siamsak a, kan venhim ang hian, anmahni atang pawhin thil tam tak kan hmu let ve baw a ni.

Entir nan; bawng, lawi leh kel te hi ran ngainatawm tak an ni a, an hnute tuite hi kan tan a tangkai em em a ni. Hei vang hian duat leh hmangaih takin kan enkawl thin a ni.

Thing leh nungchate hi inchawm tawnin ei tur leh chenna te an inpe tawn thin. Nungchate hian thlai chi leh a mute hi hmun hrang hrangah an pu darh a, an ek hi lei thaah a chang baw a. Hei vang hian thing leh mau hmun hrang hrangah a pun belh nasa hle. Thlai leh nungchate atang hian ei tur te, chenna tur te, silhfen te kan neih phah a, kan thian tha tak an ni.

Zirtirtute hriat tur

Heng thil hrang hrang zirtir hnuah hian thlai chi leh a mu lo darh dan te, theh darh dan te leh lei tha lo insiam dan te hrih fiah rawh le.





Tih tur

1

Nungchate hriat chianna

- I bul vela nungchate bel Chiang rawh.
- I hmuh zin deuh thin kêl, bawng, ui, zawhtê emaw savate zinga mi choâk, pârvâ, chawngzawng, vaki leh varak te emaw thlang chhuak rawh.
- I remchan hun apiangah ngun deuhin en thin la, an ei tur leh in tur chhawp chhuahsak thin ang che.



Ziak rawh le

Ramsa emaw, sava emaw an chanchin tawi fel takin ziak rawh—

- Ramsa emaw, sava emaw i duh ber thlang la, a hming leh awm dan sawi fiah rawh.
- Eng tik hun leh hmunah te nge i hmuh hmasak ber?
- Amahin nge a awm a, a thiante nen?
- A chet tlat dan sawi fiah rawh.
- Engtin nge a hram thin?
- A thil ei lai te, a muthilh lai te, a thian te a be lai emaw an insual lai te i hmu em?
- A chet dan mak i tih deuh emaw, i nuih tiza deuh te emaw a awm em?
- A chanchin i thiante hrilh ve rawh le.





Tih tur

2

Fanghmir fing leh buai em em reng

I thing thian bulah emaw, in classroom-ah emaw, in inah emaw hengte hi i tithei ang. In choka atangin heng ei tur thil pathumte hi tlem tê tlein lo keng rawh .

- Chini emaw, kurtai emaw;
- Papawr kan emaw, alu kan emaw;
- Chhangthawp emaw, chaw thing emaw.

Heng ei tur chi hrang pathumte hi chhuatah pên khat dana hlaah dah tlar ang che.

Han ring chhin teh

- Tu nge chaw churawn la ang?
- Eng chaw ber kha nge an duh ang?
- Fanghmirte an lo kal ang em?
- Khawi atangin nge an lo kal ang?
- Fanghmirte hi an inang vek ang em?
- Eng chaw ber hi nge an lak hmasak ang?
- Fanghmir eng zatin nge chaw la ang?
- An chaw lakte chu engtin nge an tih ang?

I thing thian tlawh rawh

I rilru nawm loh châng te, lungngaih châng te leh thinrim châng tein i thing thian hnenah chuan kalin va hrih thin rawh.

Zirtirtute hriat tur

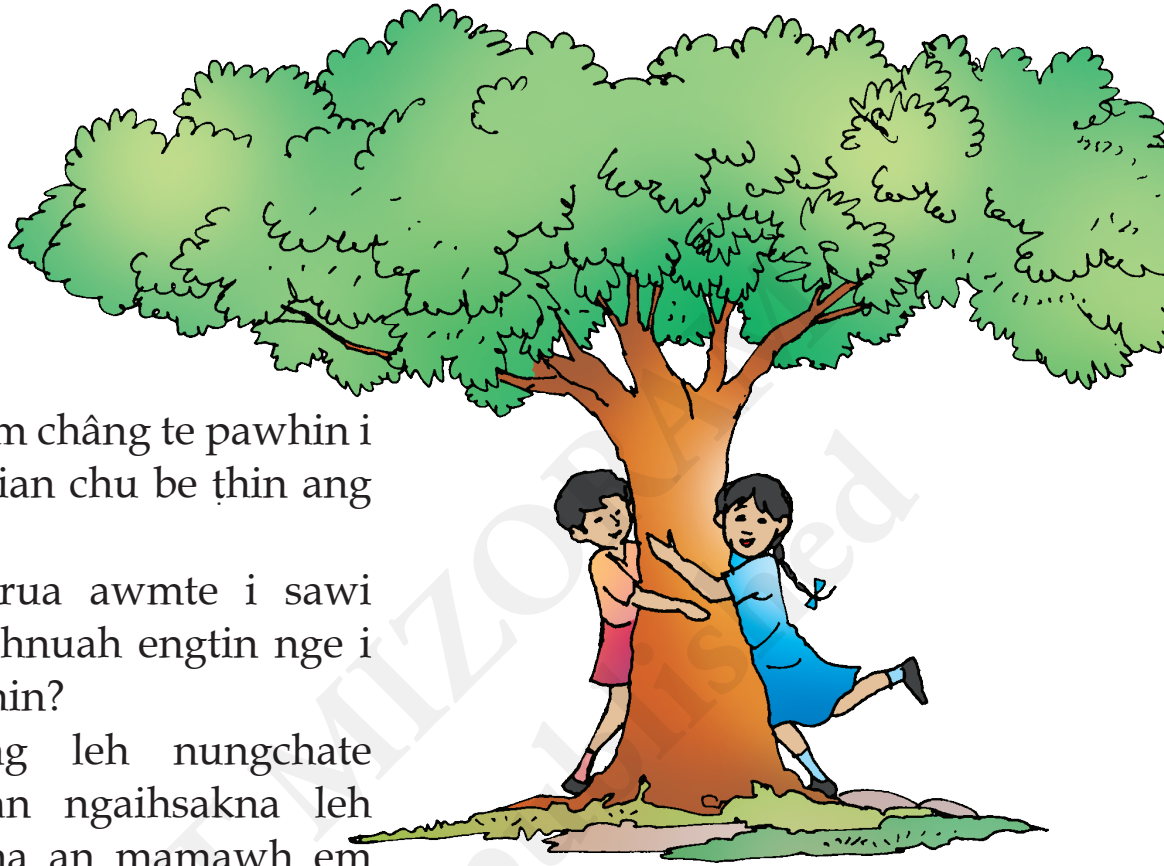
Naupangte hi thing thiana nei turin hrih ni se. Hei hian nasa takin mi dangte hriat thiamna kawngah a pui dawn a ni. Naupang zakzum leh ngawichawite tan hian an rilrua awmte sawi chhuahna hmun atan a tha hle.



I hlim châng te pawhin i
thing thian chu be thin ang
che.

I rilrua awmte i sawi
chuah hnuah engtin nge i
awm thin?

Thing leh nungchate
hian kan ngaihsakna leh
enkawlna an mamawh em
em a, chu vang chuan kan
intanpui tawn tur a ni.



Tih tur

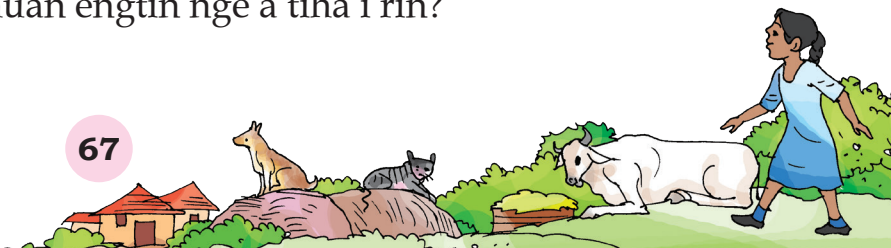
3

Tu nge ka nih ring chhin rawh.

A inkawp zelin thu ula. Pakhat zawkin ramsa, sava, rannung
leh thing zinga a duh ber pakhat hming, a thian hnenah a hrilh ru
ang a. Zawitêin hrilh la, i hrilh ruk ang kha a rawn chang chhuak
ang a, mi dangin eng nge a nih an lo ring ang. In intihchhawk
dawn nia.

Entir nan:

- Ali-a chuan a thianpa John-a hnenah 'Uṭawk' tiin a va
hrilh ru a. John-a chuan engtin nge a tiha i rin?
- Ruati chuan a thiannu Remi hnenah 'Peepal thing' tiin a
hrilh ru a. Remi chuan engtin nge a tiha i rin?



Ngaihtuahna seng ang aw

A. Sawi ho ang ule

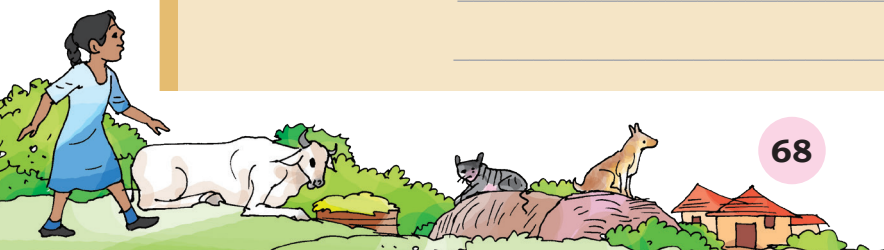
1. Engtiangin nge thing leh nungchate hi kan tan an tangkai?
2. Engtin nge kan chhehvêla thing leh nungchate hi kan enkawl ang?
3. Engtiangin nge thing leh nungchate tan hian kan tangkai?

B. Ziak rawh le

1. A hnuaia thute hi heng thing, sava, ramsa emaw rannungte hmingin ziah zawm rawh:
 - a. Hmuh nuam ka tih chu _____ a chhan chu _____
 - b. _____hian min tihlim thin a, a chhan chu _____
 - c. Ka thiannu chuan _____ a duh êm êm a _____ a chhan chu _____
 - d. Ka enkawl chak deuh chu _____ a chhan chu _____
2. a. A chung a mi ramsa, thing, sava, rannung hming ziahah khian eng nge i duh ber?

- b. Eng vanga duh nge i nih?

- c. Nungchate i hmuh leh i zir tawhte atangin, a tê ber atanga tanin an len dân indawtin ziak rawh le.



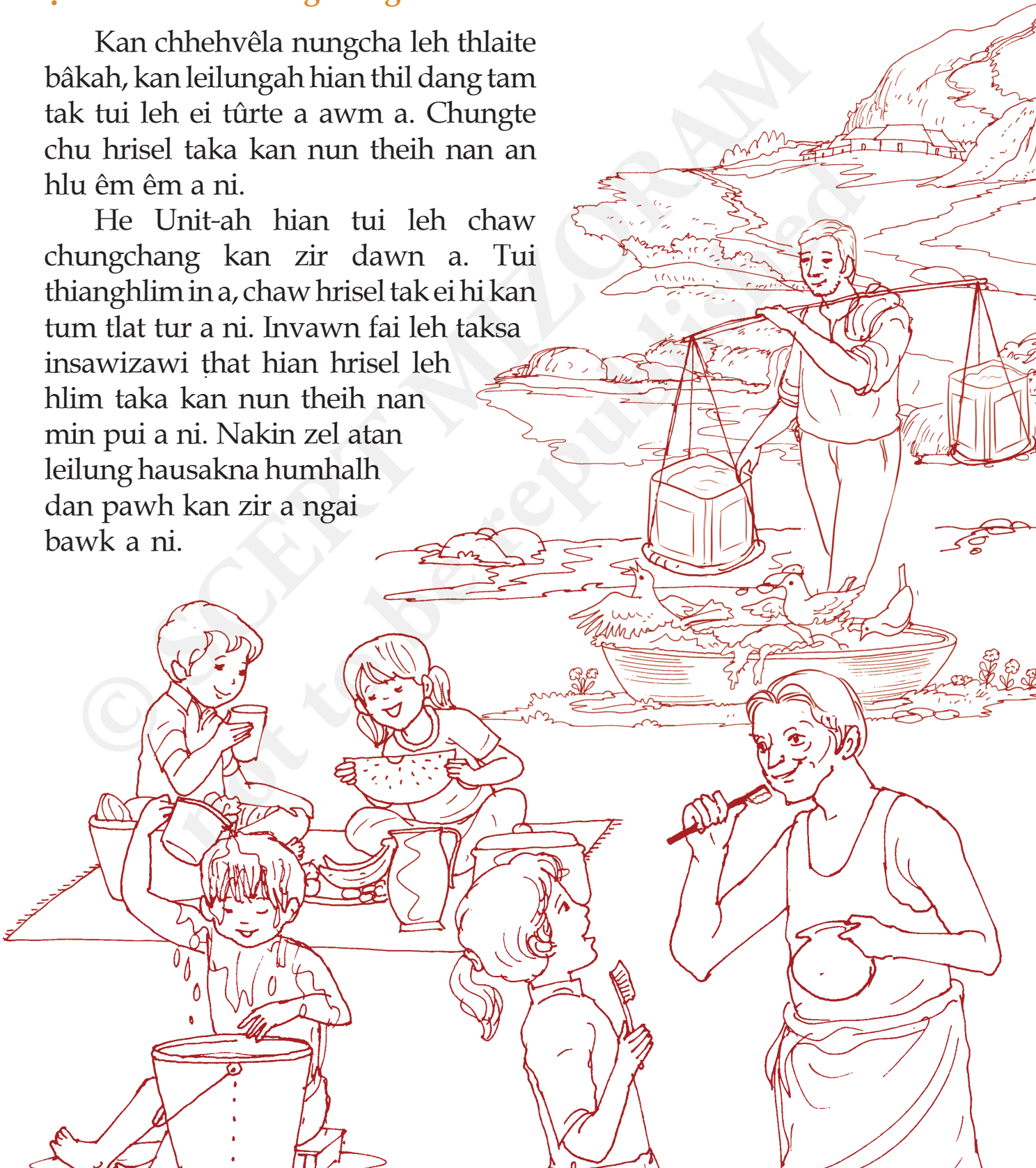
Then thumna

Leilung Thilthlâwnpek

Then thumna chungchang

Kan chhehvêla nungcha leh thlaite bâkah, kan leilungah hian thil dang tam tak tui leh ei tûrte a awm a. Chungte chu hrisel taka kan nun theih nan an hlu êm êm a ni.

He Unit-ah hian tui leh chaw chungchang kan zir dawn a. Tui thianghlim in a, chaw hrisel tak ei hi kan tum tlat tur a ni. Invawn fai leh taksa insawizawi that hian hrisel leh hlim taka kan nun theih nan min pui a ni. Nakin zel atan leilung hausakna humhalh dan pawh kan zir a ngai bawh a ni.



Zirtirtute hriat tur

Hemi zirlai hi 'Leilung Thilthlâwnpek' chungchang a ni a. A chhunga a pawimawh zualte chu a hnuaiah hian hrih fiah a ni.

Zirlai 7na: 'Tui – Thilpek hlu' tihah hian ruahin thil pek hlu tak tui min pek dan leh kawng hrang hranga kan lo khawl khawm dante tarlan a ni. Heng tui kan khawl khawmte hi a thianghlim tih kan enfiah hnua in tinah sem chhuah leh a ni. In tinin ni tin hman tur kan lo dah khawl ve leh a, chu chu thil hrang hrangah kan hmang leh thin. Amaherawhchu, ruah tui tam lamah leh a thianghlimna kawngah harsatna hrang hrang a awm thei a. Chung harsatna awm thei su kiang tur chuan kan tui neih te humhalh turin kawng hrang hrangin hma kan la thin.

Zirlai 8na: 'Kan chaw ei thin' tihah hian kan chaw ei thinin kan hriselna nasa taka a nghawng dan min hriat fiah tir a. Ei tur chi hmun hrang hrang atanga kan hmuhte kan ei thin a ni. Chung ei turte chuan kan taksa mamawh chi tinreng min pe a. Hmasang ata tawh hnam hrang hrangte hian chaw tha leh hrisel kan lo hre tawh a. Ei tur tui tak leh hrisel taka siam dan tura inkaihhruaina kan nei vek a ni.

Zirlai 9na: 'Hriselna leh Hlimna' tih hian faina leh hriselna pawimawhzia a sawi uar hle a. Kan in leh a vel thianghlim leh fai taka vawn dan tha tak takte min zirtir bawk a. Taksa insawizawi chu kan ni tin nunah a lo bet a, chu chuan taksa leh rilru hriselna atan min pui nasa em em a ni. Kan himna tura dan leh hrai siamte hriat thiam leh zawm hian chhiatna thleng thei lakah min veng thin a ni.



- Class-ah 'Food Mela' nei turin ruahmanna siam la, naupangte hmuh theih turin ei leh in tur chi hrang hrang, entir nan; buh lam chi, ei tur siamna bawlhlo, thei, thlai te leh a dang te tar chhuak rawh.
- Naupangten tui dah khawlna bungbel chi hrang hrang an hmuh theih turin pho chhuak la. A thlalak pawh i tar chhuak thei ang.
- Naupangte, an kum mila ei tur te, tui te, thianghlimna kawng leh nun dan hrisel zirtirna pho lang thei milemte, film-te, thawnthu bute leh hlate entir tur.
- Naupangte nen a remchan dan angin kan bul hnaia mi tui kan lakna te fimkhur taka tlawh ni se. Gym instructor emaw, taksa sawizawi lama mi thiam bik thu sawi tura sawm ni se. Naupangte hnena faina leh hriselna chungchang sawi turin Health worker emaw, hetiang lama mithiam sawm ni se. Nu leh pa leh khawtlang mite chu kan hnamin ei leh in hrang hrang kan neihte sawi ho turin Food Mela-ah sawm ni se.

Zirlai



0335CH07

Tui - Thilpek Hlu

Ruah aw sur sur!



Van atanga lo chhuk,

Mahse chho leh tawh ngai lo kha eng nge?

Ni tin kar khat chhung van lam khi han thlir thin la.
Ruah a sur ang em? I rin dan kha a chang chuan a dik ang a,
a chang chuan a dik lo vang.

Ruah a sur dawn leh dawn loh ring tura hriattirtu che
eng emaw a awm em?

Engtin nge puitlingten rin dan an siam zawt la, ziaak
chhuak rawh le.

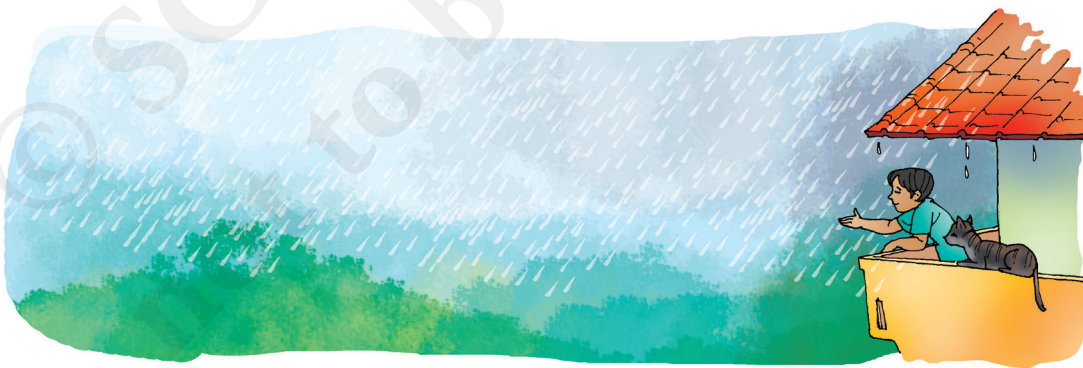


Ziaak rawh le

Vawiin hian ruah a sur ka ring, a chhan chu...
(A chhan pahnih tal ziaak rawh)

Vawiin hian ruah a sur ka ring lo, a chhan chu ...
(A chhan pahnih tal ziaak rawh)

Ruah a sur e!



Zirtirtute hriat tur

Kan zirlai hmasa lam hi ruah a sur apianga tih theihte an ni. Zirlaiten
zalen leh chik takin khawchin an thlir ang a, zawhna leh ngaih dante
siamin an sawi ho ang a, an hmuh dante chu ziaakin an chhinchhiah ang.



Tih tur 1

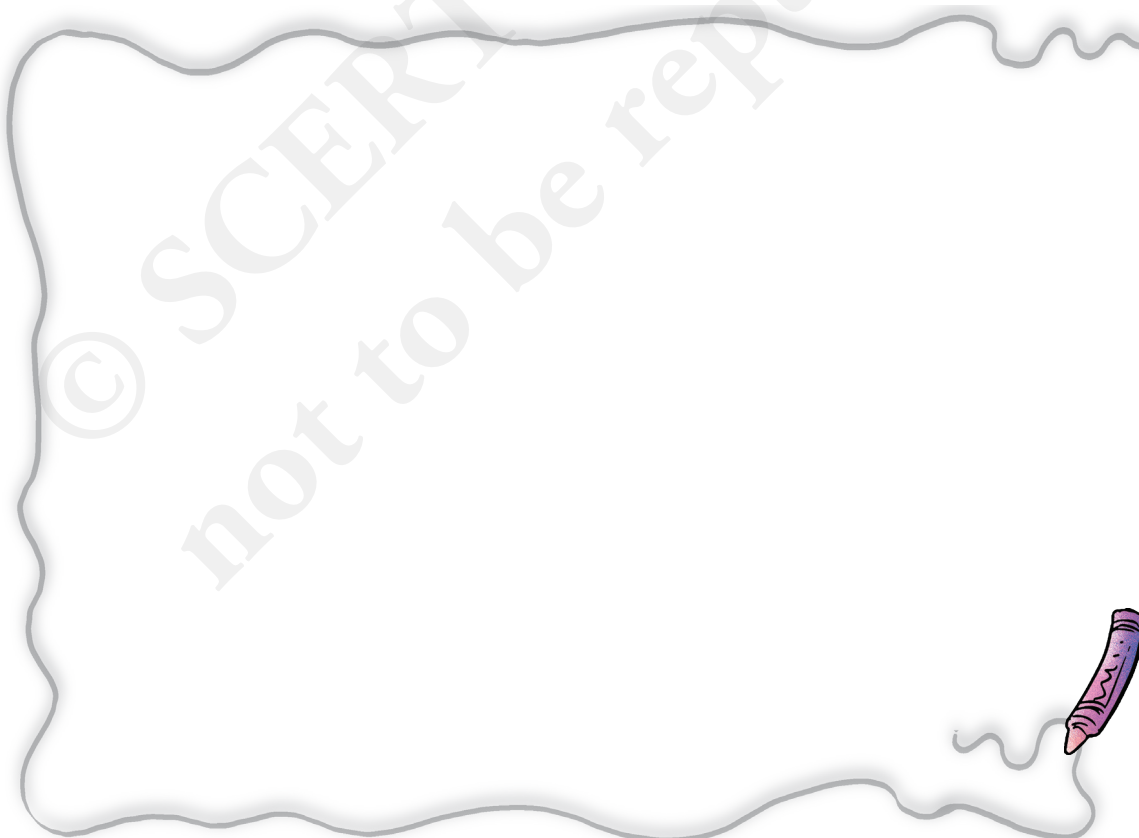
Ruah chungchanga zawhnate hi han inzawt chhin teh.

- Ruah sur hi a nasa nge nasa lo?
- Ruah mal tla kha a lian nge a tê?
- Ruah chu a tla chak nge a muang?
- Ruah chu a sur nasa lutuk a, ruahmal tê tê ang pawhin i hmu thei lo a, a inzawm vek ang maiin i hmu em?
- Ruah sur kha a tla ngil em? A âwn zawngin a tla nge a tlak dan a sawn? Eng vang nge han ring chhin teh.
- Bûrah emaw belah emaw ruahtui lo khawl la. A lang thianghlim nge a lang bal?



Lem ziaak rawh le

- Ruah sur lai i hmuh lem ziaak teh.





- Vawiin hian ruah a sur i ring em? Nge naktukah? Eng vangin nge i rin?
- I awmna bul velah chauh ruah a sur nge hmun dangah pawh a sur ve tho? Han ring chhin la, a dik leh dik loh mite zawtin han zawng chhuak teh.
- Ruah chungchang sawina lam hla zawng chhuak la, a nih loh chuan nangmahni tawng emaw, tawng dang pawhin phuah teh le. Ruah chungchang lam hla han sa teh.
- Ruah a sur hian i lawm em? Mi zawng zawng a tihlim em?

Ruahtui hi engtin nge a awm tak zel?

Ruah a sur hian tui tam tak a rawn tla thin a.

Heng tuite hi engtin nge an awm tak zel?

A sir a milem hi en la, ruah hi hmun hrang hrangah a tla a. Ruah a tlak na azira awm zel dan tur han ngaihtuah chhunzawm teh.

Ruahtuite hi leiin a lo hip lut em? An tling khawm nge an luang ral thin? Heng ruahtui luangte hian luite leh luipuite a fin thin em le, tiin i ngaihtuah ve ngai em?

Ruah a sur zawh a, ni a rawn chhuah leh hian eng nge thleng? Ruah tuite kha engtin nge an awm zel? Han ring chhin teh.

Ruahtuite chu lei chhunga a luh hian, muangchangin lei hnuaiah an luang lut a, lui leh tuikhuahte a fin thin. Ruah tui thenkhat chu lei hnuaia lung leh lei karah a inchhêk khawl thin a ni. Tuichhunchhuaha tuite hi heng lei hnuaia tui inchhêk khawlte hi a ni.

Luitêa tui luangte chu lui lianah a luang lut a. Tui luang thenkhat chu an tling khawm a, tuikhuah leh dilah te, tuipei leh tuifinriatah te an luang lut thin bawh a ni.





- In khua/vengah lui, tuikhur, tuikhuah emaw, dil a awm em? An hming leh chanchin zawng chhuakin tlawh la, a lem ziaak rawh. A bul vela thing kung, sava emaw, ramsa emaw i hmuh apiang lem ziaak bawh rawh.
- Lui chungchang sawina lam hla zawng la, class-ah han sa chhin teh u.
- Mizoramah ruahtui engtik hunah nge a tlak thin?

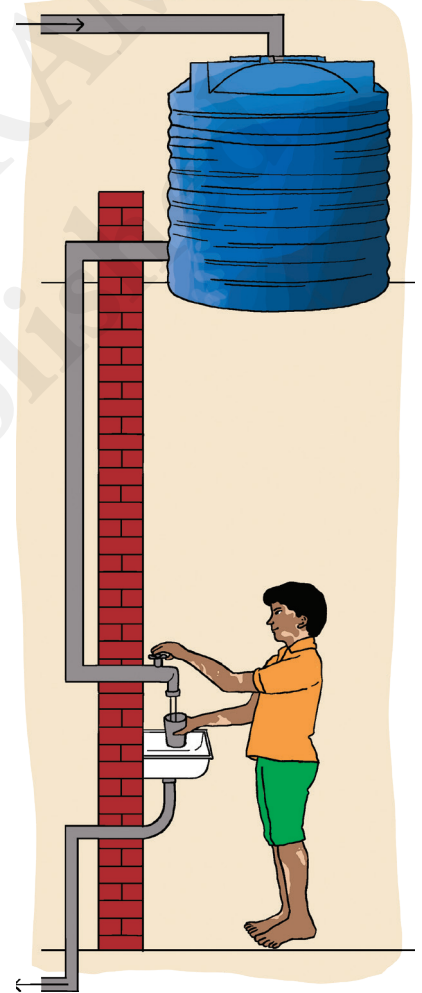
Tui hi thilthlâwnpek hlu tak a ni!

Tui chu van atanga thilthlâwnpek kan dawn a ni a. He thilthlâwnpek kan dawn hi kawng hrang hrangin kan inah kan la lut thin.

Kan thilthlâwnpek dawn chu engtin nge kan enkawl a, kan dah khawl thin? Inchungah lutin i zawng chhuak ang u.

A tlangpuin Vena leh Rini te chuan an inah leh sikulah tui herh hawna atangin tui an la thin a.

An tui herh hawte chu pipe atanga lo kal a ni. Mahse pipe-ah hian khawi atangin nge a lo kal? Vena leh Rini te chuan pipe chu an chhui zel a, in chungah tui dah khawlina atangin a ni tih chu an hmu ta a. Mahse tui dah khawlina a tui lo awm ngawt dan chu a ngaihna an hre lo hle a ni.



Zirtirtute hriat tur

Water cycle hi class 4-ah chauh an zir dawn a. Tun atan chuan zirlaiten an hriat tur chu thil char a ruah tla te chu niin a em rova. Ruah tui lei chhunga lutte hi an pawimawh hle a, tui kan hmuhna hnar a nih bakah thing leh maute an than lenna atan a pui a ni tih hi.



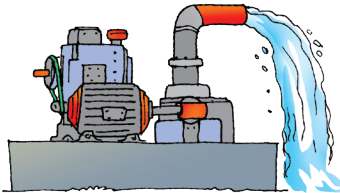
Sawi ho ang ule



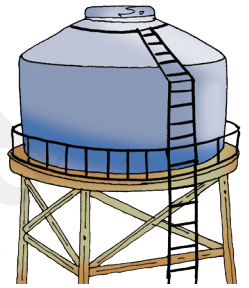
Tui chu khawi atangin nge in dawn thin?

Tui herh hawna atangin tui in la thin em? In lak thin chuan, i chhungte kha khawi atangin nge tui chu a lo kal han zawt teh. In in chung a tuizem atangin emaw, hmun hla tak atangin emaw an ti ngei ang.

In tui dah khawl na tuizem chu in hmu em? A nih engtin nge tui dah khawl na tuizemah chuan tui chu a lo awm theih? Pipe hmang bawkin a ni em? Pipe chu khawi atanga lo kal nge ni ang?

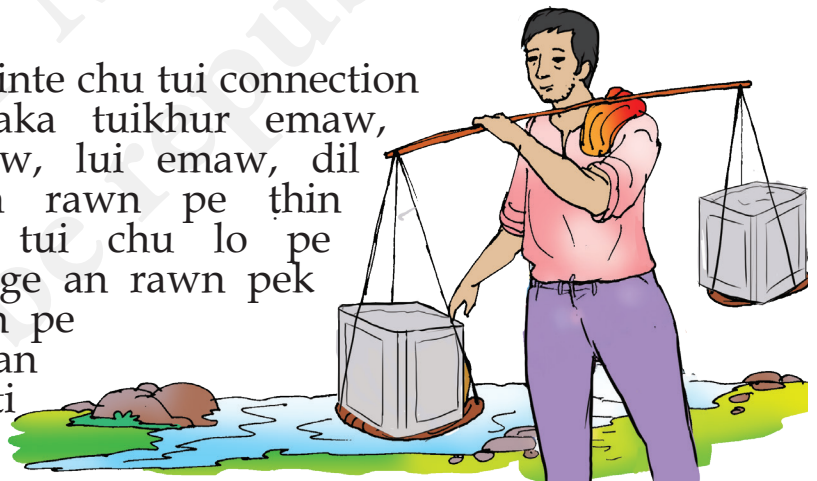


Tuichhunchhuah atangin emaw tui verh chhuah atangin emaw tui in la ngai em? Tuichhunchhuah atanga tui an lak chhuah dan hi ngun takin lo en teh. Hru i hmangin an pawt chhuak emaw, hand pump emaw, electric pump emaw hmangin an la chhuak thin. Tuichhunchhuah tui chu engtia lo awm nge ni ang?



Han ring chhin teh u.

Ina tui in hman thin te chu tui connection emaw, hmun hla taka tuikhur emaw, tuichhunchhuah emaw, lui emaw, dil atang in emaw an rawn pe thin che u em? Tunge tui chu lo pe thin che u? Engtin nge an rawn pek thin che u? Tui rawn pe thintu hnenah chuan 'Ka lawm e' lo ti thin ang che.



Zawng chhuak ang ule

- Tui phur motor-in tui an rawn pe thin che u em? An pek thin che u chuan, khawi atangin nge tui chu an chawi thin zawt la. In tui hman thin chu in veng/khua hnaiha tuikhur emaw, tuichhunchhuah emaw, lui emaw dila mi emaw a ni em?
- Tui hman tur laknaah harsatna tawh hmelhriat i nei em?
- Mizoramah engtin nge ruahtui kan lo lak ang a, kan dah khawl ang?

Tui kan ni tin nunah

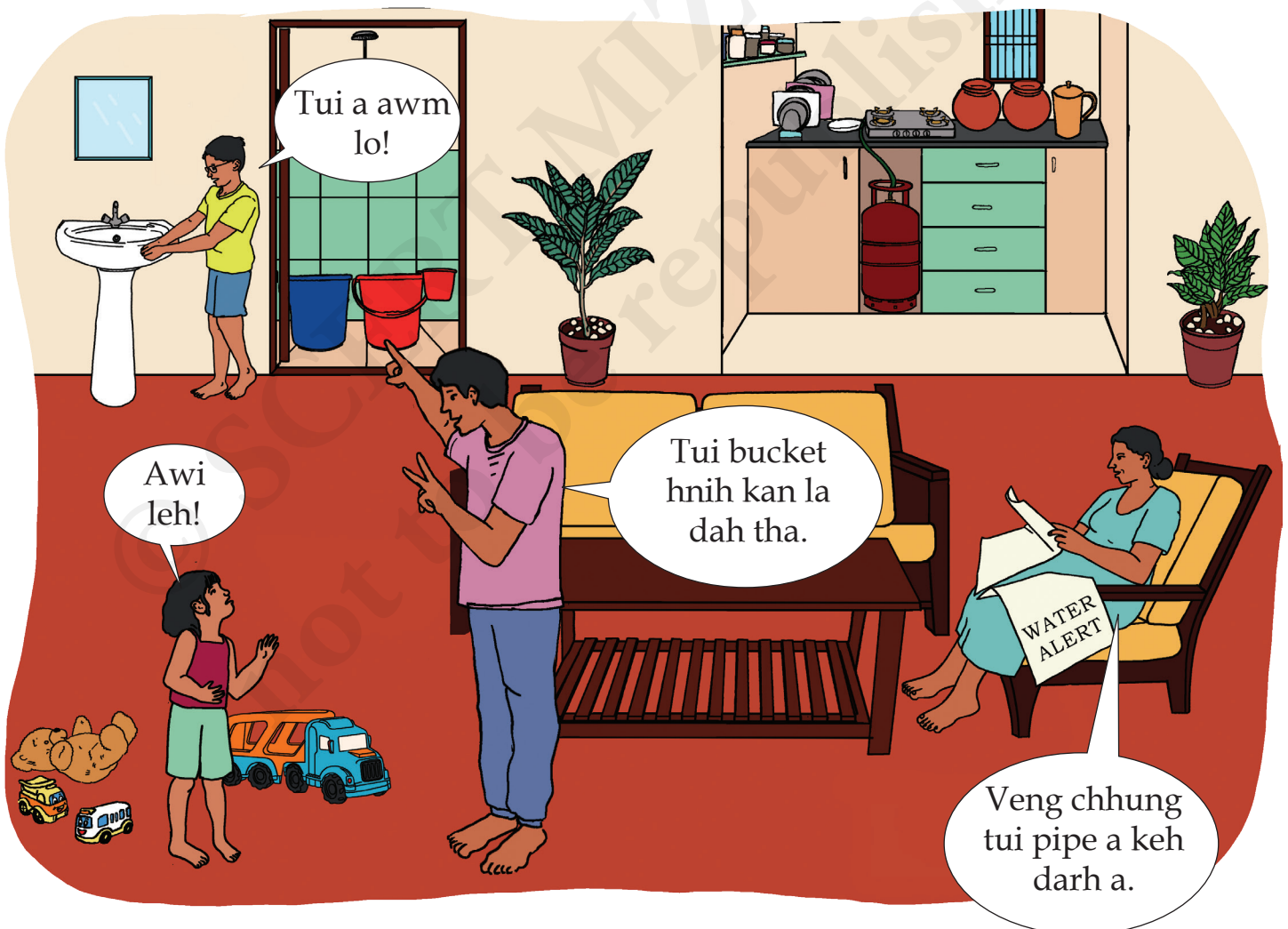


Ziak rawh le

- Tui kan mamawhna hrang hrang i hriatte han ziak teh.
- Ha nawh nan tui no eng zat nge i hman thin? Inbual nan tui eng zat nge i hman thin?

Tui hman tur neih miah loh tum i tawng tawh em?
Chutiang hunah chuan engtin nge i tih?

Ni khat chu Vena leh Rini te chungah pawh a thleng
ve a. Engtin nge an tih in hria em?





I pi leh pu emaw, upa deuhthe emaw zawt rawh:

- Engtin nge tui hman tur an hmuh thin? Tunlaia tui in hman ang tho hian an hmang em?
- Engtin nge tui an khawl thin?
- I thil hriat atang chuan thawnthu tawi han phuah teh.

Tui hi eng tik lai pawhin hnianghnar taka kan dawn thin loh avangin lo khawl khawm a ngai thin. Hmun thenkhatah chuan mahni ina tui connection nei lo an la awm avangin tuikhur emaw, lui emaw, tuichhunchhuah emaw atangtea an chawi a ngai thin. A chang chuan tui phur motor-in a rawn phur a, chu chu an dah khawl thin a ni.

Kum tam tak kal ta kha chuan tui herh hawna leh pipe te a la awm lo va. Chuvangin heng hunlaia mite chuan tui dah khawl na tur bungbel siam an zir ta a ni. Tunlaia tui dah khawl nana kan hman thin bungbel thenkhat chu henge hi an ni a. Hmanraw chi hrang hrang hmanga siamte an ni.



Kawlawbel



Chawhtawlh



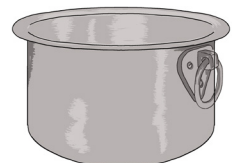
Rangva tuizem



Sintex



Steel bel



Dekchi lian



Saidawi
ûm



Plastic ûm



Bucket

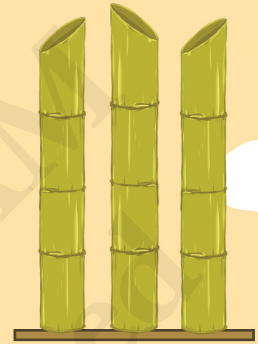


Tih tur

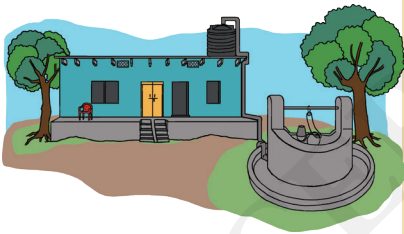
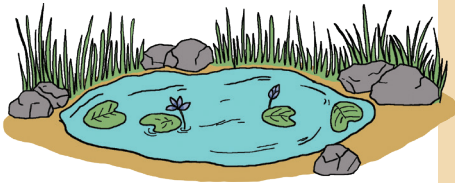
3

Thil tar lanna hun buatsaih rawh.

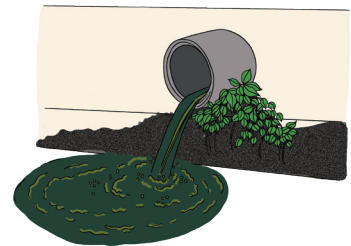
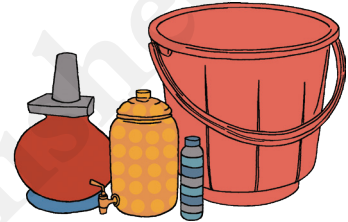
- Ina tui dah khawl nana in hman t hin bungbel chi hrang hrang ziaak chhuak rawh.
- I pi leh pute hnenah an hun laiin tui dah khawl nan eng nge an hman t hin zawt rawh.
- Tunlaia kan hman thin nen a danglam em?
- Bungbelte chuan hming hnan an nei theuh em?
- Tui dah khawl na bungbel i duh ber lem ziaak la, a mizo hming ziaak bawh rawh.
- Naupangin lem ziah te chu zirtirtute puihnain in classroom-ah tar chhuah tur a ni.
- I thiante lem ziah chu en turin han vei kual teh.
- Tui dah khawl na bungbel chi hrang hrang lem eng zat nge in ziah?
- Belte chu ziarang neia chei i hmu em?



Ngun takin han ngaihtuah teh!



- Tui hi ruah tui angin van aṭangin leiah a rawn tla.
- Zawi zawiin kan tui hmuhna – luitê te, luipui te, tuikhur te, tuikhuah te, dil te, tuichhunchhuah te leh lei hnuai tui te hi a rawn chawm a ni.
- Heng kan tui hnar aṭangte hian kan inah kawng hrang hrang hmangin kan la lut leh a ni.
- Hmanraw hrang hrang hmangin kan lo dah khawl ṭhin.
- Tui chu thil chi hrang hrang atan kan hmang.
- Tui kan hman hnu hi engtin nge a awm tak zel?



Tui hi faina atan a ṭangkai êm êm a. Chu chu kan hrisel nan a pawimawh hle a ni. Mahse tui kan hman hnu chu tui bal a lo ni tawh ṭhin a. Tui thianghlim lo chu ei leh in atan a hman tlak tawh loh. Mahse tui hman hnute chu thlai tui atan te, inthiarna tleuh fai nan te kan hmang nawn thei a ni.

Tui hi ren taka hman leh a theihna apianga tui hman hnu hmamnawn leh hi kan tum tur a ni.

Kan tui hnâah te hian sahbawn leh chemical lam thil kan tilut tur a ni lo. Van aṭanga thilthlawnpék hlu tak kan dawn hi ṭha takin i enkawl ang u.

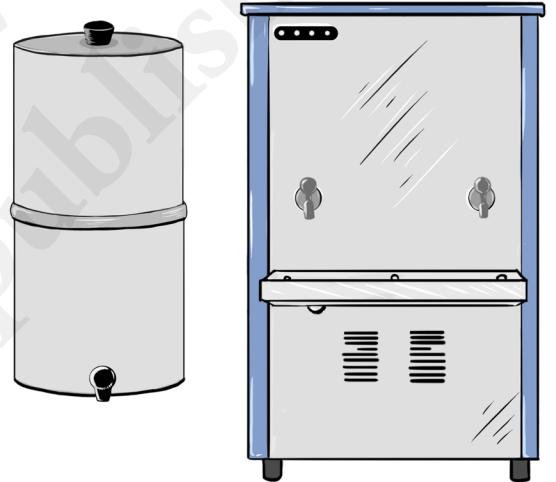
Tuimal far khat lek pawh a hlu.

Tui hi nunna atan thil pawimawh tak a nih avangin thil hlu taka ngaih a ni. Tui in lovin ni thum aia rei kan dam thei lo. Hei vang hian kan in lengte lo lawm nan tui kan lo pe vat vat thin. Hmun thenkhatah chuan ruah a sur tlem êm êm a, lui leh tuikhuah lian awm lohna hmunah chuan tui chawi turin hla tak tak kea kal a ngai thin a ni.

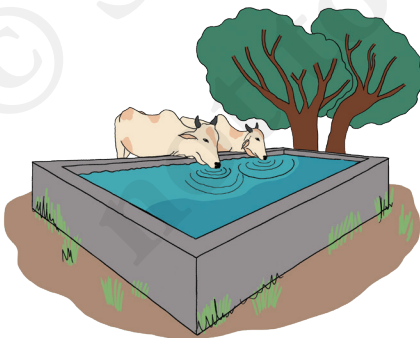
Mi zawng zawng hian khawi hmunah pawh, engtik lai pawhin tui thianglim in tur an dawng reng tur niin i ngai em?

Hma la ve rawh

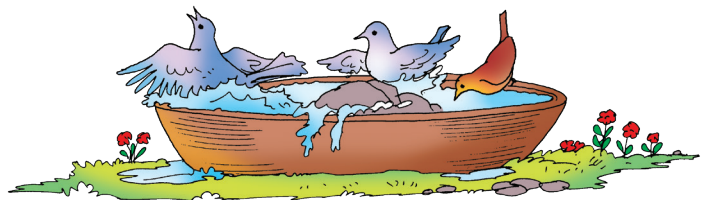
In ina lo lut apiang hnenah tui thianglim in tur lo pe thin rawh. Dakpû emaw, bawlhhlawh paihtu emaw pawh an ni thei. Hmun tam taka thil chin than tha deuh an neih chu tuihal apiangin an in theih turin an in kawtah belin tui an chhawp thin. A bikin nipui, khaw lum tak tak laiin an ti thin a ni.



AMC-in tui in tur an chhawp



Ransa te tui tlan



Sava tuikuang

Mizo te hian kan ran vulh te tana tui in tur dahna, tuihal apiang in theih tura kawng sir emaw, in kawta filter emaw bucket/bêl a tui lo chhawp kan ti fo thin.



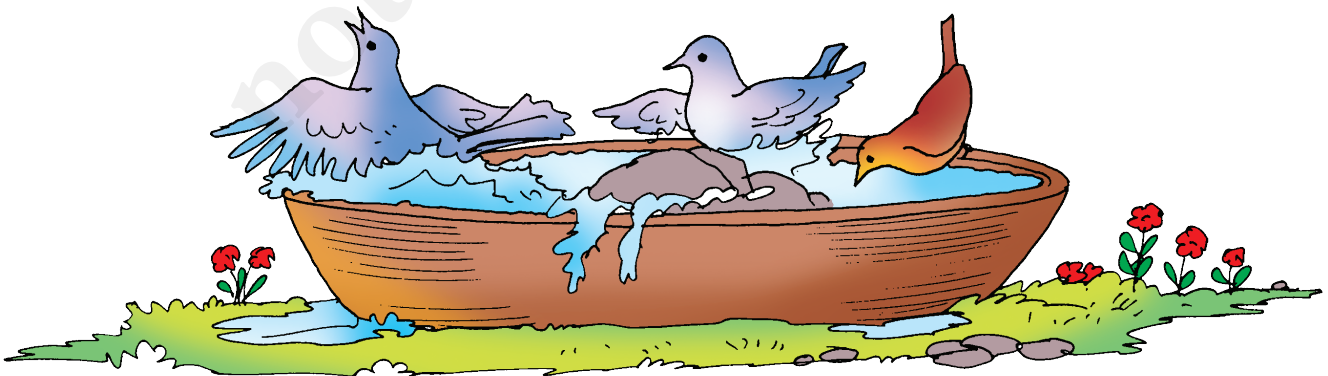
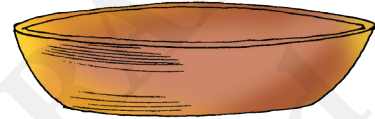
Tih tur

4

Sava tuikwang (Birdbath) siam rawh – Nipui khaw lum laia savate in tur tui chhawp rawh.

Sava tuikwang chu savate tui in tur leh, khaw lum lutuk a an intih daih nan thleng dar deuh hleka tui dah thin hi a ni.

- Bêl dar leh lian deuh hlek la la. (thleng hlui emaw, bêl/chawhtawlh hlui emaw, 10 cm vel leka thûk).
- A chhungah chuan savate an rawn fûk nan lung tlem dah la. Rannungte pawhin tui an rawn in ve theih nan lungte chu thleng chhungah a âwn zawngin rem ang che.
- Tui thianglimin tikhat la, bel chu tual zawlah emaw, in chung zawlah emaw, bathlârah emaw dah tur a ni.
- Tui chu a khât tawkin thlâk thin ang che.
- Sava tuikwang chu kar khatah vawi hnih nawhfein nawt fai thin la. Nawhfe hman bik neih tur, thleng silna nawhfe nen hman pawlh loh tur a ni.



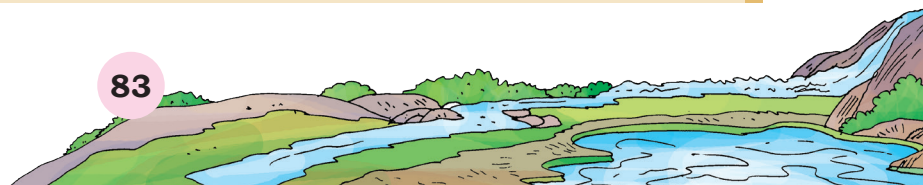
Ngaihtuahna seng ang aw

A. Ziak rawh le.

1. Ruah sur hun i nghak a, leia ruahmal rawn tlak dan chu i lo en a. Ruah tui tla chu burah lo dawhin a fai nge a bal tih en la. Hmun hrang hranga ruah tui tlak dante pawh chu i hmu vek bawh a ni. Tichuan, tawitein ruah sur i hmuh dan han ziak teh.
2. In venga tuikhur, lui, tuichhunchhuah, tuikhuah leh dil awmte hming leh chanchinte chu i lo hre ta a. Heng hmuna tuite chu ei leh in atan hman an ni em? Hman an nih chuan engtin nge an chawi thin? Hman an nih loh chuan eng nge a chhan? Tun hmain an hmang thin em?
3. In vengah tuikhur a awm em? Eng zat nge awm?
4. Tuikhurah chuan tui a awm reng thin em? A awm reng chuan a chhan ziak la, a awm reng loh pawhin a chhan han ziak teh?

B. Sawi ho ang ule.

Tui hi a hlu êm êm a, chuvangin fimkhur leh ren takin kan hmang tur a ni. Tui far khat tê pawh hi tul lovah kan khawh ral mai mai tur a ni lo. In in chhung leh hmun dangah tul lova tui in khawh ral leh tihbawhlhlah thin dan i thiante nen sawi hovin ziak chhuak ula, engtin nge tul lova tui kan hman ral thin hi kan pumpelh theih ang? Kan pumpelh theih dan tur pathum i thiante nen sawi hovin ziak chhuak rawh u.





0335CH08

Kan Chaw Ei Thin



Tih tur

1

I ei tur duhzawng tui i tih chhan han sawi teh.

Mi zawng zawng hian ei leh in tur duh zawng kan nei vek a. Chungah chuan a then chu a thlum, a thur, a thak leh a kha te an ni. Thei te, thlai te, buh te, dal emaw chhangper emaw te kan ei thin. Bawnghnute, lassi leh thei tui te kan in thin bawh a ni. Eng vanging nge heng thilte hi kan ei a, kan in thin tih i ngaihtuah ve ngai em?



I hre ngai em?

Chhappan bhog chu Hindu hovin an kût leh hunpuia an in leng, thian tha leh chhungte tana ei tur danglam bik an siam thin hi a ni. Bawhlo chi hrang hrang 56 laia siam a ni a, a thlum(meetha), a thak (teekha), a thur(khatta), a al(namkeen), akha(karva) leh a phak(kasaila) te inmil tawh chiaah sia inchawhpawh a ni.



Zawng chhuak ang ule

Eng vanga ei leh in mamawh nge kan nih? I chhungte a chhan zawt la, class-ah sawi khawm rawh u.

Hmeichhe naupang tlân chak – Shirin-i

Shirin-i chu pawl 3 zir lai a ni a. A tlân chak em em a, an pawlah chuan tlan chak ber a ni. Ni khat chu an sikula sport an neih tumin, Shirin-i chu intlansiaknaa pakhatna

lo ni tawh thin, medal pawh tam tak lo dawng tawh nen an intawng hlah mai a. Shirin-i chuan 'Engtin nge nangmah angin chak taka ka tlan theih ang a, medal tam tak ka dawn ve theih ang?' tiin a zawt a.

Zirtirtute hriat tur

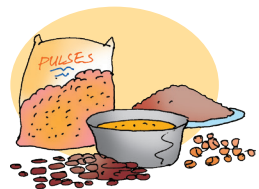
Naupangte chu an ei tur duh ber zawt la. Chungte chu board-ah ziak zel la, ei tur chanchinte chu sawi turin naupangte chu fuih phur rawh.



"Intlansiaknaah chak ber i ni ve thei, nasa taka i inbuatsaih a, chaw hrisel tak i ei thin chuan" tiin Shirin-i chu a hrih a. Shirin-i chuan "Nasa takin ka inbuatsaih thin a, mahse, ka damlo leh thin alawm," a ti a. Chu nu chuan "Eng nge i ei thin?" tiin a zawt a. Shirin-i chuan, "Alu leh buh chauh ka ei duh a," tiin a chhang a. Chu nu chuan nuih pahin "Alu leh buh i ei chu a tha hle mai, mahse, taksa hrisel leh chak tak i neih nan thil dang tam tak pawh i ei tel tho tur a ni," a ti a.



"Thlai leh thei chi hrang hrang ei thin la. Buh lam chi atanga siam ei tur chi hrang hrang heng – buhfai,



buhtun (ragi), jowar, chhangphut buh (wheat), bajra leh a dangte bakah dal leh nuts ei thin bawk ang che. Ina ei tur kan siam hi a hrisel ber zel a nia," a ti a.

Shirin-i chuan chu nu thusawi chu a zawm a. Theihpatawpin a hma aia nasain a inbuatsaih a, ina siam ngei ei tur chi hrang hrang a ei tan a. Ei tur chi hrang hrang inbuk tawk a ei (balanced diet) pawimawhna a hre thiam ve ta a ni.

Thla rei lo tē hnuah chuan a hma aia chakin a tlan thei ta a. A lo hriselin a chak ta sawt a. A hnu lawkah an sikul tan intlansiakah pakhatna lawmman a dawng ta nghe nghe a ni.



Sawi ho ang ule

- Eng vangin nge chaw hrisel ei kan mamawh?
- Pawnlamaei tursiamlehei turrei tak tak vura vawn that ei hi a hrisel lohna chhan sawi ho rawh u.



Tih tur

2

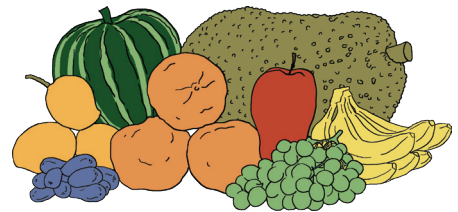
A hnuaia ei turte ah hian i ei thin te thai rawh.



☐ Thlai



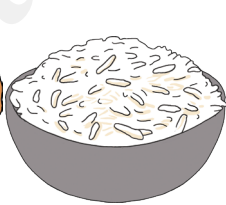
☐ Thlai hel ei chi



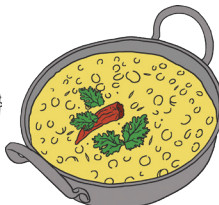
☐ Thei



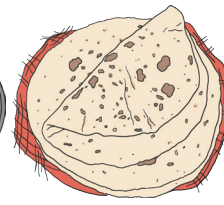
☐ Thil thlum



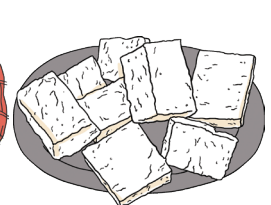
☐ Buh



☐ Dal



☐ Chhangper

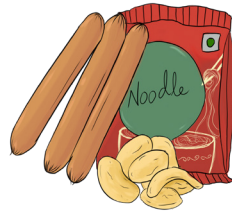


☐ Paneer





☐ Bawnghnute



☐ Frozen leh
Snacks



☐ Lassi



☐ Thei tui



☐ Drinks

1. A chung a ei turah te khian engte nge chaw inbuktaw (balanced diet) a tel turte ni ang?
2. Ei tur chi hrang hrang hrisel leh hrisel lo thliar hrang ula, sawi ho rawh u.

Thil chi hrang hrang kan ei thin

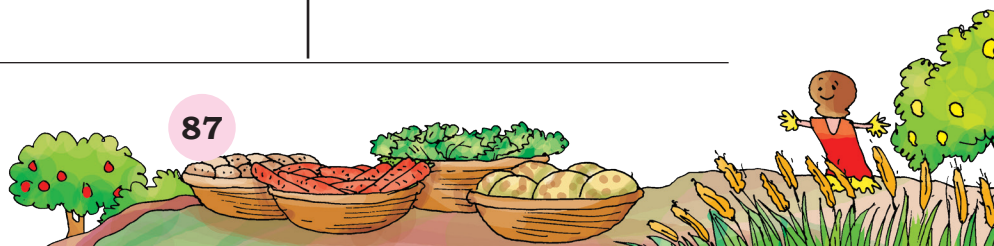
Kan chhungkua-a upa zawkten nipui leh thlasik laiin ei tur chi hrang hrang an siam thin. Khaw lum lai chuan vur kan ei a, lassi kan in bawk thin. Thlasik lai chuan chaw lum lam, soup leh bai te kan ei a, thil lum lam chi kan in thin. Hun bi azirin thei leh thlai chi hrang hrang kan hmu thin. Nipui laiin theihai leh dawnfawh kan hmu a, thlasik laiin apple a tam hle bawk a ni.



Zawng
chhuak
ang ule

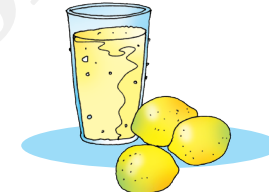
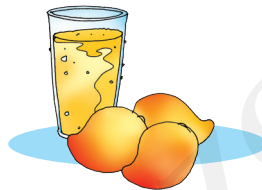
Thlai leh thei hming in awmna hmun a i hmuh te column-ah hian dah khat rawh le.

Thei	Thlai	A awm hun (thal, fur, nipui, thlasik)



Kan ram hmun hrang hranga awmten ei tur chi hrang hrang tui tak tak an ei thin a. Ei tur hming i hriat si, la ei chhin miah loh i nei em? Nangmah emaw, i thiante emaw, i chhungte emaw hmun danga zinte atangin an ei turte chu i hmu a ni mai thei. I hmelhriat tu emaw chu ram chhung hmun dangah awmin i ei ang ni lo ei tur chi dang a ei ngei ang. Chûng ei tur hmingte chu zawt chhuak la, i thiante nen han sawi ho teh u.

Heng in tur hmingte hi Mizo tawngin han ziaak teh



Nipui lai chuan khua a lum thei em em a, kan thlan pawh a chhuak nasa thin hle. Kan thlan a tlâk hian kan taksa a tui tam tak kan hloh tihna a ni. Chuvangin nipui lai chuan tui, buttermilk, nimbu tui, fu tui, lassi leh coconut tui te hi kan in nasa bik a ni.

Kan infiam emaw kan chet nasat hian kan thlan hi a tla nasa a, chuvangin tui kan in tam tur a ni.

Engtianga zingin nge tui i in thin?

Kan taksa hian tui a mamawh tam em em a. Tui tel lovin kan nung thei lo. Chu vang chuan 'Tui hi nunna a ni' kan ti thin.





- Loah emaw, huanah emaw eng thlai nge an chin thin i hria em? Chung thlai hming chu tlem han ziaak teh.
- Chung thlai thenkhatte chu engtin nge ei tura an siam thin tih sawi ho ula, ziaak rawh.

Kan ei turte hi khawi atangin nge kan hmuh?

Thlai peng hrang hrangte hi kan ei thin a. A hnuaiah hian

A hnah



☐ Lettuce



☐ Fenugreek (Methi)



☐ Zikhlum

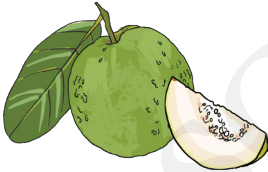


☐ An'am



☐ Dhaniya (Coriander)

A rah



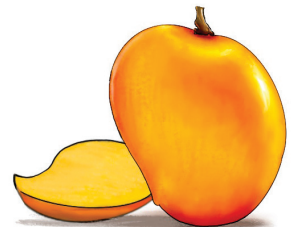
Kawlthei



☐ Sapthei

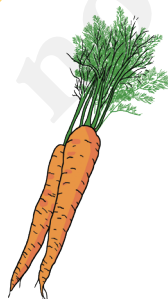


☐ Apple



☐ Theihai

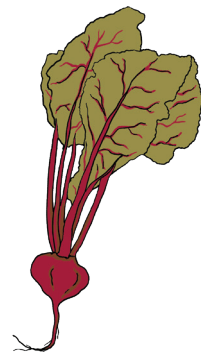
A zung



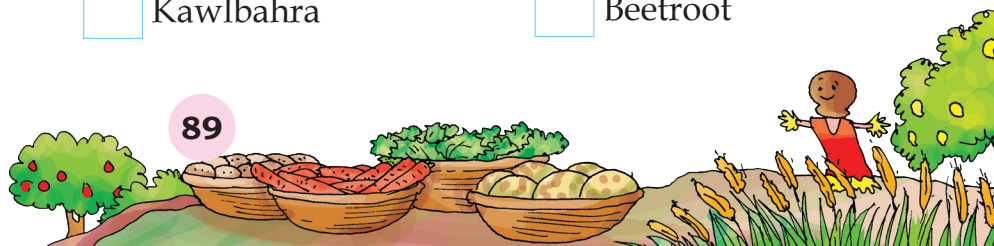
☐ Carrot



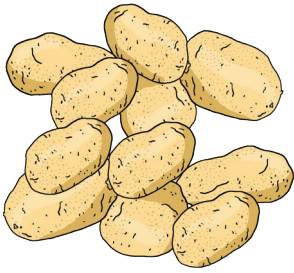
☐ Kawlbahra



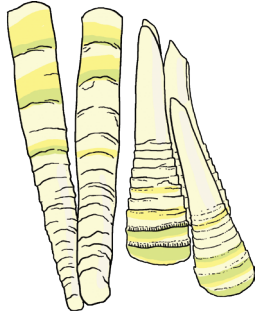
☐ Beetroot



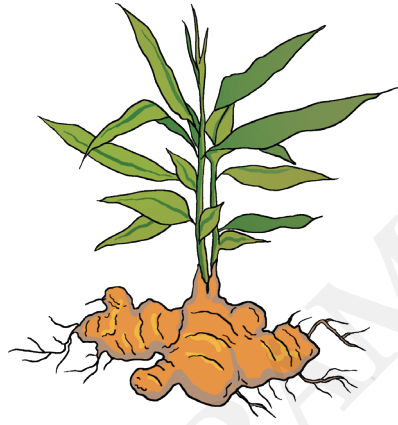
A kung



☐ Alu



☐ Rawtuai



☐ Sawhthing

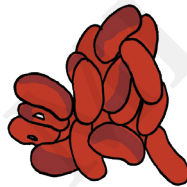


☐ Purun sen

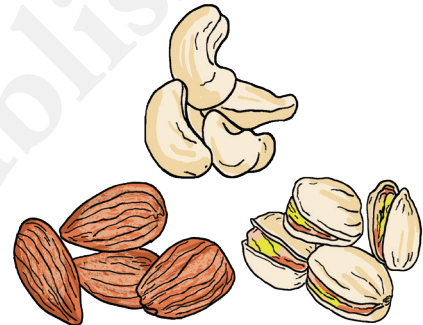
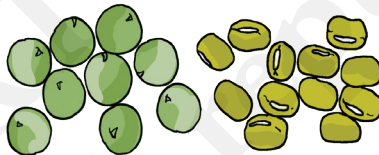
A chi



☐ Buh lam chi



☐ Be lam chi



☐ Thei pil sak chi
(nuts)

entirna pek a ni a. I ei tawh zawnah (✓) han dah zel teh.

Mi thenkhat chuan ran atanga kan hmuh heng –
bawnghnute, dhoi, ghee, cheese, paneer, khawizu, artui
leh sa te hi an ei thin bawk a ni.

Puzzle Hun

Ei tur siam nana bawlhlo kan hman uar deuh pahnih
chu thlai leh ran atanga kan hmuh a ni lo va. Heng thil
siamna atana kan hman pakhat tal sawi rawh.

I thian khan chaw pai lo ta se, i chaw pai kha i sem
ve phal ang em?

Ngaihtuahna seng ang aw.

A. Sawiho ang ule.

1. Eng vangin nge chaw chi hrang hrang kan mamawh?
2. Eng vangin nge hun bi neia awm chi chaw kan ei thin?
3. Engtin nge chaw chu a hrisel leh hrisel loh i hriat theih ang?
4. Eng vangin nge ei tur kan khawh ral mai mai loh ang? In ina ei tur in khawh ral thin tih tlem dan tur i ngaihtuah thei em?

B. Ziak rawh le.

1. In chhungkuain thei leh thlai in ei thin ziak chhuak rawh.
2. I chawhmeh duh ber siam dan han ziak teh.
3. Ran leh thlai inpawlh atanga kan hmuh ei tur kan siam thin hming i hriat han ziak chhuak teh. Entir nan, lassi hi dhoi, chu chu bawngnhute (ran atanga kan hmuh) leh chini, chu chu fu (thlai atanga kan hmuh) atanga siam a ni.

C. Lem ziak rawh le.

1. I lehkhabu-ah thleng pathum, a chhunga ei tur chi hrang hrang awm lem ziak rawh.
2. Thleng lem i ziahah chuan tukthuan, chawchhun leh zanriah atana i thil ei lem ziak la, an hming ziakin feiin kawhtir rawh.

D. Thil ei khawm

Theirah eng pawh class-ahrawn keng la. In zirtirtu puihnain thei emaw, salad (fruit salad) emaw, fruit pudding emaw siam ula, i thiante nen ei ho rawh u.

E. Ngaihtuah teh

Rin loh deuhin in leng i nei thut a. Eng ei tur nge i pek ang? Eng vangin nge chu ei tur kher chu i pek ang?





0335CH09

Hriselna Leh Hlimna

Kan taksa leh rilruin tha taka hna a thawh theih nan kan hrisel a ngai tih kan hria. Kan taksa fai taka kan enkawl theih nan leh natna laka kan fihlim theihna tura kan tih tur awlsamtê rawn târ lan a ni a. Hengte hi chin thana kan neih chuan kan taksa leh rilru a lo hriselin a hlim dawn a ni.



Faina leh thianghlimna

Heng zawhnate hi han inzawt teh.

- Vawiinah ha ka nawt em?
- Ka inbual em?
- Ka sam ka khuih em?
- Sahbawnin ka kut ka sil em?
- Ka kut tin a bulin a fai em?



Nitin tih tur



Ziak rawh ule

Ni tin, zing i thawh atanga zan i mut thlenga i tih thin ziak thla la. Chûng i thil tih thinah chuan a hnuaia tih tur inziak te khu a tel tur a ni. Heng thil thenkhat hi ni khatah vawi khat aia tam i ti thin tih hre bawk la.

- Inbual la.
- Sahbawn hmangin i kut sil thin ang che.
- Ha nawt thin rawh.
- Tui no 6 – 8 in tur a ni.
- Chaw ei that tur.
- Darkar 8 tal muthilh tur.
- Pawnah infiam thin tur.



Heng a hnuaia mi te hi i tih thin leh tih thin loh han sawi teh.

- Ni khatah vawi hnih ha i nawt thin em? – Zing thawh veleh vawi khat leh zan mut dawnah vawi khat?
- Chaw ei kham apiangin kam i thua thin em?
- Inthiarna i hman zawh hnuin sahbaunin i kut i sil thin em?
- I len chhuaha ina i hawin sahbaunin i kut i sil thin em?
- Khing zawhnate zînga i chhâna chu “Aih” a nih chuan, chin dan thana i neih theih dan tur ngaihtuah rawh. Heng tih turte hi tha taka zawm turin harsatna a awm em?



Engtin nge ha kan nawh ang?

Mami pu chuan neem thing tang leh meihawl te chu ha nawh fai nan a hmang mai thin a. Mami chuan “Apu, keimahni angin engati nge nawhna brush i hman ve mai loh?” tiin a zawt a.

A pu chuan nui chungin, “Ni tin thing kung atangin thing tang thar ka thliak a, brush ang thei turin ka seh fep a, chu chuan ka ha kara ei tur cham bang awmte chu a tifai thin a. Ka hahni pawh a tihrisel a ni. Nang pawhin lo ti ve chhin teh!” a ti a.

Mami chuan “Apu, neem thing tang chu a kha mah mah, meihawl hi a zia deuh a, ka hmang duh zawk” a ti a.



Zawng
chhuak
ang ule

I pi leh pute emaw, in venga upa deuh te emaw hnenah an hun laiin inbual nan te, lu sūk nan te, thawmhnaw sūk nan te leh ha nawh fai nan eng nge an hman thin han zawt teh? Chung an thil hman chu tunlaiah hmuh tur a la awm em?





I hre ngai em?

Tunlai ha nawh dan hi India rama faina kawnga tih dan phung kan inhlan chhawn, 'datum' tih atanga lo chhuak a ni a. Ha nawh fai nan neem, karanj leh babool thing tang te an hmang thin a ni.



Tih tur

1

Serthlum kawr leh Nimbu kawr hmanga inchhung tihfaina siam

Kan inchhung bal leh natna hrik awm theihna heng – choka chhuat leh bang, in chhung bungrua leh inthliarna tihfai nan hian hlo chi hrang hrang kan hmang thin a ni. In in chhung tihfai nan eng nge in hman ve thin? Nang pawhin thil tihfaina hmanrua, kan leilung tana hlauhawm leh pawl si lo i siam ve thei a ni. I mamawh turte chu :

- Serthlum emaw, nimbu kawr emaw pum 8 – 12 vel, bur fima litre chanve dawng tur vel.
- Lawng-par (cloves) pum sawm emaw tejpatta hnah 2 - 3 (duh chuan)
- White vinegar no hnih, bur chhunga sêr kawr, lawng-par leh hnah chiah pil tawk vel.



Tunah chuan heng thil zawng zawng hi bur fim litre chanve dawngah dah la, chhin phui rawh. Bur chu ni sa-ah kar hnih vel pho la, a khât tawkin a inchawlh pawlh that theih nan i thing thin ang. Kar hnih hnua thli fim la, tichuan i thil siam chu hman theih a lo ni ta! I thil siam no khat chu tui bucket khat ah pawlh la, chhuat leh inthiarna vel tihfai nan i hmang thei ang.

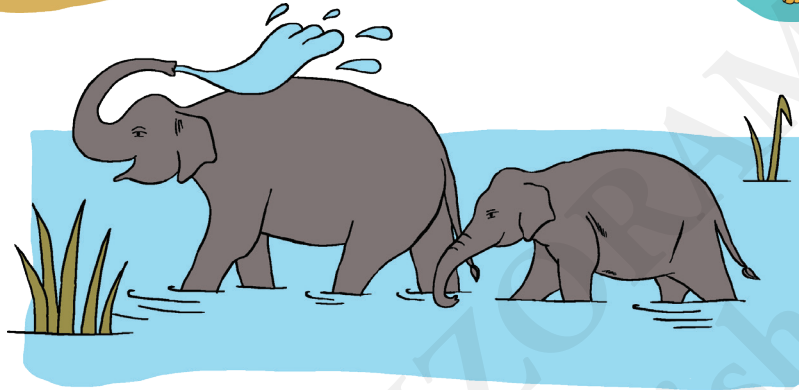
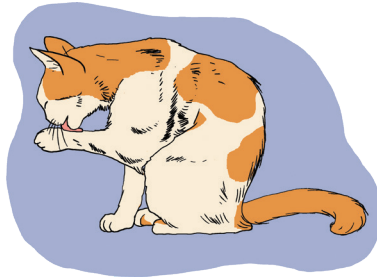
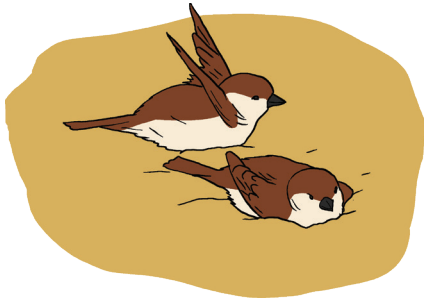


Zirtirtute hriat tur

Kan awmna hmun leh tui kan neih dân azirin faina chungchanga kan tih tur leh tih hun pawh a dang thei a ni tih sawi ho ni se.

Hmanlai atang tawhin intihfai dan leh a hmanruate kan nei a. Heng hmanruate hi leilung atanga kan hmuh nghawng thalo nei silo, entirnan hlingsi leh chingal te hi inbual nan te, insuk nante, inchhung tihfai nan te kan hmang thin a ni.





Nungchate pawhin intihfai an duh ve!

Zawng thu dun, in keu neuh neuh lai i hmu tawh ngai em? Hetianga an tih hian an taksaa rannung/hrik awm an inthenfaisak a ni. Savain an hmuiin an hmul an tifai lai pawh i hmu tawh ngei ang. Nakinah chuan i chhehvêla nungchate intihfai dan hrang hrang i lo thlir chiang dawn nia.

Pawn leh in chhunga infiam

Infiamnaa i thiante man tura chak taka i tlanin, i thaw kaw kawk a, i thawk pawh a rang hle tih i lo chik ve ngai em? I biang tlemin a sen deuh mai thei, lum i tiin i thlan pawh a tla tan ang. Hei hi a chhan chu insawizawi hian kan lung hi a thawh rim zualtir a, a tichak zual baw k a ni. Chuvângin insawizawi hi taksa tan a tha hle a ni. Kan taksain phur leh tha tho taka a awm theih nan insawizawi dan tam tak a awm a ni.





Tih tur 2

Tum, sawt, zuang!

A hnuaia mi ang hian tih han tum ve teh:

- Varak anga kal.
- Uṭawk anga sawh.
- Zawhte anga tlan.



Eng hi nge nuam i tih ber?

Inhruizuanna la la, i zuan pahin i zuan zat chhiar rawh. I ṭhiante nen zuang ula, tu nge zuang tam thei ber zawng rawh u.

I inhruizuan anga, vawi sawm i zuan hnuaiah emaw zuan paha hla thu tawite i sawi zawh veleh i ṭhian chu zuang ve turin i sawm dawn nia. Entir nan:

Alu ka duh,

Papawr ka duh,

Ka duh chu _____,

(I ṭhian hming sawi rawh)

Zuan pui turin!



Inhruizuanna hmangin eng infiamna dang nge i tih ṭhin?

I ṭhiante hnen aṭangin zir la, i thiam zirtir ve bawh rawh.

Zirtirturte hriat tur

Kan taksa hian insawizawi ngaihna chhan chi thum a nei a – thin leh lung tihchak nan te, kan tihrawl leh ruh chak nan te leh kan taksa bung hrang hrang awlsam taka kan tihchet zung zung theih nan.



Hriata pi chu a khûp a nat avangin duh angin a che hlei thei tawh lo va. Mahse, in chhungah chuan zawi zawiin a la tei kual thei a, Hriata nena chess khelch chu nuam a ti hle a, “Kan rilru leh taksa hi kan chawlhthir mai mai tur a ni lo,” tiin a sawi thin.

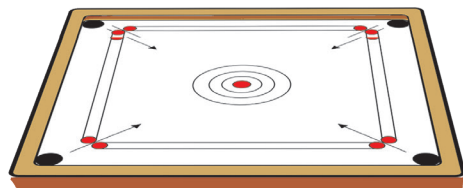
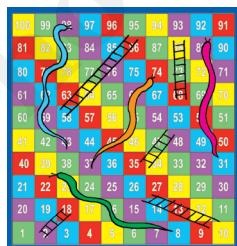
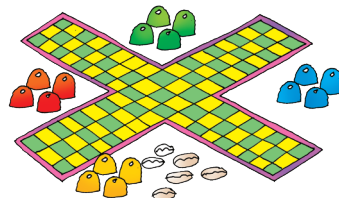
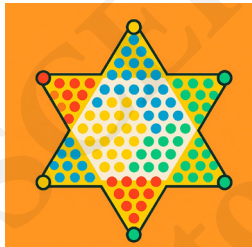


Infiamna hming sawi rawh.

Pawn lama infiamna chi ah eng nge nuam i tih?



Heta inkhelhna tar lante hi an hming i hria em? I khel tawh thin em?



Bih Chiang Ila!



Infiamna hming inthupte hi i zawng hmu thei em? Heng zingah hian i ngainat zawng a awm em? Pakhat chu tihsak i ni.

B	I	U	A	F	H	L	S	T	B	G	V
J	A	T	U	O	R	G	X	E	A	Y	O
K	A	D	C	E	G	N	M	N	S	M	L
V	H	K	M	Z	X	O	I	N	K	N	L
S	E	O	Y	I	C	I	C	I	E	A	E
Y	G	J	K	L	N	R	D	S	T	S	Y
W	R	N	Q	H	I	T	V	I	B	T	B
C	V	G	N	C	O	F	O	Z	A	I	A
Y	W	Z	K	X	V	P	A	N	L	C	L
H	V	E	D	S	I	H	W	Q	L	S	L
D	T	R	T	F	O	O	T	B	A	L	L
L	X	K	A	B	A	D	D	I	P	H	P



Him taka infiam

Hlim taka kan infiam lai hian him taka awm a pawimawh.
A hnuaia hmun tar lanah hian khawi hmun hi nge him
a? Khawi hmun hi nge him lo? Eng nge a chhan?



Motor kawng lun tak

☐

Him

☐

Him lo



Park

☐

Him

☐

Him lo



Sikul kawt zawl

☐

Him

☐

Him lo



In chung zawl hungna nei lo

☐

Him

☐

Him lo



In sakna hmun

☐

Him

☐

Him lo



Puipunna hmunah i hriat ngai loh an awm thei. I nu leh pa emaw, i rin zawng puitling dang emaw nena in awm a nih loh chuan hriat ngai lohte va pawh suh.



Kan infiamin kan bul leh a chhehvêla him leh him loh kan hre chiang tur a ni.

Zirtirtute hriat tur

Naupangte chu mi thar leh hmelhriat loh an tawnin fimkhur turin i fuih thei ang. Nu leh paten an fate hruai tura mi thar an tirhin password ruat lawk an hmang thei bawh ang.



Ngaihtuahna seng ang aw

A. Ziak rawh le.

Kar tin hrisel tura i inenkawl dan ziahna siam rawh.

Eng thilin nge i mut tichhuak a, ti rilam che a, tichau thin che? Kan taksaa thil dik lo a lo awmin hriat theihna kan nei a. Mamawh hrang hrang kan nei vek baw a. Kan taksa leh rilru tana tha tur chu kan hre theuh tur a ni. Chumi atan chuan kar khat chung a i thil tih chu thlir la, i awm dan hre Chiang rawh.

Ni	Ha vawihnih kanawt em?	Zingah inthiarna ka hmang em?	Ka inbual em?	Engtia rei nge ka muthilh?	Tukthuan atan eng nge ka ei?	Engtia rei nge TV ka en emaw phone ka khawih?	Engtia rei nge pawnah ka infiam?	Engtin nge ka rilru a nghawng? (Tha, pangngai, tha vak lo, tha lo)
Thawhtanni								
Thawhlehi								
Nilaini								
Ningani								
Zirtawpni								
Inrinni								
Pathianni								

Zirtirtute hriat tur

Naupangte chu heng mut that, ei in that, taksa sawizawi leh rilru hlim te inkungkaihna zawng chhuak turin fuih phur la. Naupangten hrisel tura tih turte tih reng harsa an tih chhante sawi ho baw ang che u. Mahni hriselna tura inenkawl dan ziahna siam khi he zirlai an hriat thiam leh thiam loh tehfung chi khat a ni.

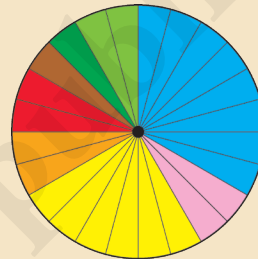


B. Lem ziaak rawh le.

I lehkhabuah rin bial lian pui ziaak la, a intiat chiahin hmun 24 ah then la, then pakhat hi ni khata darkar khat ang zelin ngai rawh. Tunah chuan ni khata thil chi hrang hrang tih nana darkar i hman dan a zirin heng then te hi rawng chi hrang hrangin chei rawh.

Entir nan Mami chuan darkar riat mut nan a hmang a, darkar hnih thil ei nan, darkar ruk sikul leh in a lehkhazir nan, darkar hnih pawna infiam nan, darkar hnih in lama nu leh pa puih nan, darkar khat TV en nan, darkar khat inthiar nan leh darkar hnih thil dang tih nan. Hei hi Mami rin bial lan dan a ni.

	Mut
	Thil ei
	Lehkha zir
	Infiar
	Nu leh Pa puih
	TV en
	Inthiar nan
	Thil dang tih nan



C. Sawi ho ang ule.

I thahrui tichak sawt thei tur eng emaw thil pakhat kar khat a vawi hnih tal tih tur ngaihtuah la. Chungte chu tlan, zuan, step-a kal, thil dang eng pawh a ni thei. I thiante nen sawi ho ula, a huhova tih han tum teh u.

Zirtirtute hriat tur

Kut hmanga circle hmun 24 a then dan awlsam tak (protractor hmang lovin) chu, a hmasa berah circle chu hmun li-ah then phawt la, chung then pali te chu then thumah theuh then hrang leh la. Ti hian then 12 a lo awm ta a ni. Hmun 24 a then tur chuan, then tinte chu hmun hnih ah then leh ang che. He ngaihtuahna hman ngai tak lemziaak tih tur pek hian proportion leh fraction-ah te a pui ang, sana leh Flag a Ashoka Chakra lem ziah thlengin a pui ang.

(Chhanna 'Bihchiang ila' puzzle (Phek 116) – badminton, basketball, cricket, football, gymnastics, hockey, kabaddi, khokho, tennis, volleyball (Reference: <https://www.puzzlemaker.discoveryeducation.com>)).



Then Lina

Kan Chhehvêla Thil Awmte

Then lina chungchang

He unit ah hian mihring thil siam chi hrang hrangte leh chungte chuan kan khawsak a tihawlsam dante zir ho a ni ang. Heng thilte hi eng aṭanga siam nge an nih a, a siamna hmanruate chu khawi aṭanga kan hmuh nge tih te kan en ho ang. Leilunga thil awmsa kan khawsakna atana kan mamawhte pawh kan bih chiang dawn a ni.

Thil siamna hmanraw chi hrang hrang chungchang leh a hmannate pawh kan zir ho dawn a. Chu bakah kan lo hrisel zawk theih nana kan chenna hmun enkawl thianghlim dan tur leh kan chhehvêla bawlhhlawh leh a sawngbawl dan turte pawh kan zir ho dawn a ni. Heng zirlaite hian kan khawsakna atana kan mamawh chi hrang hrang ni tina kan hmuh mai theihte ngaihhlut thiamna min neihtir ang.



Zirtirtute hriat tur

Then 4-na hi 'Kan Chhehvella Thil Awmte' chungchang a ni a. Zirlai tinin a tum tlangpuite chu a hnuaiah tawitea tar lan a ni.

Zirlai 10-na: 'Leilunga Thil Awmte' tih zirlai hian kan chheh vela thil awmte hriat chiannaah min pui a. Eng aṭanga siam nge tih leh khawi aṭanga kan hmuh nge tih hre turin chik taka thlithlai a ngai a, mihring siam nge leilung a thil awmsa a nih leh nih loh tihte kan hria ang. Chu mai bakah thil chi hrang hrang nihphung leh nihnate pawh kan bih chiang baw a ni.

Zirlai 11-na: 'Kan Thil Siamte' tih atangin hmanraw chi hrang hrang leh kan hman dante kan zir a. Leilunga thil awmsa te hmanga in kan sak dan leh mihringin in sak danphung kan thlak danglam dante pawh kan zir a ni. Chuta pawimawh em em mai chu fimkhur dan tur leh him taka hna kan thawh theih dan tur chungchang hi a ni.

Zirlai 12-na: 'Bawlhhlawh Sawngbawh' tih zirlaiah chuan bawlhhlawhte a awmna hmun a paih leh bawlhhlawh chi hrang hrang thliar hran dan dik pawimawhnate zir ho a ni. Hman nawn leh recycle pawimawhnate pawh zir ho a ni. Chu bakah kan in leh thenawm khaw vengachte him leh fai taka kan khawsak theihna tur chungchang zir ho a ni baw a.

Chanchin bu hlui leh puan hman hnu hmanga thil pek tuamte hi bawlhhlawh tih tlemna leh inrenchemna kawng awlsam tak a ni. Chutiang hman nawn theih thilte tangkai leh thiam taka kan hman nawn hian bawlhhlawh a tih tlem mai bakah a mawi dangdai riau a ni.



- Naupangte hmuh theih turin heng bungrua chi hrang hrang thir, dathlalang, thing, plastic, hlumte hi pho chhuak rawh.
- Hmun tlawh leh a tlawhtu: Khawtlanga thil siam thin – puan thui, puan tah, thing mistiri adt. tlawhna hun siam la, a nih loh pawhin in sikulah naupangte titipui turin thil siam thinte chu sawm ang che.
- Naupangte chu classroom-a an hman tur bawlhhlawh bawm siampui la, ṭawih thei leh thei lo a hranga an paih theih nan leh an thliar hran thiam nan pahnih i siampui dawn nia.
- In sikula bawlhhlawh ṭawih thei leh thei lote chu chawchhun fâk zawhah naupangte thliar hranpui la, hmai kawr leh kutkawr i buntir vek dawn nia.





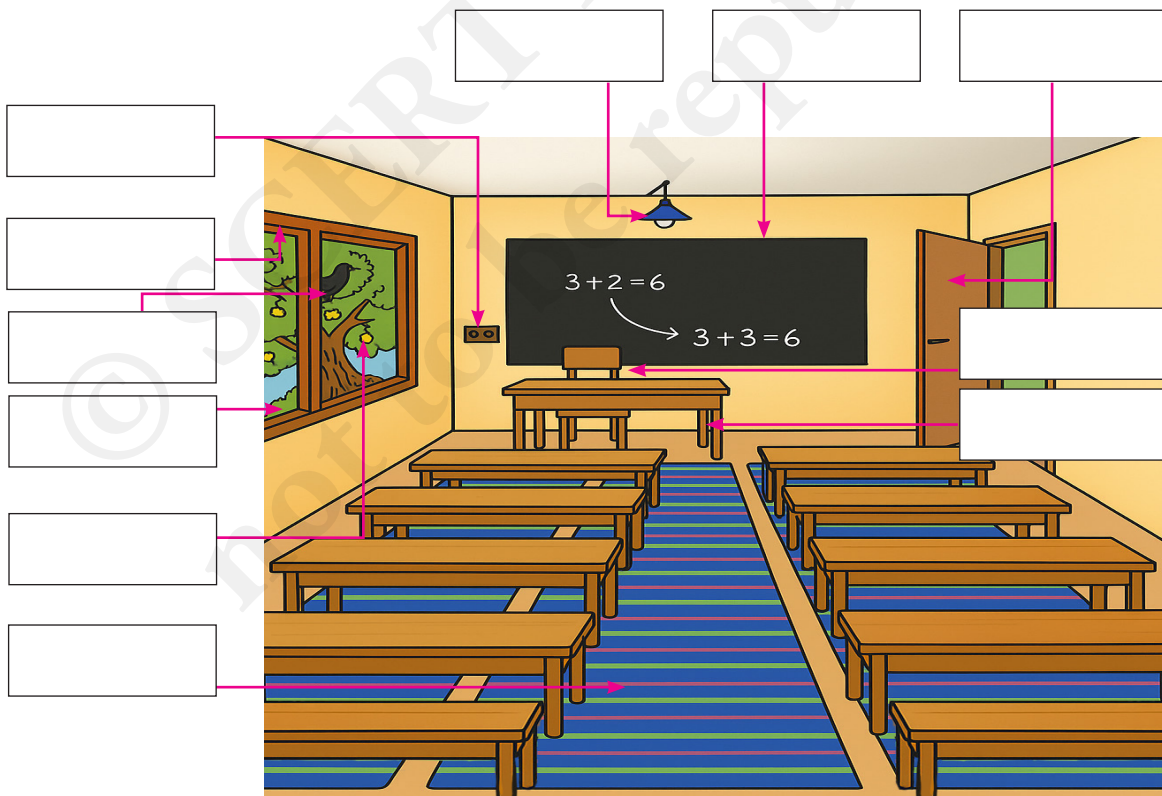
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Leilunga Thil Awmte

Kan chhehvel hi han thlir kual ila!

Kimi chu hma takah sikul a thleng a. Tukverh atanga ni êng lo lut chuan an classroom chung chu a lo kâp êng mawi em em a. Kimi chuan milem mawi tak anga mitthlain hetiangin a lem a ziaak a. Kimi milem ziaha thil awmte hi an hming i hria em?

A hnuaia bawmah hian han ziaak teh.



Tukverh darthlalang i hmu tlang thei nge thei lo? Eng nge a chhan?



Tih tur

1

I classroom chhung hre chiang rawh

I lehkhabuah in classroom lem ziaak la, a chhunga thil awmte hming ziaak tel zel ang che.

Kimi chuan, “Khawi aṭangin nge heng zawng zawng hi kan neih? Tute siam nge? Eng aṭanga siam nge an nih?” tiin a ngaihtuah a.

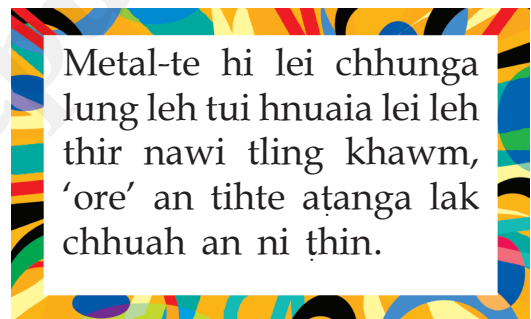
A chhâna hre turin Kimi i pui ang u.

Dawhkan leh thutthlengte hi thing aṭanga siam an ni a. Khawi aṭangin nge thing hi kan hmuh le?

Kawngkhar hawlhkalhna, perek leh kawpzate hi thir aṭanga siam an ni .



I hre ngai em?



Metal-te hi lei chhunga lung leh tui hnuaia lei leh thir nawi tling khawm, ‘ore’ an tihte aṭanga lak chhuah an ni thin.

Zirtirtute hriat tur

Inchhehvêla metal hmuh mai theih iron, copper, aluminium, rangkachak, silver, thermometer-a mercury emaw alloy chi hrang hrang steel, brass leh bronze te entir ang che. Alloy-te chu metal chi hrang hrang inchawh pawlh aṭanga siam an ni.





Tih tur

2

Metal hmu thei rawh

Metal atanga siam thil chi hrang hrang i hmuh theih ang ang la khawm la. Eng metal nge an nih i hria em? An hming i hriat lohte chu i thiante emaw, in aia upate emaw zawt ang che. Heng metal chi hrang hrangte hi i lehkhabuah ziaak chhuak ang che.



Zawng
chhuak
ang ule

Classroom- a dawhkan leh thutthleng te, bulb leh electric switch te hi eng atanga siam nge?

En tlang theih hmanruate!

Kimi chu dawhkan bulah a thu a. Pawn lamah chuan thing kung par vul chûk mai a hmu a. A par mawi takte chu khawih tumin a va ban a, mahse, darthlalang a va khawih fuh a. Kimi chuan tukverh darthlalang chu a lo hmu si lo va. Tukverhah darthlalang vuah a nih avangin pangparte leh thing kungte chu a hmu thei tih a hre chhuak ta a. Darthlalang chu chutiang chu a ni.

- In class-ah tukverh frame a awm em?
- I en tlang thei em?
- Eng thilte nge i hmuh?





Tih tur

3

Hmuh tlang theih thil

I bul vela awm thil chi hrang hrang saidawium (bottle), lehkhaphek, puan them, bungbel, adt. la khawm la. Heng hmang hian bulb êng emaw, bati alh lai emaw en ang che. Awlsam taka hmuh tlang theih i neih laiin, hmuh tlang theih rei ruai a awm ang a, eng mah hmuh tlang theih loh pawh i nei ngei ang.



Hmuh tlang theih	Hmuh tlang rei ruai theih	Hmuh tlang theih loh

Inveng rawh!

Ni hi en reng loh tur – mit lawng emaw, mit lawng lo emaw a nih pawhin. I mit a chhiat phah thei a nia.

Thil lang tlang theite hi **transparent** tih a ni. Darthlalang hrang hrangte hi hmuh tlang theih an ni tlangpui. Thil hmuh tlang theih hming pakhat han sawi teh le.



Darthlalang chu awlsam takin a hmuh tlang theih a, thing erawh hmuh tlang theih a ni lo. Thil hmuh tlang theih lohte hi **opaque** an ti. Darthlalang chu transparent a ni a, mahse, thing chu opaque tihna a nih chu.



Thil thenkhat hmuh tlang theih ni chiah si lo, hmuh tlang theih loh ni bawh si lo a awm; hmuh tlang theih rei ruai tihna a ni. Chutiang chu **translucent** an ti. Thil translucent han zawng kual chhin teh u.



Tih tur

4

Khawvel i chei mawi ang u!

Bag hmuh tlang theih pahnih /pathum emaw, saidawium emaw, puan pan rawng chi hrang hrang emaw la khawm la. Chung hmang chuan lehkhapuan var han en teh le.



- Lehkha puan rawng chu a inthlak em?
- Plastic emaw, darthlalang pawl hmanga i enin lehkhapuan chu a danglam em? Plastic emaw darthlalang rawng eng hmanga i enin a danglamna i hmu em?
- Thil chi hrang hrang i en kual khan an rawng a inthlak em? Thil pawl plastic eng a i en tlangin engtin nge a danglam?
- Thil rawng nei, lang tlang thei si i en tlang tawh em? Ngaihtuah let la, i hrechhuak thei em?



- Eng aṭanga siam nge?

Kimi te classroom han en leh ila.



Ziak rawh le

Chain Game

- A hnuaia table-ah hian Kimi chuan thil hming chi hrang hrang leh an siamna hmanrua a rawn dah hrang thliah a. Column hmasa berah hian thil chi hrang hrang hming a ziak a. Column pahnihnaah hian a siamna hmanraw hming a awm a.
- Column thumna hi chu nangma dah khah tur a ni a. Heng aṭanga siam thil i hmuhte hming ziak la. I bul vela awm thil thenkhat erawh chu heng aṭanga siam ni lote pawh an awm a, entir nan, hlum leh thelrêṭ te pawh Kimi list ah hian telh a ni lo. Chutiang a awm chuan table-ah hian a tlar i belh dawn nia.

Kimi list	Hmanraw hming	In classroom-ah emaw in lamah emaw heng hmanrua aṭanga siam thil i hmuhte
Dawhkan, ṭhutthleng, kawngkhar	Thing	Entir nan, pencil
Kawngkhar hawlhkalhna, perek	Metal	
Tukverh frame, light bulb	Darthlalang	
Electric switch	Plastic	

Heng hmanruate hi khawi aṭangin nge kan hmuh? Kan hmuhna hmun i hre thei em?

Entir nan: Thing - Thing kung

Metal-te – _____

Puan than – _____



I hre ngai em?

Darthlalang hi vut aṭanga siam an ni tlangpui!





Zawng
chhuak
ang ule

I pi leh pute nen han sawi ho teh u

- An naupan laiin heng hmanruate hi thil siam nan an hmanng ngai em?
- An hun laia hmanraw awm ngai lo, tunlaia awm si hriat an nei em?
- An naupan laia hmanrua an hman thin, tunlaia hmuh tur awm tawh lote a awm em? Eng nge a chhan?

Hmanraw hrang hrangte hian inan lohna an nei theuh a. Eng kawngin nge an inan loh le? Maimitchhing chungin hman raw thenkhatte eng aṭanga siam nge an nih i hre thei em?



Zawng
chhuak
ang ule

- Thirfiantê hi eng aṭanga siam nge?
- Metal aṭanga siam nge thing aṭanga siam? Nge hmanraw dang? Han ring chhin teh.
- Eng thumal hian nge thirfiantê nihna sawi fiah ber?

Mâm	Thap	Dâng/da	Tle ver
Khawihin a vawt			





Tih tur

5

Khawn rîkin rimawi a rawn chhuah thin!
Rimawi tumtu pawl

Thirfiantê leh hmanraw chi hrang hranga siam thil panga tal la khawm la – thing, metal, plastic, puan them leh dathlalang te. Thirfiantê hmangin zawi tein han khâwnng theuh la. Ri hrang hrang an siam chu uluk takin ngaithla la. Heng ri hrang hrangte hi i thiam angin sawi fiah ang che.

Chung rite chu hriat reng tum la, ting-ting, dhum-dhum, dub-dub,

...

Tunah nangmah ngeiin ri hran (beat) han siam ve teh le.

Ting, Ting, Thak, Thak
Ting, Thak, Ting, Thak!



A kûl thei em?

Kimi dawhkan chu thing hmanga siam a ni a. Dawhkan siam nan thing ni lo eng hmanrua nge an hman thin? Thelrê emaw, puan emaw kan hmang thei em? A hman theih dan emaw, a hman theih lohna chhan emaw han sawi teh u?

Thing hi a khawngin a khauh a, puan erawh chu a nêmin a thleh theih a. Puan hi a nêmin avangin kawr leh parda thui nan kan hmang a. Kawr hi thing ațanga siam ni ta se engtin nge a awm ang?



Ziak rawh le

Inkawp rem lo

Thil siam chi hrang hrang panga ziak la, a milpui loh deuh tur ziak tel bawk la. Eng vangin nge heng hmanruate hi inkawp thei an nih loh chhan han ziak teh. Entirna pakhat pek a ni.



S. No.	Thil siam	Hmanrua	In mil loh chhan
1.	Nihliap	Lehkha	Lehkha chu ruah a lo surin a zawp vek ang.
2.			
3.			
4.			

A luang thei em?

Thil 'inkawp rem lo' tih a ziahnaah Kimi chuan "Bang hi tui hmanga siam theih a ni lo" tiin a ziaak a.

Tui hmangin bang kan siam ngai lo va, a chim nghal vek dawn avangin. Tui bang a awm theih loh chhan dang i hria em? Bang siam tur chuan thil sakhat (solid) – lung te, brick te, thing te kan hmang thin. Pianhmang inthlak thei lo thil sakhatte hi 'solid' an ti.

Tui chuan pianhmang bik a nei lo va- a luang thei a ni. Boruak pawh chutiang bawkin pian hmang bik a nei lo a, mahse tui nen an chet vel dan a inang lo. Novah tui i chhûn chuan a tling mai a. Tui chu thil tui rîl a ni a, 'liquid' an ti. Boruak chu tui angin novah a tling ve thei lo a, a luang lutin a luang chhuak a, a leng kual vel thei a ni. Boruak chu 'gas' a ni tihna a nih chu.

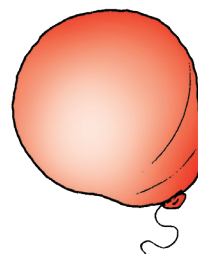
Chuvangin thil reng reng hi solid, liquid leh gas-ah a then theih a ni.



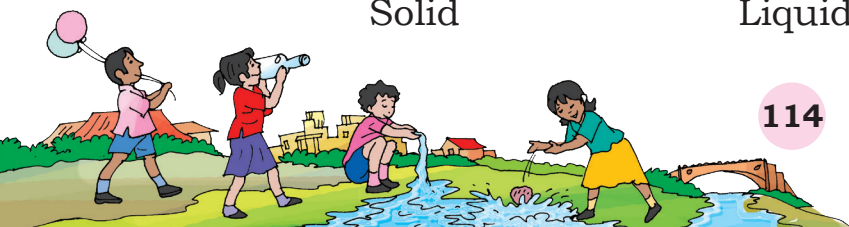
Solid



Liquid



Gas





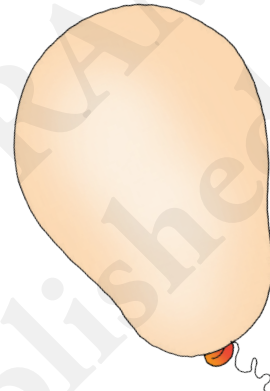
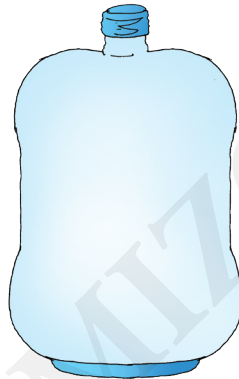
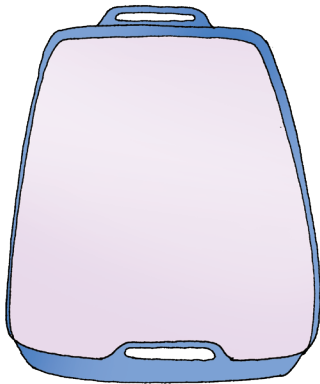
Tih tur

6

A chi dang deuhin han thliar chhin teh ang!

Thil hming thenkhat han tar lang ila: pen tui, lungtê, mei khu, vur, tui hû, thirfiantê, khawizu, saidawium, ipte, tui.

Solid a nih chuan tray-ah a hming ziak la, liquid a nih chuan saidawiumah hian ziak la, gas a nih chuan balloon-ah hian i ziak dawn nia.



Khita awm ni lo thil dang i hriat chhuah theihte chu an nihphung azirin tray, saidawium emaw balloon-ah i ziak dawn nia.

Thil thenkhat hi chu an nihna thliar hnan har deuh a awm ve bawk. Entir nan, vaivut, sponge, hlum. Solid nge, liquid nge, gas nge a nih ang tih han ngaihtuah vang vang ngai chi thil dang pathum tal hriat tum la, han ziak teh le.

Zirtirtute hriat tur

Thelrê, fibre leh wax-te hi hnim hnah leh nungchate atangin kan hmu thei a, mihringte pawhin khawl hmangin kan siam bawk. Entir nan, khuaite chuan khawibu siam nan wax an siam chhuak a, chutiang wax chu petroleum (tuialhthei) atang pawhin a siam chhuah theih a ni. Petroleum chu thil tui hnan lei chung thuk tak atanga laih chhuah a ni. Petrol, khawnvartui, diesel adt., hi tuialhthei (petroleum) atanga siak chhuah an ni a. Petroleum atanga siam chhuah thil reng reng petrol, plastic, rubber leh hriak khal (paraffin wax) te hi thil tawih thei lo siam nan hman an ni thin. Hemi chungchang hi an hriat thiamna turin Pawl III ah telh tan a ni a, a aia chipchiar zawkin pawl sang zawkah zeh chhoh zel tum a ni.



Natural leh Artificial

Kimi chuan theihai kung a theihai rah leh sava fu lai lem a ziaak a. Thing, theihai leh savate hi mihring siam chawp ni lovin awmsa an ni a. Heng thil leilunga awmsa atanga kan hmuhte hi 'natural' a ni a. Natural kan tihte hi nunna nei thlai leh nungchate leh nunna nei lo lung, tui leh boruak te hi an ni.



Mihringin kan siam chawp thil chi hrang hrangte hi 'artificial' tia kan sawite chu an ni.

Thil artificial leh natural panga ve ve han ziaak teh.

- Artificial: _____
- Natural: _____

Hemi dawta zirlaiah hian thil siam dan chungchang chipchiar zawkin kan zir dawn nia.



In chhehvêlah thing kung hun bik neia par emaw, rah thin i hmu tawh em? Theihai hmin tui tak i ei tawh thin em? Bazar-ah theihai an zuar lai i hmu tawh em? Kumtluana theihai kung awm dan i lo thlithlai tawh em? Kimi khan engtik hun lai velah nge theihai lem kha a ziah i rin? Pawlkut thla (January) bawr vel nge ni ang, Nikir thla (June) bawr vel?



Ngaihtuahna seng ang aw

A. Ziak rawh le.

Kan chhehvela thil awmte hi hmanraw chi hrang hrang aṭanga siam an ni a. Kan bul vela kan hmuh fo ṭhin thil siam chawp hming pathum han ziak teh le.

B. Sawi ho ang ule.

Thirfiante tle var mai lo hmu ta la. Metal aṭanga siam nge hmanraw dang hmanga siam nge, rawng hnawih tlet a ni tih i hre thei mai si lova. Eng aṭanga siam nge a nih engtin nge i zawn chhuah ang?

C. Lem ziak rawh le.

Thil artificial leh natural pathum ve ve han ziak teh.



D. Ti rawh le.

Thai mil rawh le

Transparent

Translucent

Opaque

Puan pan

Thlêng

Tarmit darthlalang





0335CH11

Thil Siam



Thlasikah vâwt i tih êm êm laiin puan lum i sin tawh ngei ang tiraw? Hluma siam khawlbawm emaw, kuttah puan, ipte, no (kulhad) emaw i hmu tawh ngai em? In in leh a chhehvêlah mihring thil siam chi hrang hrang tam takin a hual vel che u a ni.

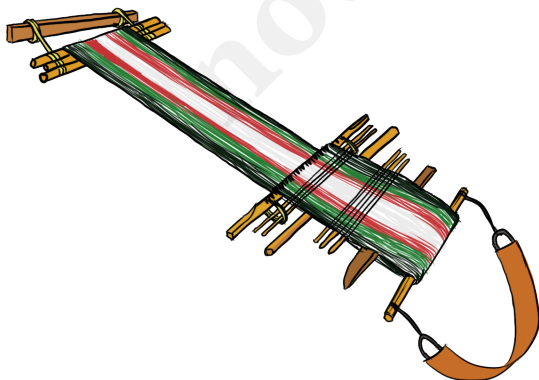
I ngaihtuah tawh ngai em?

- Eng ațanga siamte nge an nih?
- Tuin nge siam a, engtin nge an siam?



Puantahtu chhungkua

Serchhip District-a khaw pakhat hian Sangi chuan a pi puan tah tura a inbuatsaih lai vel chu a thlir reng thin a. A pi chuan la a chhum a, niah a pho ro a, hmuin a hlum leh a, chutah puan a bang a. A piin puan a ban zawhah a la te chu a inpawt rualrem em tiin a en rem leh a. Puan chu a tah tan ta a. La chu a tawn tawnin khawhthei chuan a rawlh a. Chutah themtlengin a khawng leh thin.



Sangi pi chuan puan zia chi hrang hranga tah a thiam a, tun tumah hi chuan sinia zeh, la rawng chi hrang hrang hmangin a tah a ni. A pi bakah Sangi nu leh a nutei te chuan puan tah an thiam hle a ni.





Sawi ho ang ule

- Puan chu eng atan nge kan hman thin?
- Puan an tah hian eng ziate nge an hman thin i hria em?
- Puan tahna hmanraw chi hrang hrang hmingte i hria em?
- Puan tahtute hian puan bih chi ni lo thil dang eng nge an tah?

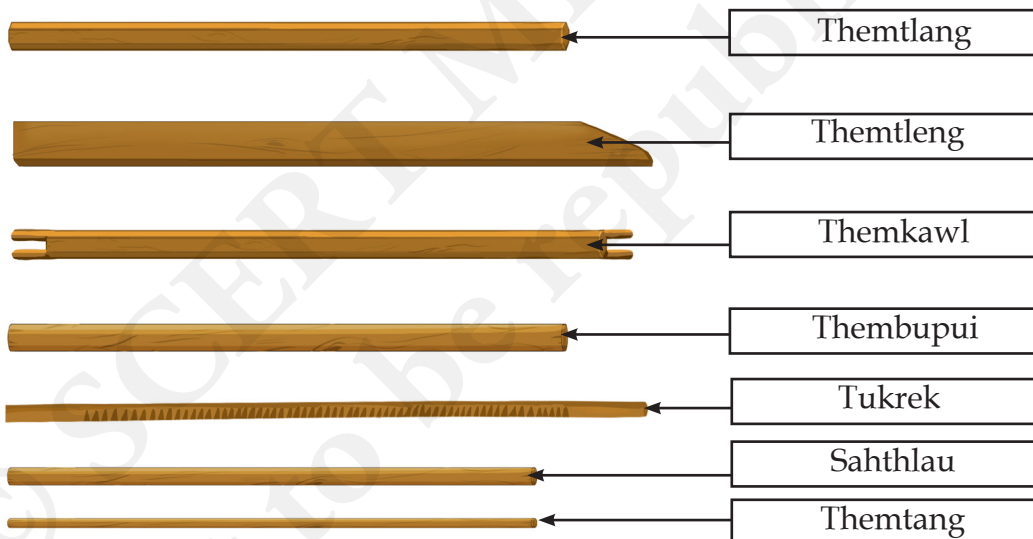


Tih tur 1

- In vênga pot siam/ puan tah/ puan thui/ thing mistiri/ pheikhawk siam tlawh la.
- An thil siam lai chu uluk takin han thlithlai teh.
- Thil mawi leh tangkai tak an siam chhuah theih dan i ngaihtuah ngai em?
- Heng thil siamtute'n an siam chhuah, in in chhunga i hmuh theihte eng nge ni?
- In vênga thil siam thinte i tlawhna a an thil siam chi hrang hrang i hmuhte kha a lem han ziaak teh le.



Sangi chu thembu hmanga puan tah tur chuan a la tê deuh a. Mahse a pi chu puan tlâng thui leh phiarin a lo pui ve thin a ni. Sangi chuan puan zinga ze mawi a tih ber chu *sawhthing par* a ni a. Puan tlâng lo thui leh lo phiar chu nuam a ti hle a, puan tlângah chuan a changin thi fangte an thil tel thin a, puan a timawi leh zual thin. Sangi chuan a pi lo puih chu a phur thei êm êm a ni.



Eng kawngin nge i nu leh pate, i pi leh pute in lamah i puih ve thin?



Tih tur

2

- I puan tur ze mawi tak nei han ziaak teh.
- Mizo puan chi hrang hrang hming han ziaak chhuak teh.

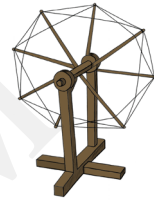
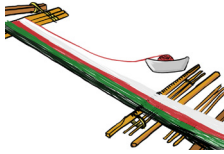




Tih tur

3

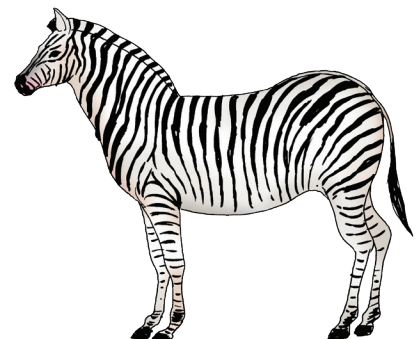
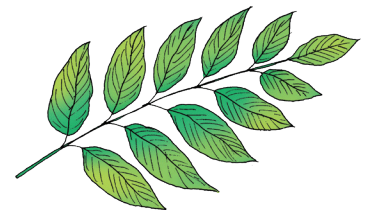
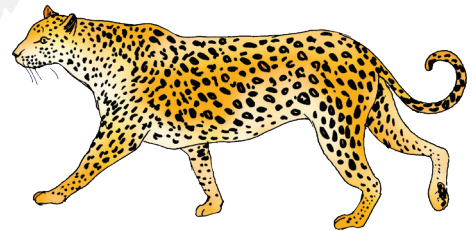
A hnuaia milemte hi a indawt dan turin nambar 1 - 5 han pe teh le.



Thing leh mau, nungchate ziarang

Kan chhehvelah hian ziarang chi hrang hrang a awm a, ziarang te hian min hual vel a ni, entir nan keite taksa a chhunhan awm te, thehlei hnungzanga tial thla awm te. Lemziak thiam leh kutthem thiamna hmanga thil siam thin te chuan thing leh mau leh nungchaten ziarang an neihte hmang hian thil mawi tak ngaihtuah chhuah nan an hmang tangkai thin hle. Nungcha leh hnaha zia awmte hmangin thil siamnaah pianhmang leh rawngte a siam chhuah theih a ni.

Nang pawhin ziarang chi hrang hrang hnimhnah leh nungchaah te inhmu fo thin ang. Entir nan; neem hnahte kha uluk takin han thlithlai teh, ziarang awm kha i hmu thei em? Chutiangin ârawn te, zawhtê te, sakei te, phengphehlep te, sangha te leh adt. pawhin ziarang mawi tak an nei theuh a ni.





Tih tur

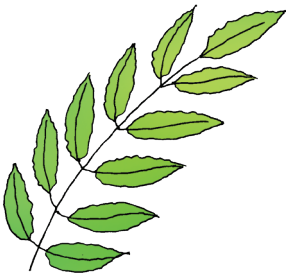
4

A hnuaiah hian pianhmang leh ziarang neite dah a ni a.

Hnah hrang hranga ziarangte en la.

Hnaha ziarang awm chu a lem ziaak la.

Ziarang dang ngaihtuah chhuak la, ziaak ang che.



Nungcha a ziarang awmte han en vel teh.

Ramsa ziarang nei i duh ber lem ziaak rawh.



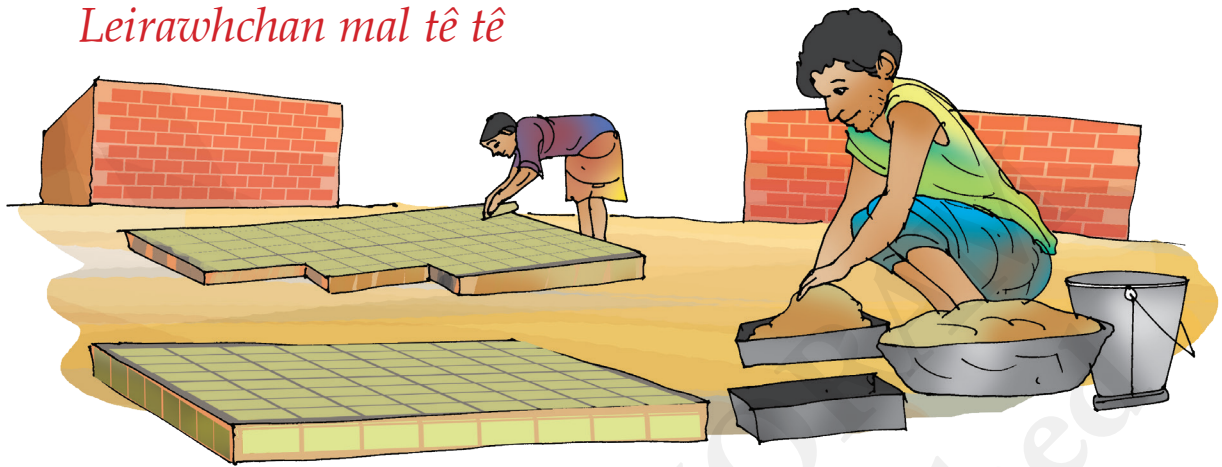
Ziarang nei thil dang zawng leh la.

Ziarang i hmuh chu han ziaak teh.



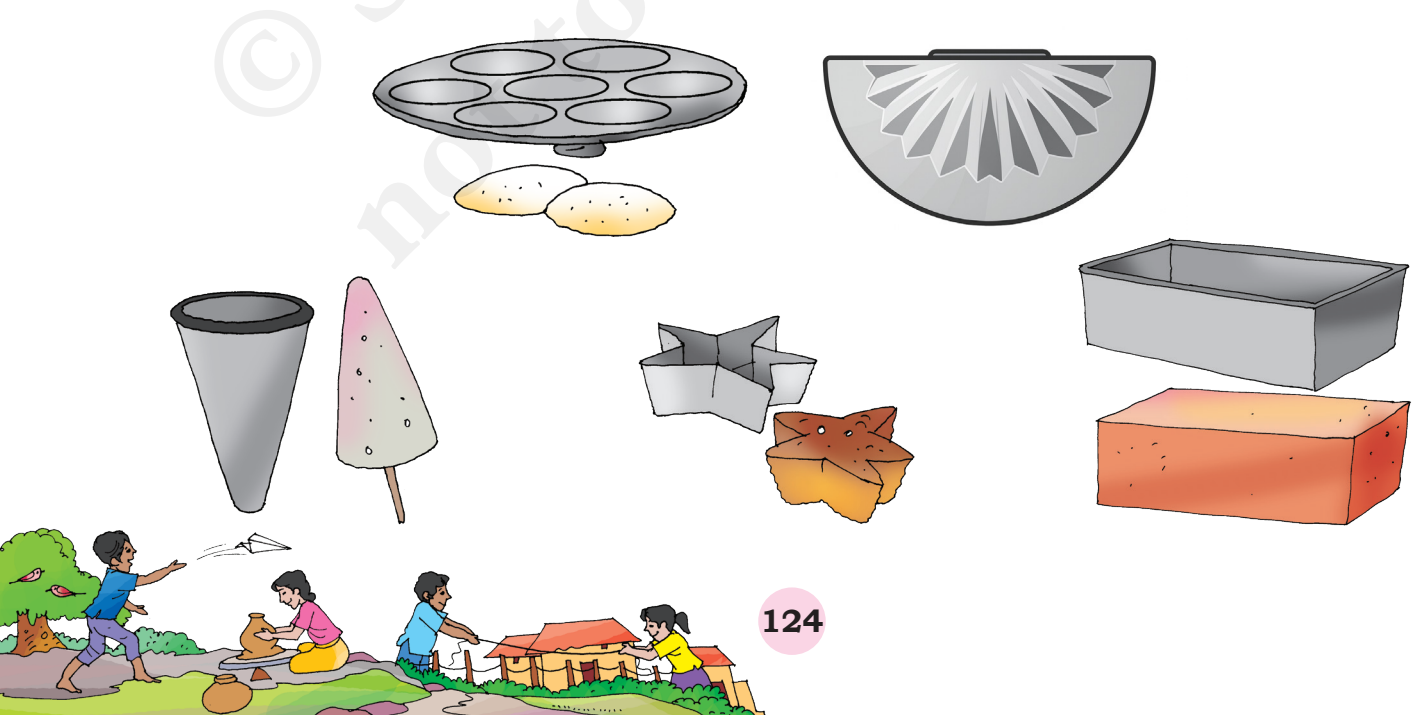
Tunah chuan puan tah dan chungchang i lo hre ta a.
Leirawhchan chanchin i lo chhiar ve tawh thung ang le.

Leirawhchan mal tê tê



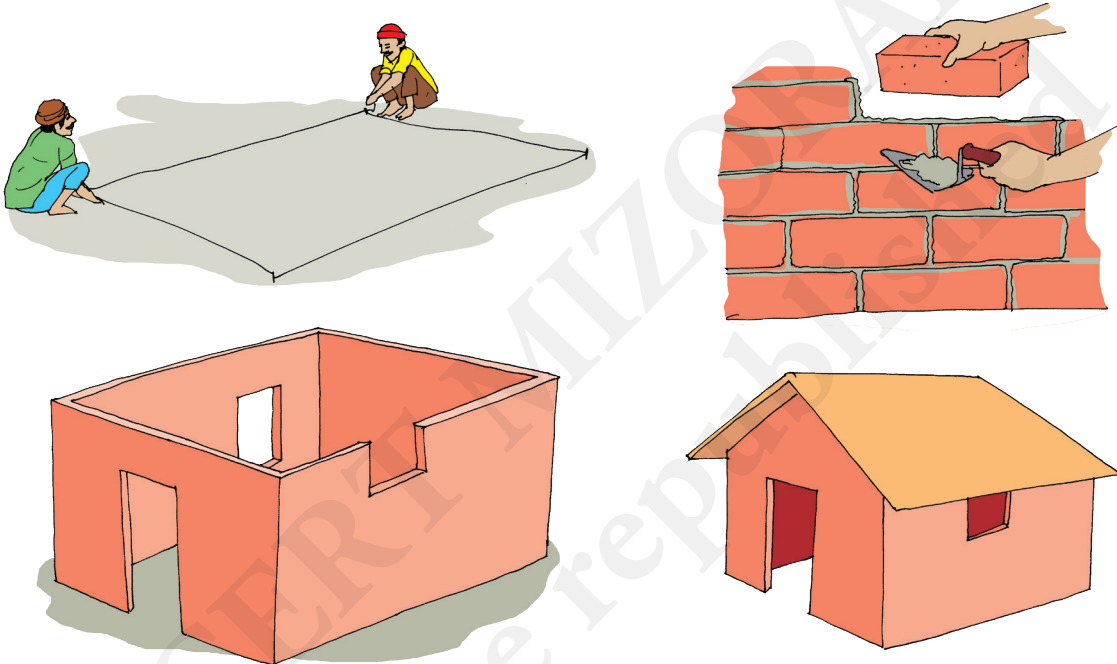
- Khawiah nge leirawhchan i hmuh tawh?
- Leirawhchan an siam lai i hmu tawh em?

Leirawhchan pawh hi lei aṭanga siam a ni a. Idli, cake, momo leh vur siamna hmanrua i hmu tawh ang a. Chutiang chiah chuan leirawhchan pawh hi pianhmang mumal a neih theih nan a siamna bik bûr hmanga siam a ni. Leirawhchan chu a lo chan ṭhat theih nan thuk lian takah mei sa takin an ur a. In sak nan te, sikul sak nan te leh damdawiin sak nan te an hmang nasa hle.

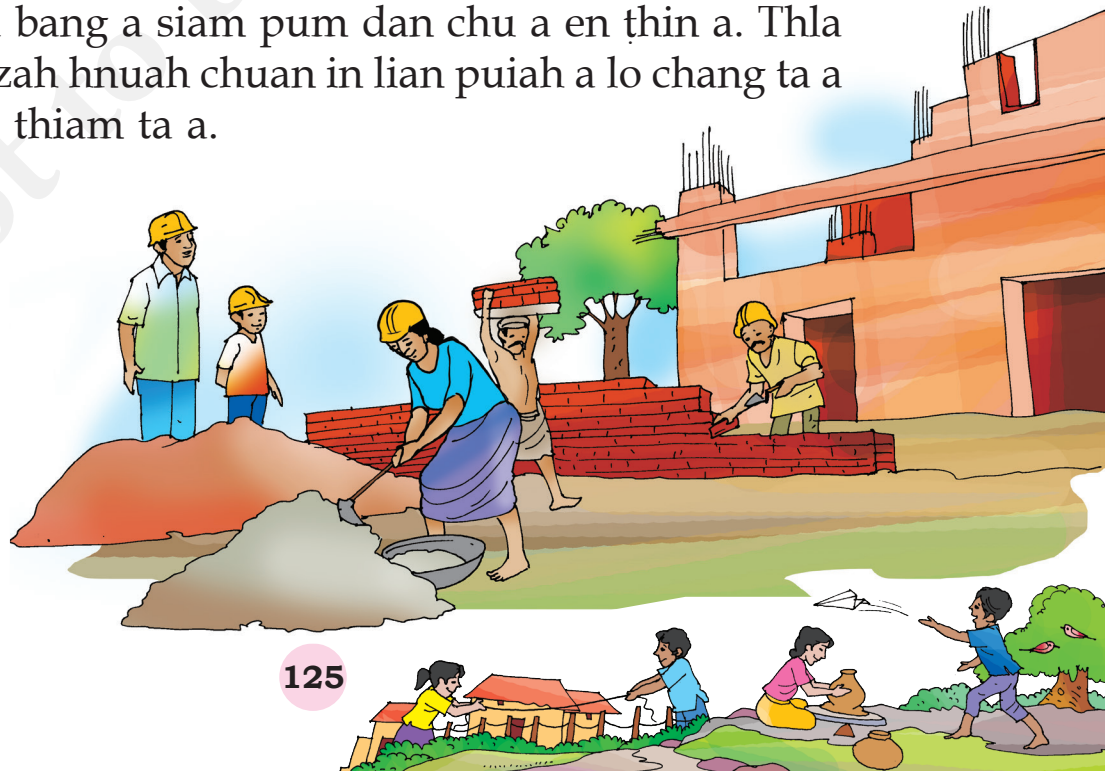


Rohan-a chu a pa nen Jaipur-ah an cheng a. In sa lai chu hmuhdawm a ti êm êm a. A pa leh a thawhpuite chuan in sang pui pui leh mawi tak tak an sa thei chu mak a ti hle a.

Rohan-an hun awl hman nana nuam a tih ber chu leirawhchan an rem chho lai en chu a ni. Bang pakhat an rem lai chu a en uluk bik a.



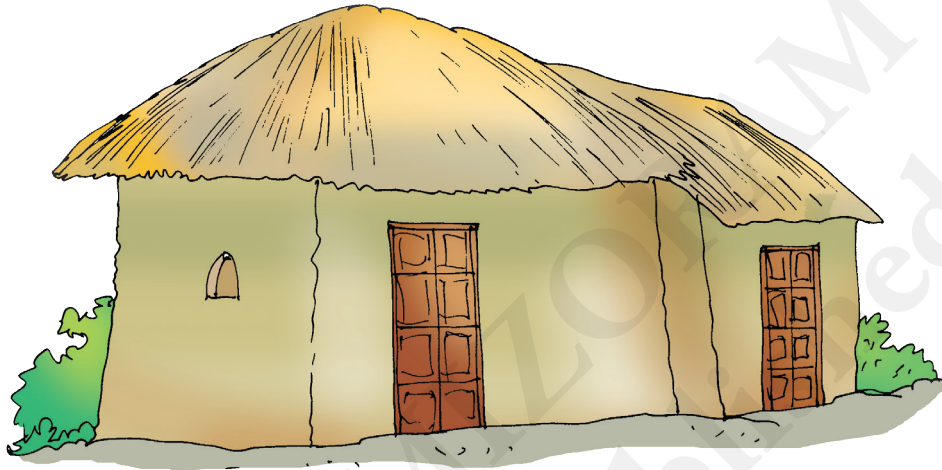
Ni tin mai hian leirawhchan pakhat tê tê inrem khawmin a bang a siam pum dan chu a en thin a. Thla eng emaw zah hnuah chuan in lian puiah a lo chang ta a ni tih a hre thiam ta a.





Sawi ho ang ule

- In zawng zawng hi leirawhchan hmanga sak a ni em?
- In sak nan eng hmanraw dangte nge an hman thin?



Kan rama hmun lum deuhah chuan in chhung tihdaih nan chirh hmangin in an sa thin a. Thing leh hnimhnahte pawh an hmang bawh thin. Mi tam zawk ten chhuat leh bang zut mam nan cement aiah bawng ek an hmang bawh a. Bawng ek hian boruak lum a lo dan mai bakah rannung in chhung lut tur a veng bawh a ni.



Ziak rawh le

1. Eng vengin nge chirh hmanga in sak hi kan chenna khawvel tan a him zawk?

2. In thenawm vela inte en kual la, eng hmanraw hmanga sak nge an nih ziak rawh.

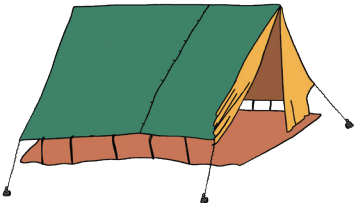
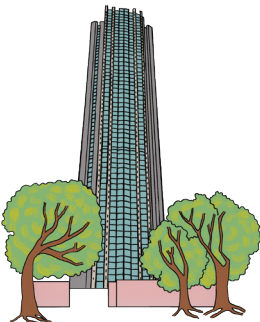
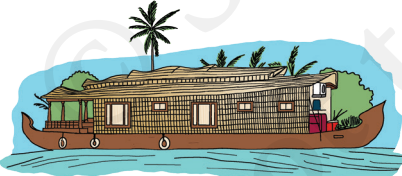




Tih tur

5

A hnuaia in lem te hi an hming theuh ring la, han ziaak teh

In lem	Eng in nge?	Eng aṭanga siam nge?
		
		
		
		
		

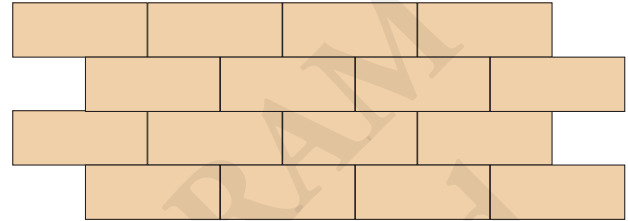
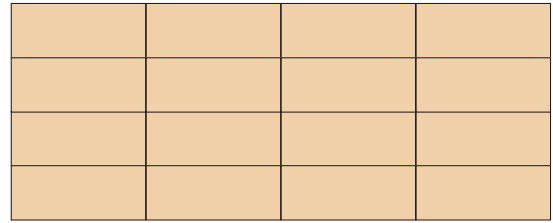




Tih tur 6

Bang siam ila

Nawhalh bawm emaw, lehkha a siam bawm emaw, hlum emaw aṭṭa hmangin brick siam la. A lem a kan hmuh chi hnih ang hian han rem ve teh.



- Khawi hi nge rinawm zawk?
- Khawi hi nge nam in tlu awlsam zawk ang?

Him Hmasak

Rohan-a pa chuan hnathawh laia a him zawk nan tih turte a zawm ṭha hle a. Entir nan, helmet, a kilh nghehna awm a khum reng a, hnathawhnaa pheikhawk bun tur bik leh kawr hak tur bikin a inthum reng ṭhin.



Sawi ho ang ule

- In lamah kan him zawk nan tih tur eng nge kan zawm ang?
- Sikulah in him zawk nan eng dan nge zawm tur in neih?



Ngaihtuahna seng ang aw

A. Ziak rawh le

1. Mizo puan tah dan han ziak teh.
2. Kut themthiamten ziarang mawi tak an siam/ziah chhuah theih nan eng nge an hman tangkai thin?
3. Thuk lian chu eng atan nge an hman?
4. Inte hi eng hmanga sak nge an nih?
5. Youtube-ah thil siam lai video zawng la. A siam dan indawtin i ziak thla dawn nia.

B. In chi hrang hrang pathum mawi takin ziak la chei bawkrawh.

C. Sawi ho ang ule

1. In chi hrang hrang a awm tulna chhan sawi ho teh u?
2. Miin insakna hmunah leh hnathawhna hmunahte helmet an khum chhan han sawi ho teh u?
3. Thing leh mau, nungchate leh kan chhehvelah te hian ziarang chi hrang hrangte hi awm lo ta se eng thil nge thleng ang? Ngaihtuah ula, han sawi ho teh u.

D. Interview

1. In venga puan thui emaw, thing mistiri emaw, toys siam emaw, thil siam thin tu emaw ber kawm la, in thil hmuh chhuahte class-ah i thiante nen inhrilh tawn rawh u.
2. Pencil, nawhreh, pen leh lehkhabu siam dan zawng chhuak la, i chhungte emaw i aia upa i rawn dawn nia.



Zirlai

12-na



0335CH12

Bawlhhlawh: Kan Mawhphurhna

Rampum Huap Faina Ni





Sawi ho ang ule

- Milemah hian naupangte leh zirtirtute hian eng thil nge an tih?
- Eng vangin nge park an tihfai?
- In in leh a chhehvêlah te, in sikul bulah te bawlhhlawh i hmu thin em?
- Heng bawlhhlawhte hi engtia lo awm nge tih i ngaihtuah chhin tawh em?



Tih tur 1

- I aia upate nen ni khat chhunga in thil tih ngaihtuah la, chung in thil tihte chuan engtiang chiahin nge bawlhhlawh a siam? Bawlhhlawhte chu engtin nge kan tih tak ang?
- I thil hmuhchhuahte chu i thiante nen han sawi ho teh u.



Zirtirtute hriat tur

Naupangte chu ei theih funna kawr te, ei tur kan chaha an rawn funna te, plastic leh thil cheimawina te chu hnawmhnawk an nih theih dan hrilh ang che.



Bawllhhlawh engtin nge a lo insiam?

Ni tin kan chêt
velna leh thil tihte
avangin bawlhhlawh
a lo insiam thin a. Kan
thil mamawh tawh loh
heng—thawmhna hui,
tin, saidawium, lekhka
chhia, thlai leh thei pil,
plastic hmanga siam thil
tuamna, pencil zumna,
battery chhe tawhte
leh thil dang chi hrang
hrangte hi kan paih thin
a.

Kan mamawh tawh
loh kan paih tawh a kan
hriatte hi khawilaiah
emaw a lo intiang leh
hnûr thin a.



Eng nge i ngaih dan ni ve ta le?

Hmalak dan tur kawng a awmin i hria em?

Bawllhhlawh paih dan tur

Bawlhhlawh fel fai taka paih dan tur hi kan hriat a
 tul hle a ni. A paih fel hna hi mi tin mawhphurhna a
 ni bawh. Mi chi hrang hrangin hmun danga fel fai taka
 bawlhhlawh an sawngbawl dan atangtein kan zir ho thei
 a ni.

Engtin nge an tih a, eng hmangin nge bawlhhlawh an
paih i han en ho teh ang u!



Bawlhhlawh sawngbawl dan tur te:

Kalkawng sirah te, kan in bul hnaiah te leh kawtah te bawlhhlawh awm tawp i hmu fo tawh ang a. Nungchate hian plastic a fun thil ei bang kan paih an eiin an thih phah thei a ni. Mi thenkhat chuan plastic hmanga siamte hi paihna tur an hriat loh avangin an hal fo bawk a, hei hian boruak chhia a siam a.

Mi tam tak dam lohna thlentu pakhat chu heng kan bawlhhlawhte hi an ni. Kan tuichhe paihte hi kawngah a lo luang thin a. Heng tui tlingah hian thosi a insiam duh em em a ni. Thosi seh atang hian natna hrik tam tak kan kai thei bawk a. Tin tuichhe tling atang hian natna tam tak a rawn insiam thei bawk a ni.

Amaherawhchu, mi thenkhatte chuan an chenna in leh a chhehvêlte fel fai takin an vawng thianghlim thin a. Hetianga fai taka an invawn thianghlim dan hi kan zir ho dawn a ni.

**Tih tur****2**

I chenna leh a chhehvêlte han en kual teh.

**Sawi ho ang ule**

- In sikul leh a chhehvêlte a fai em? Sawi ho teh u.
- In classroom chhung leh pawnah te, in sikul kawtahte bawlhhlawh i hmu em?





Lem ziaak rawh le

In veng thlalak tarin emaw, a lem emaw ziaak la, bawlhhlawh tling khawm, tuichhe tling leh mei khu i hmuhna zel kha han thai bial la. Engtin nge bawlhhlawhte hi a lo insiam theih han zawng chhuak teh.

Bawlhhlawh a paihna hmun tur dik taka an paihna hmunah i cheng a nih chuan, puitling zawkte tih dan zawt ang che. I thil hmuh chhuahte chu i thiante hrilh ve ang che.

Heng bawlhhlawh fel fai taka lo paih thintute chungchang i han thlir ho teh ang u.

Titlem Rawh

Mi tam zawk chuan plastic emaw saranga fun ei tur leh in turte hi an duh tawh lo va. Tin, bawlhhlawh insiam tur a tlem nan plastic bag aiah puan a thui ipte an hmang zawk bawk a ni.



Hei hi i ti ve tawh ngai em?

Dan zawm tur hmasa ber chu bawlhhlawh titlem zawnga khawsak hi a ni.



Tih tur

3

Engtin nge bawlhhlawh titlem turin hma kan lak ang?



Faina Hapta pualin i toys leh lehkhabu hluite a mamawhtute leh mi harsa zawkte i pe thin dawn nia. Hei lo hi hmalak dan dang i hria em?



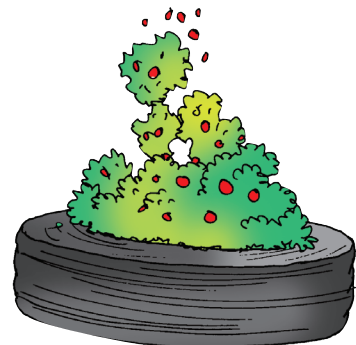
Thil kan lei tam poh leh paih tur kan ngah a, hnawmhnawk a titam a ni. Thil kan duh nazawng ni lovin mamawh chauh lei tum i la, hman theih an nih chhung hman tum tur a ni.

Chutiang chuan hnawmhnawk titem turin hma kan la thei a ni.

Hman nawn (Reuse)

Mi tam tak chuan hnawmhnawk tihtlem nan paih mai lovin thil HMAN NAWN (reuse) an uar hle a. Kan pi leh pute pawhin thawmhnaw hluite paih mai lovin rizai leh ipite siam nan an hmang thin a. Chu bakah mi harsa zawk leh a mamawhtute an pe bawk thin a ni.

Chanchinbu leh thawmhnaw hluite hi thil pek tur tuam mawi nan hman tangkai theih a ni a, hnawmhnawk tihtlemna kawngah leh inrenchemna atan a tha hle a; chubakah thil pek tuamna atan a dangdaiin a hlu riau a ni.





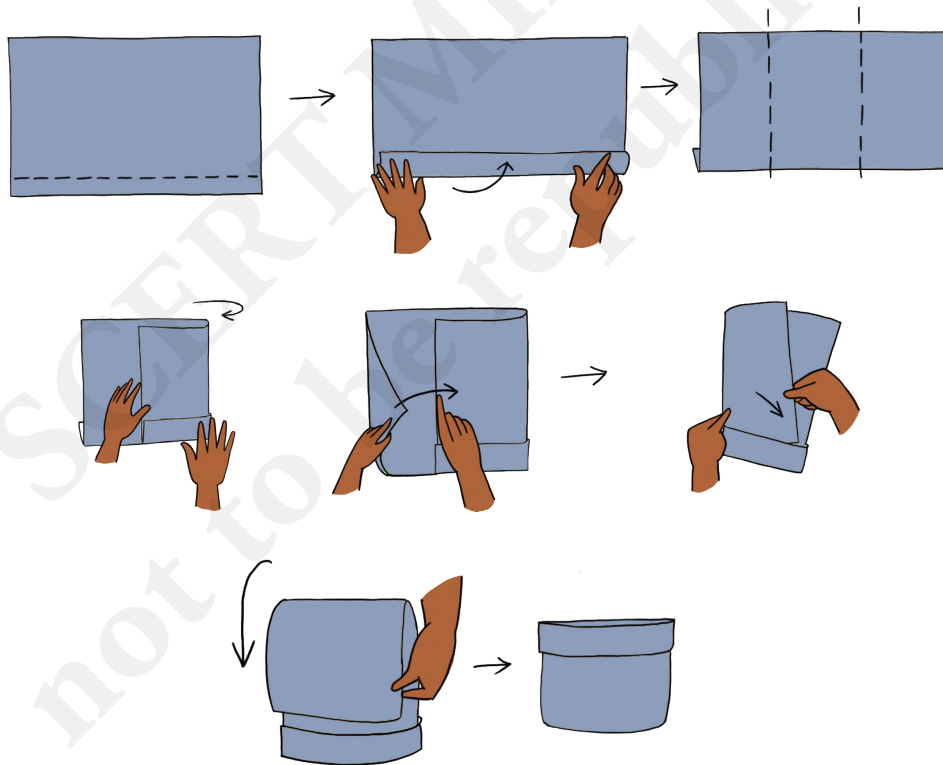
Tih tur

4

Hnawmhawwk tihtlem nan engtin nge thil kan HMAN NAWN ang?

Lehkha hman hnu pawh a pherk lehlam awl hi lehkhah zir nan leh milem ziah nan a hman nawn theih a. Tui bottle an zawrh lei fo aiin steel emaw, copper emaw hmanga siam, tuium leia pai mai kha a tha a ni. Chanchinbu leh calendar hlui te, bottle leh bawm leh thil dang hman tawh loh te hmangin toys leh thil mawi leh tangkai dang te a siam theih a.

Thil pakhat i han siam chhin teh ang. Chanchinbu hlui chiaah i mamawh. Sakawrbakcheh a ngai lo! A charna a ngai lo! Lehkhah chauh maw le!



Lehkha hmanga ip siam dan.

Zirtirtute hriat tur

Chanchinbu hlui, thil hlui leh kan paih mai turte hmangin thil tam tak a siam theih a ni. <http://arvindguptatoys.com/> ah lo en ang che.





Tih tur

5

Bungrua/thil hman tawh lohte hmang tangkaiin thil tha deuh i duh duh siam chhuak la, thil pek atan i hmang dawn nia.

Lawmthu hrilh ang che!

I thil siam chu in in emaw, in veng tifai thin tu i pe dawn nia. Bawlhhlawh tihtlem nan leh an hna tizangkhai turin thil pek chu i siam a ni tih hrilh la. Faina kawnga an hnathawhte avangin “Ka lawm e” tih hrilh theihnghilh suh.

Hmun Chhuanawm

A hnuaia khawpui leh khaw hming tar lanahte hian khawlaiah bawlhhlawh thehthang a tam thin hle a. Mahse tunah chuan kan rama hmun fai ber berte an ni tawh a ni. Engtin nge heng hmuna chengte hian faina kawngah hma an lak ang le?



Vawiinah chuan Arunachal Pradesh-a Silluk khua kan fang ang. Khaw chhung han luh tan chiah pawhin kawngte chu a fai hle a. Kawng sir bakah hmun kilkhawr leh hmun awl zau deuhah te pawh bawlhhlawh thehthang mai mai hmuh tur a awm lo a ni. Kawngpui sirah thing kungte chu a intlar phei thap a, huan mawi taka kal ang mai kan ni. He khua hian bawlhhlawh fel fai thei ang bera an sawngbawl avangin lawmman te pawh an lo dawng tawh a ni. 'Hnawmhawwk awm lohna khua' tiin an sawi hial thin.

Kan ramah hian Silluk khua ang bawka bawlhhlawh sawngbawl lama entawn tlak khaw dang tam tak an awm a. Chhota Narena khua pawh bawlhhlawh awm lohna khaw entawn tlak zinga hmasa ber pawl a ni. Indore leh Mysuru-te pawh hmun fai leh thianghlim nih kawnga hriat hlawh tak an ni. Mawlynnong khua, Meghalaya ami hi Asia khawmual a khaw fai ber a ni.

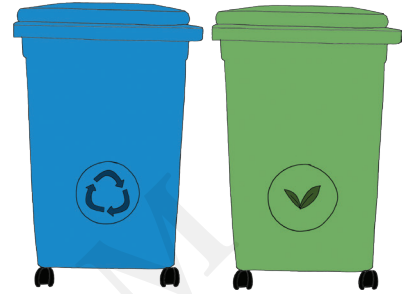


- I chhungte zawt la, faina kawnga hriat hlawh tak khua emaw, khawpui emaw hriat an nei em? A chanchin zau zawkin hriat tum la, i thil hmuh chhuahte chu class-a i thiante i hrih ve dawn nia.
- Swachh Bharat Mission chungchang in chhungte emaw, in zirtirtu emaw rawnin han zir chiang teh u.



Bawlhhlawh Thliar Hran

I hawi vel chuan bawlhhlawh bawm rawng chi hnih i hmu fo thin ang. Hengte hi sikulah te, bazarah te, park-ah emaw bus leh sumo dinnaah te, rêl dinna hmunah te a dah theih a ni. Eng vangin nge bawlhhlawh bawm chi hnih kan hman? Heng bawlhhlawh bawm hman dan tur hi chhiar zel ang aw.



Bawlhhlawh bawm hring ah chuan thil tawih thei-hnah ro, thing tang, thei pil, chawhmeh bang leh artui hawngte paih tur a ni. Hengte hi leiah an tawih ral hma a. Lei nena chawhpawlhin lei tha a siam a, thlaiin an ngeih êm êm a, leia cheng rannungte chaw atan pawh a tha hle a ni.

Bawlhhlawh bawm pawl ve thung chu thil tawih thei lo – metal, dardhlalang, plastic leh lehkha atanga thil siamte paih nan hman tur a ni. Metal, dardhlalang, plastic leh lehkha kan paih atangte hian thil thar a siam chhuah theih a. Hetianga thil thar siam chhuah hi **recycling** an ti. Khaw thenkhatah chuan awlsam zawka recycle-na hmun tur a thlen theih nan bawlhhlawh felfai takin tawih thei leh thei lo te an thliar hrang thin a. Hetianga fel fai taka bawlhhlawh thliar thin khuate chu khaw fai tak an ni thin. Hnawmhnawk leh bawlhhlawh an sawngbawl tha hle tihna a ni.





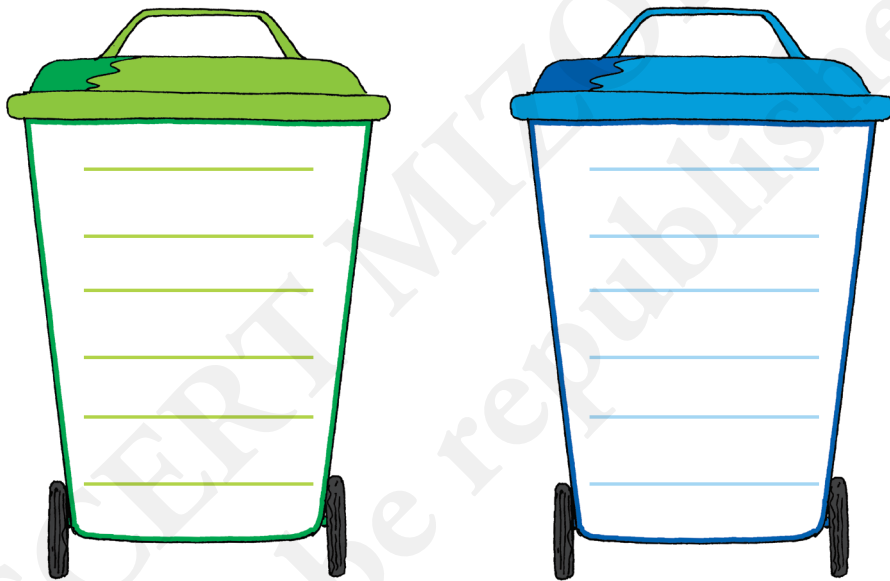
Tih tur

6

Bawlhhlawh i thliar hrang ang u.

Bawlhhlawh bawm pahnihah hian a hnuaia thilte hi a paihna tur dik tak han ziaak teh.

Plastic bottle, hnah, purun kawr, light bulb, thei tawih, lehkha, artui hawng, bawnghnute funna, puan them.



Mi tinte hi kan in leh a chhehvel te, kan sikul te, kan veng te, kan khua leh kan ram vawn fai kawngah kan pawimawh theuhva, mawhphurhna kan nei vek a ni.

Zirtirtute hriat tur

Hemi activity tih lai hian bawlhhlawh kan paihin min ti na thei thil hriam- darthlalang, hriau leh adt. chu lehkha emaw puan thema tuam tur a ni tih hrilh fiah la, bawlhhlawh sawngbawltuten hna an thawh laia a an inhliam loh nan a pawimawh a ni.





Ziak rawh le

- In in leh in classroom vawng fai turin eng nge i tih theih le?

Ka room ka ti fai thei.

- In sikulah emaw, in vengah emaw thil tihfaina hmanrua i hmuh tawhte hming han ziak thla teh.
- In ina thil tihfaina hmanrua in hman thinte chu uluk takin i thlithlai tawh em? Han ziak thla teh le.



Lem ziak rawh le

Chûng hmanruate chu a lem han ziak teh.

Kan Chhehvêl i tifai ang u

National Cleanliness Day (30th January) kan hman hian keimahni leh kan chhehvêl vawng fai turin thutiam kan la thîn a. Kan khawvel vawng faia ti mawi tur te, bawlhhlawh titamtu ni lo tur te, bawlhhlawh fel fai taka sawngbawl tur leh a paihna hmun dik taka paih tur kan ni tih i hre reng ang u.

Kan thil tum chu: **Mamawh tihtlem, thil paih mai lova hman tangkai.**



Ngaihtuahna seng ang aw

A. Sawi ho ang ule.

1. Engtin nge bawlhhlawh a lo awm?
2. Engtin nge bawlhhlawhte fel fai takin kan sawngbawl ang?

B. Ziak rawh le.

1. In sikul leh in in chhunga thil awmte kha han en vel la, plastic-a thil siam i hmuhte ziak thla ang che. Plastic bag leh bottle-te kan hman loh theih nan chung i thil ziah chhuahte chu engin nge kan thlak theih dan tur han ziak teh.
2. Bawlhhlawh bawm hringa paih tur thil pathum leh a pawla paih tur thil pathum in sikul leh in in lama mi han ziak teh.

C. I lehkhabuah lem ziak la.

1. Khua emaw, khawpui pakhat emaw bawlhhlawh sawngbawl kawnga hma la tha tak chungchang tilang thei tur poster siam la. I milem awmzia tar lang thei tur thupui i phuah bawk dawn nia.



D. Inkawp tê tîn.

I thian kawppui nen chuan khaw pakhat fai, pakhat khaw bal angin lem han chang ula. Khaw bal leh khaw fai in nihna chungchang titi dunna han nei teh u.

E. Ngun takin ngaihtuah la, mi dang hrilh ve rawh.

1. In ina birthday lawmah inngai la, hnawmhnawk siam kher lo a birthday lawm dan tur han ngaihtuah teh. A hmasain birthday lawm vanga hnawmhnawk awm theite ngaihtuah la, engtin nge hnawmhnawk awm lo emaw, bawlhhlawh tlem thei ang ber emaw, birthday lawm dan tur ngaihtuah ang che.
2. Ramhnuaiah bawlhhlawh i hmu tawh ngai em? Ramsa ek te, hnah ro tla te hi ramhnuaiah engtin nge an awm zui zel ang?

