2006

Bridging: Language Learner Book Milestones 1-7

Center for International Education School of Education University of Massachusetts, Amherst

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LEARNING FOR LIFE

DRAFT

Bridging Program

Language
Milestones 1-7

English

Learner Book 2006
REACH is a USAID-funded program implemented by Management Sciences for Health (MSH) under contract EEE-C-00-03-00015-00. Partners include The Academy for Educational Development (AED); Health and Development Services (HANDS); JHPIEGO; Technical Assistance, Inc. (TAI); and the University of Massachusetts/Amherst.

Learning for Life is managed by the University of Massachusetts/Amherst and in conjunction with the International Rescue Committee implemented in 12 USAID priority provinces in Afghanistan.

The views expressed in this publication do not necessarily reflect the views of the United States Agency for International Development of the United States Government.

Produced for the Afghanistan Learning for Life Project, funded under the USAID financed REACH Project, by the Center for International Education, School of Education, University of Massachusetts.

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or contact cie@educ.umass.edu
MILESTONE 1: UNDERSTANDING THE BASIC MARKS AND RULES OF BASIC PUNCTUATION

**Punctuation:** These marks are used to make the listener understood very well, to create ease and comfort in reading, to observe the pauses and stops made while talking or reading and lastly in order to give tone to the phrases and sentences.

**The method of writing paragraph:**
When we begin writing a paragraph, we should indent about one and half centimeter from the normal margin towards the center of the paper.

2.) **Period (.)**
This marks is used at the end of sentences which are not interrogative or exclamatory sentences, such as:
- The pilgrimage of Abdullah Ansari is in Herat.
- My brother is a doctor at Noor Hospital.
- I study at one of the Learning for Life centers.

Period (dot) is also used while making an abbreviation of something, such as:
- I.R.O. A. (Islamic Republic of Afghanistan) has been selected by an independent election.
- The head of I.R.O.A visited India for an official meeting.

3) **Comma (Pause): (,)**
If many phrases are joined by and, instead of all those ands we use (,) in our sentences. When we reach to the last phrase, we complete the sentence by and, such as:
- Palowsha, Hamida, Gullalai, Anargul and Sajeeda study at the Learning for Life centers.
- Eating vegetables such as cabbage, lettuce, spinach, okra and tomato are useful for health.

Comma is used before phrases which are used to explain the precedents; like:
- My nephew Razia Jan, who has come newly from Pakistan, is our guest tonight.
If a sentence begins with the words Yes or No, Ok, after these words comma is used and then the rest of the sentence is written, like:
- Yes, I always would like to use protein foods.
- No, I never want to decide immediately.
- Ok, in this regard I accept your ideas.

4.) **Question Marks (?)**:
This mark is always used at the end of interrogative questions, such as:
- What is your name?
- Where do you live?
- How many provinces are there in Afghanistan? Etc…
MILESTONE 1, Activity 5:

Too Much Sleeping Is Dangerous

Too much sleeping is dangerous; sometimes it might cause death. When we are asleep, we breathe slower. We breathe less oxygen and store a lot of carbon dioxide in our body. When the carbon dioxide gathers in our body and remains for 8-10 hours, that is not very dangerous, but if it exceeds this time, the blood becomes poisoned and this is very dangerous.

Another state of blood poisoning is that a person wants to sleep more and more even after getting enough sleep. But such deceptive sleep has no any other positive effect except exhaustion and depression and should be resisted, otherwise our safety and health will be endangered.
Activities for Practice

Activity 1: Punctuation and Reading a Paragraph

The following is a paragraph about prophet Mohammad (PUBH). Read and punctuate the paragraph. Then compare the punctuated paragraph with the unpunctuated one and see how different its sound is.

_The Prophet Mohammad (PUBH)_

Prophet Mohammad (PUBH) was born in Maka-i-Muazama, his father was living in Maka. He was from Bani Hashim tribe. His mother Bebe Amina was from a respected Arab family. His father died before the Prophet’s birth. The Prophet’s grandfather Abdul Mutalib gave him the name Mohammad, but his mother like to call him Ahmad. From childhood he was respected by everyone. He never told lies, therefore he was called Sadiq (which mean honest and loyal), and the people also called him Amin.

Bebe Khadija that she was a businessperson/businesswomen who asked him to marry her.

He was 40 years old when he was chosen as a prophet. Bebe Khadija was the first women to believe him.

The Prophet Mohammad (PUBH) was a very kind, loyal person. He loved poor people, was very kind to widows and orphans, he helped poor people and he was kind to everyone.

He slept hungry at night, but gave his food to others. He told his followers “Have a good and kind manner with the women, they must be chaste, and your responsibility is to be kind and love them”.
Activity 2: Punctuation Of The Sentences By Using Symbols In the Table

Read the following sentences and punctuate them with symbols in the table.

1. We have to keep our environment clean in order not to be sick
2. Which flowers do you like the most
3. Jamila goes to Learning for Life course everyday
4. We have a big garden there are a lot of fruits such as apple grapes peaches apricot pomegranate and cactus
5. A question mark is used at the end of interrogative sentences
6. Which waters you used for drinking
7. What was prophet Mohammad’s (PUBH) mother’s name
8. Mothers milk is the best food for a baby
9. In forests of our country Afghanistan there are lots of dry fruits such as pistachio nuts etc
10. Energetic foods are good for eyes
Activity 3: Asking Questions and Punctuating the Question for the Suitors

Pretend suitors come for your daughter, you do not know them and you have no information about them. Write 10 questions in order to get more information about them, and punctuate the sentences.

1. .......................................................... ..........................................................
2. .......................................................... ..........................................................
3. .......................................................... ..........................................................
4. .......................................................... ..........................................................
5. .......................................................... ..........................................................
6. .......................................................... ..........................................................
7. .......................................................... ..........................................................
8. .......................................................... ..........................................................
9. .......................................................... ..........................................................
10. .......................................................... ..........................................................

Write the questions that your daughter wants to ask them:

1. .......................................................... ..........................................................
2. .......................................................... ..........................................................
3. .......................................................... ..........................................................
4. .......................................................... ..........................................................
5. .......................................................... ..........................................................
Activity 4: Write a paragraph from Activity 3 questions’ answers.

Read the answers to the questions in activity 3 and make a paragraph from the answers.

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Activity 5: Read the paragraph and write about different usage of carrots

Read the following paragraph *Carrots, A Medicine For Nerve Diseases* carefully, then write about the many ways we consume carrots.

*Carrots, A Medicine For Nerve Diseases*

Carrot is an agricultural product of our country. Carrots contain Vit A, Vit D, and Vit C, Vit B and some carbohydrates which are useful for nerves and the power of your sight. It keeps you young.
Activity 6: Writing a paragraph about how to solve the water supply problems

Pretend that there is no clean water in your village. Talk with your group members about this topic, and you can ask questions from the facilitator too. Then write your opinions individually. Be careful with the punctuation.
MILESTONE 2: READING ALOUD AND FLUENTLY

Objectives:
- Ability to read different texts aloud and fluently.
- Ability to read texts fluently and summarizing them orally.
- Ability to read texts aloud so that others understand.

Topics and paragraphs which used in these learning activities.

Related to Activity 1:

Benefits of the Sun

The sun is very useful for the body. It helps to build the important materials of the bones. The sunlight helps by making vitamin D in the human body. This vitamin is very necessary for the body, especially for the bones. If there is a lack of this vitamin, children’s bones don’t grow normally. If children suffering jaundice are exposed to sunlight for ten minutes, it will help in their treatment. The sun kills microbes. If clothes, sleeping bags, dishes and other home equipments are regularly exposed to sunlight their microbes will be killed. Exposing the clothes, bed and dishes of the sick person is very important, especially if the patient is suffering from tuberculosis. The sun makes the trees, bushes, and other plants green and causes them grow and develop and their fruits become ripe.
Life for a very long time without sunshine is impossible.
Related to Activity 2:

The Story

The sun was in the middle of the sky when three men stopped work. Then they started walking to prepare food for themselves. Soon after that they moved towards the city talking. They hadn’t walked far that suddenly one of them stopped and said: “Look there is a purse!”

The second man ran and picked up the purse. It was full of gold coins. The first man said: “The purse is mine because I saw it.” The second man replied angrily: “If so it is mine because I picked it up.” The third man continued swiftly: “I also saw it so it is mine.” There was an argument between the three men. Each one said the purse was his property. They were close to fighting.

Finally the first man thought and said: “My friends, the world’s goods are not worthy. Our friendship is much better than these words. Let’s divide the coins into three equal parts and end this argument.”

The second and third man thought deeply. It was a good way. There was no other way. The first man said: “Now that you are agreed, wait here. I’m going to the city and to bring food. After serving the food we will share the coins.”

The three of them agreed and the first man disappeared quickly. The second man counted the coins in a hurry said: “How much! We can do anything with this money. We have become rich!” The third man said: “Yes, if we both are together, we would be stronger than him. Then all of the coins will be ours.” Anxiously, the second and third men were waiting for the first man. The third man laughed and said: “Too bad that we have to divide it into three parts!” The second man thought deeply. The third man said: “Your eyes are sparkling differently. Why not?! If you agree, we will kill him together and…”

The first man was thinking to himself: “How good it would be if all the coins were mine! It is not a joke. A purse full of gold! One can buy a city with it!”

The first man arrived to the city, bought food and took it home. Then he contaminated the food with a killing poison he had. Then started walking to take the food to the two other men. He wanted to kill the two men and own the gold purse himself. The first man came back and met his friends. He wanted to say something. He had barely started talking when the other two hit him with sticks. The sticks broke the man’s head and he fell to the ground.

The second and third man happily took the food of the first man in order to eat it. They wanted to share the coins after that. But they ate the poisoned food and it killed them both. The three covetous men were killed and the purse of gold fell to the ground.

(Taken from an old story of Persian literature)
Activity 4:

The Story

A bird was living with its children on a farm. The mother bird was always afraid that the farmer may harvest the crops before her children were able to fly, and then they would be caught by the owner of the farm. So everyday when she left to find food, she reminded her children to listen carefully when she is out, observe what the human farmers say and report their conversation when she comes back.

One day the owner of the farm came while the bird was absent. He told his son: “Tomorrow early in the morning go to our friends and acquaintances and ask them to come and help us harvest the wheat because time is passing and it is time to harvest.” When the bird was back her frightened children gathered around her crying, and entreated her to soon take them somewhere else because tomorrow they will be caught. Their mother reassured them and said: “If the owner of the farm is looking for his friends, I can definitely say that the crop will not be harvested tomorrow.”

The next day when the bird left her nest as before, the owner of the farm came and waited for his friends. He waited a long time, but no one came because the weather was hot and the work was difficult.

At sunset he called his son and said, “Now it clear that at the time of work and effort, our friends are not going to help us. Tomorrow inform your uncles and cousins to help us harvest the wheat.” When the bird returned to the nest her children started crying and said, “The farmer said that tomorrow they will harvest the wheat!” The bird told her children, “Don’t worry, relatives also don’t trouble themselves at the time of hardship and business. They don’t work for free and won’t carry another’s burden. Surely, each of them will pretend there is some reason they cannot attend.” Again she left her children with confidence and flew away.

The owner of the farm came and waited up to the evening but not one of his relatives came, so he gave some money to his son and told him, “Buy three sickles. Tomorrow early in the morning you and your brother and I will harvest the wheat ourselves.” At sunset when the bird returned home her children told her what they had heard. As soon as she heard the words she said,” Now is not the time to wait, because when one himself takes the effort, the work will be definitely be done.” Quickly, she roused her children and they went somewhere else. The next day the owner of the farm and his sons came and harvested all the wheat.

The moral: Everyone who helps him/herself will never need to accept charity or the help of others. (Haatam-e-Taye)

Questions:

- What is the main message of the story above?
- Why should we be self-reliant?
Milestone 2, Activity 5:

*Products That Come From Milk*

Do you know how foods are made from milk?

First, the milk is boiled and allowed to cool. When it is semi-warm, they pour it into the dishes made of clay, add some yeast to it and keep it in a cold place. In this way the boiled milk changes into yogurt. They use what is needed of it and pour the rest into a jar called a ‘jug’ and shake it. In some parts of our country they pour the yogurt into a water-skin and shake it until churned sour milk and butter are separated and in some parts they make churned sour milk and butter using a mandanoo, which is an old style of wooden mixer.

They collect the butter from the churned sour milk and keep it in a separate dish. They use what they need from the churned sour milk and pour the rest into a cotton bag so that the excess water is removed and it changes into chaka (solid yogurt). They use what they need from the chaka and pour the rest into a cauldron and cook it. When it is hard and takes a consistency like mud, with their hands they make small balls from it and put them on a mat to dry. In this way quroot (hard yogurt) is made from it.

If they want to make cheese, they will make two kinds of cheese from milk:

Raw cheese: They pure the raw milk in a dish and heat it a little. They add the extract of a bush named khamzura into it. When the milk is slightly broken down, they pour it into a triangle jaconet bag and add some salt so that the extra water is separated and drips from the bag. Now the raw cheese is ready and they serve it at breakfast and in the evening.

Baked cheese: They boil a large amount of milk until it is thick. When it becomes thick, they add some vinegar. The vinegar changes the characteristic of the milk and makes it coagulated. They pass all the coagulated milk through a net and collect it in a clean cloth. They use the cloth like a pad and put a stone on top of it and another one under it so that it is flattened, the water dries and it takes the shape of a kolcha panir (‘cheese cookie’). They serve the baked cheese with raisins when having tea. Some people melt the cheese and collect the skin from its surface and make yellow oil (roghan-e zard).
Questions:
  • What other foods do you prepare from milk and how? Write the process in at least two paragraphs in your notebooks.
  • Why should we feed the children with breast milk?

Answers:
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1-News
In order to improve the preventive services for about 500,000 children of the eastern provinces, a new storage facility for vaccines was inaugurated in Jalalabad city of Afghanistan on Feb 8, 2005. This facility, which was created with the support of the UNICEF by the Ministry of Public Health, holds 700,000 different ampoules of vaccine at one time.

2- A Sad Story

Furosan and her husband were spending their days arguing. Finally they could not come to an agreement and they separated from each other. Finally, the husband left for a trip to out of the country. Years passed, but there was no news of Furosan’s husband. Furosan’s daughter and son were growing older and older. The mother raised her children with a lot of effort. One day a stranger knocked on Furosna’s door and with the instruction of one of her daughter’s classmates came to solicit her daughter for marriage. The daughter of Furosan was named Fahima. Because she had had a difficult life and was tired being poor, upon hearing the name of a foreign country and ‘dollar’, Fahima decided to marry the boy. Some days after the engagement Fahima’s engaged boy came to Kabul and asked for his betrothed. Seeing Fahima he became very happy and liked her. He spent some days of love and interest with Fahima and their friendship became stronger.

One day Fahima opened her bag and suddenly a picture of her father fell with her clothes on the ground. When the eye of Fatima’s betrothed met the picture, he looked at it surprising and asked: “This picture……” Fahima replied,” This is my father’s photo. He left us when I was very young. I don’t know where he is. I don’t know whether he is alive or dead. He left us in a bad situation and went.” Fahima’s betrothed didn’t know what to say or what to do. At last he replied, “This is my father.” Hearing this sentence Fahima fainted and the sky became dark and black on her. She fell on the ground and found the happiness of previous days buried in nonexistence. She found herself hopeless and unlucky. Her betrothed went out of the home and never asked again of Fahima, who was his half sister.

3- An Interesting Tale

Once a man who had a long history of friendship with Bahlol brought some wheat to the mill for making flour. After making the flour, he started riding on his donkey. When he arrived near Bahlol’s home, suddenly the donkey fell and became lame. The man asked loudly from Bahlol to loan him his own donkey so that he could take his load home. Because Bahlol had sworn not to give his donkey to anyone, said, ”My donkey isn’t home.”

At this time voice of the donkey was heard from the house and he started braying. The man said to Bahlol: “Why are you lying? Your donkey is at home.” Bahlol answered quickly: “What a foolish and silly friend you are! It is fifty years that you have been my friend. You don’t believe me, but you believe the donkey’s braying!”
4- Story
Once upon a time there were a small brother and a sister. One day when the girl’s mother went to the canal to fetch some water, the small girl felt hungry and wanted to get some bread from the storeroom but it was very dark there and the girl was afraid of entering there and she did not know how to light it. Suddenly she thought to fill a reed basket with sun and bring it to the storeroom so that it would be lit. She exposed the basket to the sun, but could not bring the sunlight to the storeroom. Helpless, she sat in a corner and waited eagerly for her mother. Her mother finished washing the clothes and came back home. She asked the reason from her daughter. Her daughter told her the story of lightening the room and her mother helped her lighting it.

5- Praying
Oh God! With all of my existence, I need someone to come to the depths of my body and fill my life with purity.

Oh God! I have stretched the hand of need to people, but these friends of up to the half of the way have left me alone and reached my target or they have fallen like the decrepit and worm-eaten trees in front of my eyes.

Oh my friend and assistant of my trip, now I need you. Oh my only friend whom I believe would accompany me to the end of the trip and would not leave my needy hands alone, I need you to bring me out of the filth of sin. Oh my only investment, oh my only hope, only you, oh god, only you can quench the thirst of my thirsty sinful throat with the drops of grace and make it pure.

Oh God, I’m thirsty…My throat is dry like wood and my spirit is more thirsty than the throat; I need a spring.

Oh pure and clean! With it, I can clean the spots of sin the loaded life and water my thirsty spirit. Oh God! I went to many springs, but all were mirages. I was deceived by all of them. No one had the ability of washing my sin-contaminated spirit. From these sins, the lap of my life is contaminated with ugly spots. I need you truly. You are full of purity, colorless and clear abounding in springs of fountains! To wash me and clean these chronic black spots from the lap of my life and the white spots from the skin of my spirit and to clean me like a baby from sins. You are the only reference who has the ability to wash me and water my extreme thirst. Take my hand and pour drops of the clean pleasant water far from sin, guiltless and pure life to my throat. Amen!
Sympathizing with the People

Visit the sick patients, because it is a tradition of the holy Prophet.
Give water to the thirsty as much you can. Serve the members of the meetings.
Take care of the orphans also, so that God loves you forever.
When an orphan is suddenly made to cry, the throne of God shakes.
If somebody makes an orphan cry, the devil will roast him in the hell.
One who makes a frustrated orphan laugh will find paradise.
Be far from such a person who uncovers your secrets.
When you are young, love the elders so that you also are loved by others.
It is permissible to forgive the weak as forgiveness is the character of the saints.
Don’t eat more than you need so that your heart does not die in your body.
The complaints of the people are from gluttony. Eating with a full stomach is a disease.
There is no comfort for the envious! There is no loyalty for the unlucky.
Be the enemy of every hypocrite. Keep clear from them and their activities.
The repentance of the ill-natured is not certain.
There is little manliness of the avaricious.
In order for your religion to become pure like water, always aim to have the strength of the lawful!
The heart of one who tries for the strength of the unlawful will die completely.

Questions:

- Tell what kind of help and cooperation you have given to the orphans and the weak.
- Why should we not be envious?
Activity 1: Read the following topic then write a paragraph about how to protect ourselves from flies.

Flies are our enemy:

Flies are very harmful insects. They land on dirty places and transfer microbes from their feet, mouth and body. When flies enter into our house and rooms and land on our hands and face, they contaminate these areas with microbes. Flies harm everyone, especially children. Flies can infect the children with different diseases such as diarrhea, polio, typhoid, cholera and many more.

Flies lay eggs in dirty places. Each female fly lays eggs five or six times in her life. Each time, there are about 75 to 100 eggs, and each egg turns into a larvae after 12 hours. In 8 to 10 days the larvae turns into a fly.

In order to protect ourselves we must keep our environment clean, bury our garbage, cover our doors and windows with nets, cover the dishes, and spray the rooms and kitchen.

If we follow these guidelines, flies cannot enter into our house.
Activity 2:

Read the following topic about *The King and His Sons* then answer the questions.

*The King and His Sons*

Once up on a time there was a righteous king; he had three sons. His sons fell in love with a beautiful girl. The king gave his sons three purses of money and told them, “Bring me the most expensive thing in the world. Whoever brings it first can marry the girl.” His sons took the purses and went to three different cities, but promised to meet each other at a specific point.

After few months the eldest son saw a big crowd on the street the people were gathered to buy a very expensive rug. The king’s eldest son asked, “Why the rug is so expensive?” The people answered that if you sit on it you can go anywhere in a second. So he bought the rug.

The King’s second son saw an expensive mirror. He asked why it was so expensive; the shop keeper told him, “It can show you whatever condition you want at the moment.”

King’s third son saw an nice, big and expensive orange. When he asked why it is expensive, the shopkeeper told him, “If you put a drop of it in to the mouth of a dead body he/she will come back to life.” So he bought the orange.

The brothers met each other in the specific place and showed what they bought. The middle brother said, “Let see what the girl is doing now.” They saw that she had died. The brothers sat on the rug and in a second thet got there and put a drop of the orange in her mouth and she came back to life.

Questions:

1. Who must marry the girl?
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   ........................................................................................................................................
   ........................................................................................................................................
   ........................................................................................................................................
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2. What is the main message of the story above?

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3. Pretend you are sitting on the magic rug, where will you go?
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Activity 3:

Organize the following paragraph then write it down.

- The former told his sixth son to bring him seven sticks.
- All seven sons of the old man cannot break the bundle of sticks.
- A farmer had seven sons and he was very upset with his sons’ disunity, and he thought how to decrease their disunity.
- Then the farmer opened the bundle of sticks and gave a stick to each one in order to break them.
- The farmer knew that his life had to end. He called his sons.
- His son immediately brought seven sticks
- The farmer tied the sticks together.
- The farmer told his sons: if you have unity you are just like these sticks, no one can break you.

1. Write the sentences in order:

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2. Write the main message of the story above.

1. ........................................................................................................................................
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2. ........................................................................................................................................
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3. ........................................................................................................................................
   ........................................................................................................................................
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Activity 4:
Write ten words which are pronounced the same from both directions (right to left and left to right).
Examples:

1. ................................................
2. ................................................
3. ................................................
4. ................................................
5. ................................................
6. ................................................
7. ................................................
8. ................................................
9. ................................................
10. ...............................................
Activity 5:

Take the first letter of the following words and make a new word then use it in a sentence.

1. Beautiful
   Open
   Orphan
   Keep

   Example:
   Book
   This book is very interesting

2. Waiter
   Accept
   Tears
   Ear
   Rubber

   =

3. Car
   Orange
   Market
   Pocket
   University
   Take
   Engineer
   Rent

   =

4. Pear
   English
   Nationality

   =
5. Dinner
   English
   Star
   Keep
   =

6. Warn
   Activity
   Telephone
   Chair
   Hair
   =
Activity 6:

Make two lists of the equipments and the foods which are in a kitchen.

<table>
<thead>
<tr>
<th>Equipments</th>
<th>Food</th>
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</tbody>
</table>
Activity 6:

Make the following words from the letters in the table below:

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<th>ب</th>
<th>ت</th>
<th>ن</th>
<th>د</th>
<th>ل</th>
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[Translator’s Note: This is a Dari word search puzzle.]
MILESTONE 3: READING SILENTLY

Objectives:
- the ability to read silently and answer the questions of the text verbally
- the ability to read silently and answer the questions in written form
- the ability to read silently and present verbally
- reading a text silently and presenting in written form

Topics and paragraphs which uses in learning activities

How Paper and Books Were Created
Everyday, Aziza was complaining about her children. She used to criticize them and said: “Why do you make things so difficult for me? How many times do I have to pick up your books and notebooks?” Her children groaned and said, “I wish God never created paper! It makes us so tired!”

One day when Aziza was again shouting at her children, her sister, who was a teacher, came to their house. After greeting, her sister asked: “Why are you making so much noise? All the neighbors are complaining about you!”

Aziza explained her complaints about the children. Aziza’s sister said to her: “My dear sister! I know that you have a lot of work to do, but you should not get so upset. My first advice is this: guide your children how to keep their school supplies in an appropriate place. And secondly, paper is something which should be used in a better way. The books are made of paper and people studying books are to be respected. Did you know that there was not paper in the past? Parents used to tell their children stories and then when they grew older, those children would tell the stories to their children. As a result, such kind of story telling and transferring of information continued from one generation to another.

Since there were too many stories, it was impossible to retain everything in their mind and some of the stories were being forgotten. They were in search of something that could help them save their stories. Some of the people were marking the stories on wooden surfaces, some of the people were knotting colored pieces of string and each knot used to help them in remembering a story.

Later, when writing and reading were developed, stories became easier to retain and memorize. The device they used to write with was a piece of wood with a sharp tip, by which they could mark and draw something on soft clay. They used to heat that clay in a fire so it became hard and kept the marks made by the piece of wood. These were not in shape of books, but they were made in shape of bricks. This action was the first step of inventing book.
Some people also used to note the stories on the leaves and tree bark using a sharp stick, but leaves and tree bark do not last very long. They broke and spoiled soon. Later, a kind of paper was made of a kind of plant called papyrus straw and was stronger than the others. About 5000 years ago they used to draw on the papyrus pages and then roll the papyrus sheets, but this caused a lot of problem while opening and reading the story.

Then the people decided to change the papyrus and store it in the form of pages and put one over another. Later, they transferred the information from plant materials to animal skins. They added some pictures and prepared interesting books. People who could not read the story enjoyed seeing those pictures.

In that era, people did not have enough books and only the rich people could buy the books. When the printing machine was invented in Germany and paper was invented in China, making books became easier. As a result of the remarkable development in printing, today millions of people use books and share their ideas and feelings with the world by these books.

Aziza enjoyed hearing the information given by her sister and decided to help her children understand how to use paper appropriately and not to consume more than needed.

Questions:
1. What did Aziza’s sister gave information about, and why?
2. When there was no book, how did people solve their problems?
3. When did it become easier to make a book?
4. To avoid forgetting the stories, what did people do in the past?
5. Where people learn stories from now?
6. Which countries first began making paper and books? (Show the location of those countries on the world map).
Jamila was a cute girl who always wanted to get information about everything. She asked questions endlessly. Sometimes her family members answer her questions and sometimes they get angry and answer her only by nodding.

Jamila has found out the character of her family and asks her questions when they are in a good mood. One day in the summer, Jamila pointed placidly to her parents and said: “I read in a story called *The Generosity of the Three Brothers* that if we want to count humans, we have to say ‘person’, but they also use the word ‘person’ to count camels as well. They used other units for other things too.”

Her father asked her to give an example in this regard and she without any hesitation said: “In a part of the story it was written ‘a camel and a rock of stone,’ and in another part of the story it was written ‘100 hilts of swords.’”

His father said: “Yes, my daughter, whatever was written in your book is true.”

Her father wanted to hear the original story and asked Jamila to read the story from the beginning to the end and see what units are used for other things. Jamila said: “I have not asked my question!” but then she began reading the story:

*The Generosity of the Three Brothers*

In the past but no so long ago, there were three brothers who lived in a village. They had a comfortable life and other people used to say: “Their forefathers were wealthy and left a lot of things such as: plots of lands, camel, cow, jewelries and all sorts of swords, guns etc. When their grandfather died, their father received those things as a legacy and then he divided among his sons equally.”

Their sons, who had enough wealth, made good use of their wealth. They had good behavior with people and they were generous too. But they were always worried that one day their wealth might be taken away or sabotaged by someone.

One day a helpless lady came to the oldest brother and said: “My children are going to die of hunger, please help me in the way of God!” The man, who felt so sad about her, said to his servant: “Give two sheep, two cows, three horses and four camels to this woman.” The man was surprised with such kindness and went to do that. The woman, who saw the generosity of the man, thought deeply for a while, looked up and said: “Oh Allah! It is true that has been said, No one dies of hunger.”

Later, a poverty-stricken, helpless man wearing old and torn clothes went to the second brother and asked for assistance. The second man gave him three pairs of new clothes,
five copper bowls, three pieces of rugs and a dog, so that the dog could protect him during the night. The beggar, who saw his generosity, held his hands up to the sky and said: “Oh God! I do not know what kind of kindness this is!”

That same day, a person who called himself a poor poet went to the smallest brother and asked for some morsels of bread to eat and ease his hunger. The brother said told his wife: “Cook five eggs for this poor poet, he is more valuable than 100 strands of pearl, 100 segments of golden rings and 100 hilts of swords. Give him 6 hens, a house, 50 pieces of paper, 10 tots of pens, two bedsheets, two coverlet sheets and a volume of my grandfather’s book which he left as a legacy.”

The poet opened the book and saw what was written:
“Gain hearts, because each is like a hajj. A heart is more valuable than thousands of Kabbas.”

Some nights later, there was a great storm and all the houses collapsed. Nothing was left: neither the houses of the wealthy people nor the houses of the poor. All people were looking for tents to live in after that night. The three brothers who had lost their wealth thanked God for their own safety. They felt that wealth is the property of God and so what they had went back to Him. They felt they could also live happily without wealth.

Some people say that the prayer of those poor people might have been accepted to God, because those three brothers after working hard became rich once again.

Questions:
1. What was Jamaal’s question about?
2. What examples did Jamila gave for her father?
3. What is generosity and why should we be generous?
4. Tell us the units used for four different things.
5. Does money and wealth bring happiness to our life?
Cheap and Useful

Sha gul was busy cleaning the vegetables and was hurrying to finish her work as soon as possible. She was keeping tracking of time saying: “What should I do? What is the most important thing to be done first?” After a while, she made her plan and began working.

She had not finished her tasks when suddenly she heard her mother-in-law calling her: “Oh my dear daughter! Help me, I cannot move!” Sha gul went to her and took her slowly home. Immediately she noticed that her mother-in-law had a headache and vomiting. Sha gul immediately took some garlic, ground it and gave it to her mother to eat. Her mother-in-law said: “I do not want to eat garlic, because my mouth will smell bad,” but Sha-gul pleaded with her and said: “I have heard that garlic lowers the blood pressure. Don’t worry about the smell of garlic. It will not last even until tomorrow.”

Her mother-in-law ate it and after a while she noticed that she was getting better. Sha gul decided to prepare lunch for her family and they all appreciated the taste of the vegetables she had prepared, one saying: “It is so delicious,” and others were also praising her food. Sha gul said: “The taste of the dish is good just because of the garlic I have used in the dish; if we use garlic while cooking something, the meal will come out delicious.”

After having lunch, Sha-gul went to her LFL course and instructed her children to finish the housework by the time she returned.

When she reached the course, it was quite late and the facilitator told her: “If you do not come to the course on time, you will miss learning things.” Sha gul explained the reason that she was late. The facilitator understood and asked a learner named Hanifa to review for Sha gul the issue which had already been discussed already.

Hanifa began talking: “The issue we talked about today is garlic. We have learned through the experience of each other that garlic is an appetizing vegetable which contains protein, carbohydrates, fats, vitamins and minerals. In addition, people have used garlic for treatment, because it is anti-germ and has been recommended for the treatment of backaches, liver, rheumatism and coughs.”

Sha-Gul thanked Hanifa for her useful information and was happy to have learned new information.

Questions:
1. What kind of substance is garlic?
2. What are the benefits of garlic?
**The Advice of a Mother**

I had not finished doing my prayers in the evening when I heard a knock at the door and I thought that someone is going out. After a while, I heard once again a knock on the door. I slowly went down the stairs and went to the door to open it myself. I opened the door and I noticed a woman standing opposite me. She seemed to be familiar and she was staring at me. Before asking her name, she said: “Aunt! I am Parwin your niece.” I hugged and kissed her face. We went in; I looked at her and asked: “What happened to the healthy face and happiness you had before? And why are you so sad and tired?”

She answered innocently: “My dear aunt! While you were abroad as refugees, they made me get married and as a result of having four children one after another I am like this. The birth of the first two children did not trouble me so much, but after that I got so weak. Some one told me not to breastfeed my baby if I wanted to prevent more weakness, but I was told to feed my baby with powder milk. My baby began to get weaker and weaker every day and I went to the clinic. The health workers recommended me to stop giving powder milk and right now my own milk is getting less every day.

“One day I met the CHW at the clinic. She guided me to you; I was happy and have come to see you. I know that you are an expert mother and you always have been successful in your life. My mother always used to follow your helpful ideas, so now what do you advise me?”

I did not know what to recommend her, because the proper time for giving advice had passed. I thought to myself: “Any time we understand something, it is the right time for doing it.” I thought she would either tell other women or it would be useful to her, so I said: “My dear Parwin, we have many words to share. First of all, take care of your child, give him something to feel sleepy, so that you can listen my words carefully.” Then I added: “Bringing up children is not easy. Haven’t you heard the saying: ‘Bringing up a child is as demanding as building a city’? Therefore in Islam it has been permitted to consider birth spacing, so that the children thrive well and on the other hand our health recovers as well.”

I informed her of the responsibilities a mother has related to her children. I said: “From the first day, when a child is born the mother has to breastfeed him or her, because the first milk protects the baby against the dangerous diseases. Dear Parwin! Do you know that why your two first children are healthier?”

Hearing these words Parwin was silent and did not want to say. I said: “Yes, because they have been breastfed, this valuable food is so important for the development of the baby. The mother’s first milk is not only the very first vaccine, but it is a main source of energy, protein and some other nutritious elements such as: vitamin A and iron. Dear daughter! The child who uses her mother’s milk is so fortunate, but it is so sad when mothers who are not experienced feed their children powdered milk which is low quality and does not have any benefit. First of all, the powdered milk is so expensive and a
baby has to consume at least 40kg (80 packets) to eat and grow, otherwise they won’t
grow very well. When a mother feeds her baby with a bottle, the baby gets used to that
and as a result the baby tends not to suck her mother’s nipples and the mother’s milk
begin to stop producing milk.”

Meanwhile Parwin, who was so excited, indicated repentance and cryingly said: “Up to
today I had the idea that I am a very kind mother, but now I have understood that I have
been so bad to my children”.
I answered: “Oh dear! Some mothers are persuaded or forced not to breastfeed their
children, or some of them commit mistakes like you and some others may have problems.
So they have to boil the bottle at least an hour per day, otherwise it might cause some
problems such as: ear infections and diarrhea which is so dangerous for children. These
mothers have to use clean cups for mixing the powdered milk for their children. The
mother has to consider the amount of water used for mixing with the powder milk. If the
water is more than the proper amount, it causes problems for the children. So if we want
to avoid difficulties for the baby and if we want her to be trouble-free, we have to prepare
and keep boiled water, so that we can prepare milk for the baby easily.”

Parwin who had just understood something said happily: “Is there any other solution
besides powdered milk?” I answered: “There are some customs in our society that would
be better if we did not follow. For example: if a mother does not have enough milk, she
may get milk from another close female relative such as a sister, the uncle’s wife,
neighbor etc and feed her children.

Parwin thanked me and wanted to go home, but I said: “Oh my dear daughter do not get
impatient! There are some more words to be said,” and I continued: “Children who are
six months old, in addition to mother’s milk, they need vegetables which are peeled and
mashed, fruits, grains and oil, fish, egg, chicken, meat and other milk products so that
they provide vitamins and minerals for the child’s body. We have to give children food in
small amounts at first and gradually increase the amount. Despite giving food, we should
not stop breastfeeding, because the other foods may decrease the baby’s appetite and
there may be some digestive problems. In such a case the mother’s milk is useful for
digestion.”

I concluded my words like this: “These were some suggestions and if you would like
your baby to recover, try to breastfeed her. In case you breastfeed her, your milk will
soon increase, this is what I want to assure you.”
The Role of the Mouth in the Human Body

The mouth is one of most important parts of human body which begins with the lips and ends in the throat. Inside the mouth are the teeth, tongue, and saliva glands.

Teeth play a very crucial role in grinding the food and it mixing with saliva. This food is sent to the throat with the help of the tongue. The mouth is a warm place, like the summer season. For instance, in the summer if you put a piece of meat in a warm kitchen, what will happen to it? It is obvious that the meat will get rotten and smell bad. In the same way, if you do not brush your teeth, it will smell badly, because the tiny parts of food remaining in and around the teeth will gradually spoil and cause the teeth to decay.

The teeth are also helpful in chewing something, beautifying the mouth and also in speaking. In order to help the teeth in doing its tasks, it is necessary to consider the cleanliness of them so that they do not spoil. In general, eating sweet foods, spicy and sticky foods, biscuits, cakes and carbonated drinks endanger the health of the teeth. Eating too much sweets not only harm the teeth, but help the germs to breed in the teeth cavities too. Another factor which causes the teeth to spoil includes drinking and eating things that are too hot or too cold, and breaking almonds and pistachio with the teeth. Those actions harm the surface of the teeth. Therefore, in order to keep our teeth safe and sound we have to practice the following points:

The food should be chewed very well. After eating food, the teeth should be brushed, tiny amounts should be cleaned from the teeth, and eating hard food should be avoided. In this way, first of all our teeth will remain safe and sound and on the other hand, the disease caused by the decay of the teeth in our body.
The Role of the Nose for the Body
The structure of nose includes two sections: the outer section of nose which is on the face of a person, and the inner section of nose which is a tube through which the air passes to the lungs. Inside the nose there is some thick and short hair that cleans the air and stops dust from getting into the lungs.
Another task of the nose is to smell things. Through the nose, living beings assess and differentiate the smell of foods and drinks. By this means we are able to be aware of the dangers of gas and other dangerous things. The task of the nose in our body is not only conduction of the air and beautifying our face, but purification and breathing of the fresh air as well. If we would like our nose to function properly and to do its specified tasks, we have to pay attention in keeping our nose clean and healthy. When we want to reduce the mucus of our nose we have to use a handkerchief and expel it with the pressure of the air. If we do not pay attention, sometimes the mucus can harm our ears. Particularly when we have flu and cough, we have to be careful and cover our nose with a cloth to avoid scattering the virus in the air and on the other hand our nose will be able to function properly.
Activities for exercise

Activity 1: Read the following topic then answer the question at the end of the topic.

Good News

Master Karim was very happy on the way to home, he was talking and laughing with himself, he was in hurry to get home. He came across some of his friends and greeted them in hurry. Finally he got home and he told his daughter and wife, “Today I am telling you the news that you have been waiting for for years!” Tears came to his eyes and told them, “Today the girls’ school will be inaugurated in our village. After that, all the girls in our village can study there, the girls who left school can also get admission.” His daughter Malalai was very happy and thanked her father for the good news.

Master Karim was very happy because he had an important role in the inauguration of the school. Master Karim told his family that his father said, “At the time of King Amanullah Khan his wife (Queen Suraya) established a girls’ school by name of Esmat high school then it is name changed to Malalai High School. In same year a teacher training institute also established. King Amanullah Khan established girls’ schools, but he faced the reaction of the people especially when king Amanullah Khan sent Afghan girls to Turkey for education. This was the reason the people forced him to leave the country.

Circle the correct answer:

a. At the time of King Amanullah Khan, a girls’ school was established by name of Esmat High School by his wife.
b. Then it was named Malalai High School.
c. After Esmat High School, a teacher training institute was established in Kabul.
d. a, b, c are correct.

1. Was Malalai happy for the establishment of school in their village? Write the answer in four lines:
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2. Use ‘teacher training institute’ in a sentence.
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3. What was the reason that King Amanullah Khan left the country?

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4. Write three sentences use ‘girls’ school.’

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5. Is education important for girls, Why? Write your opinion in three sentences.

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6. What have you learned from the Learning for Life course? Write it in a paragraph.

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Activity 2: Read the following tale silently then answer the questions.

_Satisfaction and Wealth_

There was a poor man with old and torn clothes who traveled here and there. People asked him, “What have you learned from your travels?” He answered, “I want to learn how to be more content.” And he told a story: “One day I did not have shoes and I was very upset. After a while I saw a man who did not have feet. So I felt grateful to God for his blessings and decided to be patient and satisfied forever.”

1. What is the main message of this story? Write it in four lines.

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2. What is satisfaction and why is it important in life? Write a few examples of an experience you have had in your real life.

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Activity 3: Read the following topic silently then:

1. Write the remaining part of the story in four lines.

2. Then answer the questions.

Sanubar

It was 11 am. Sanubar’s husband sent his son to inform Sanubar that he will have 10 guests for lunch. She was very disappointed. She sent her son to bazaar and she started to clean the rice. She was confused about what to do. She did not tell her neighbor. After a few minutes she heard her son so she took the meat and put it in pressure cooker then she put sticks into its holes in order to be fast, after a while a sound .................................................................
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1. What is your advice for Sanubar?
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2. Write the important ways in which women should be careful for themselves and their family.
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Activity 4: Read the following letter and write a letter to your brother or sister.

Dear Mother,
Asalam-o-ali kum!

I am kissing your hands from far away. Hope you have happy and good life. I am also fine.
Mother!
I am trying my best in my studies, I attend the school, I am studying hard. Our annual tests are near. If Allah is willing, I will come home after exams in my vacations.

Your daughter Sharifa

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Activity 5:

A: Circle the words which have repeated letters. As an example:

Ladder      bucket      puppy

[Translator’s Note: In Dari, these are words such as felfel, juje, etc.]

B: Write the meaning of the circled words:

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C: Write five words which have repeated letters.

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Activity 6:

A: Connect the words which are related to kitchen with an arrow to the kitchen.

B: Write five other equipments which are used in the kitchen:

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C: Write the recipe for two dishes which are popular in your village:

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Activity 7:

Fill in the blanks with the correct number and write the operation in letters:

Example:

1. \(6 \times \underline{\hspace{1cm}} + 5 = 17\)
   
   Six times two plus five is seventeen.

2. \(5 + 2 + 6 = \underline{\hspace{1cm}}\)

3. \(10 + 8 = \underline{\hspace{1cm}} = 10\)

4. \(2 - \underline{\hspace{1cm}} = 8 = 9\)

5. \(11 + 2 = \underline{\hspace{1cm}} = 10\)
Activity 8: What do you expect from a young girl? Write in seven sentences.

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Activity 9: Write the benefits of mothers’ milk in 10 sentences. Then share your sentences with the other learners for the correction of your sentences.

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MILESTONE 4: COPYING TEXT

Activity 1:

First Aid for Dog Bites
Sharifa’s family was invited to her uncle’s home. On the way, suddenly a dog attacked her son and bit his leg. Sharifa was astonished and did not know what to do and where to go!? She remembered that her aunt was a midwife and she hurried to their home. When they reached there, the family asked: “What happened?” Sharifa explained the accident thoroughly for them.

Her aunt did what was required for the dressing of Sharifa’s son injury. First of all she washed the bitten area with an antiseptic, but she said: “Whenever there are not enough antiseptics, we can use soap and water also to wash the bitten area.” Then she covered the area with a sterile dressing.
For the purpose of stopping the germs, she gave a quatri mexitole tablet to him. Then she asked: “Did the dog bite him accidentally without any provocation from your son? Was the dog acting normal?”

Sharifa answered: “The dog did not seem to be normal and it was quite doubtful, because it attacked my son suddenly.” Her aunt who heard this told Sharifa to take her son to the clinic. They all together took Sharifa’s son to the clinic and Sharifa’s husband and her uncle went out to find and kill the crazy dog in order to avoid the incidence of the germs in the society. It was possible that the dog would bite others also, if they did not kill it.

Sharifa said: “In order to be sure that whether the dog is crazy or not, we have to keep it in quarantine. After we are sure, then we have to kill it”.

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Milestone 4, Activity 1: Copying

Direction:

1. Read the following story.
2. Then complete the sentences according to the story.

One day the red hen said “I have a bunch of wheat, who will help me to grow it?”
Duck answered “I can’t.”
Cat answered, “Me neither.”
Dog answered “It is not my job, do it yourself.”
The hen answered, “Ok, I will do it by myself.” And she did.
At harvest time, the hen said “Who will help me to harvest the wheat?”
Duck, cat and dog answered, “We cannot help you.”
The hen answered, “I will do it by myself”.
After the hen baked the bread she said “Who will eat this bread with me?”
They all answered “Me, me, me!”
The hen answered, “You did not help me in growing, harvesting or anything. Therefore I will eat it by myself.”

One day the red hen said, “......................................................................................................................
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The red hen answered “Ok, I will grow it by myself.”
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After all the hen baked breads
Milestone 4, Activity 2:

Rewrite the disorganized sentences to make a story:

2. The small rabbit answered “Today the landlord told her son to request the villagers to come and harvest the wheat.”
3. The big rabbit comes out to find something to eat.
4. The eldest rabbit said, “Today the landlord and his son came again.”
5. When their mother returned in the evening her children told her stories from the day.
6. Finally harvest time came and the rabbit told her children to be careful. See who comes and what they say.
7. The middle rabbit said, “The landlord told his son to inform his nephews to come and reap the wheat.”
8. The evening when their mother returned, she asked, “What is new?”
9. Don’t worry still we have time.
10. The next day the rabbit went out
11. Don’t worry and sleep.
12. Their mother go out again.
13. The work which is intended to be done by others will not be done, but if we do it by ourselves it will be finished soon.
14. When the rabbit returned, the youngest rabbit said, “The landlord told his son that tomorrow they will start the harvesting by themselves.”
Milestone 4, Activity 3:

Write the following words by reversing the order of the letters (example: mod becomes dom) and find the meaning of the words, then write a sentence for each word.

1. mod dom
2. jang
3. fal
4. garam
5. dark
6. raaz
7. sheer
8. surob
9. kalum
10. sarad
11. naad
12. roosh
13. qismat

[Translator Note: The above are Dari words that have meaning when the letters are also written in reverse order (palindromes). English examples: saw and was, bin and nib]
Milestone 4, Activity 4:
Make sentences from these mixed up words.

Example:
1. Afghanistan, our, country, is
   Afghanistan is our country.

2. there, school, a, in, our, is, village

3. feet, is, mothers, under, the, of, heaven

4. Maliha, with, cousin, course, went, to, her

5. sum, hidden, by, can, two, not, be, fingers

6. illiteracy, blindness, is

7. through, from, do, dirt, not, drink, you, water, the, to, well

8. better, mouse, is, a, a, cat, than
Milestone 4, Activity 5:
Find words that have the same spelling but different meanings:

1. ...........................       ...........................
2. ...........................       ...........................
3. ...........................       ...........................
4. ...........................       ...........................
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8. ...........................       ...........................
9. ...........................       ...........................
10. ...........................       ...........................
Milestone 4, Activity 6:

**Instructions:** The facilitator gives a basket of cards to Karima. On the way the basket falls and all the cards get disorganized. Now help Karima to put the cards in correct order, and find the related words which make a sentence:
Write the words, meaning and the sentences in the following table.

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<tr>
<th>No</th>
<th>Word</th>
<th>Meaning</th>
<th>Sentence</th>
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MALNUTRITION

Torpekay and Najiba were talking to each other. Torpekay told Najiba: “Yesterday I went to my daughter Hamida’s house. God has given her a son after four daughters. Now he is three years old. I became very sad when I saw him. He’s become very thin and weak. His feet and hands have become swollen and his hair color has lessened. He’s not getting taller. His bones seem curved. Hamida is also very worried and sad for him. She says that her son is suffering from night blindness also and she does not know what to do.”

Najiba understood the issue and said: “He certainly is malnourished.” Torpekay asked, “What is that?”

Najiba told her: “If a child isn’t fed with enough various foods, he/she will suffer from malnutrition and that is very risky.” She added: “A wrong feeding of the child, lack of the breastmilk or feeding some children at the same time, feeding by artificial milk (powdered) and sometimes death of the nursing mother causes malnutrition of the child.”
Milestone 5, Activity 8A:

**I’m Ready To Die, but the End Doesn’t Come**

I used to live happily in the same world you are living in, but something called love made me unlucky. A boy was always following me on the way to school. He was showing off how rich he was, changing his car two or three times a week and following me with the new one. He was ravishing my heart with his lovely words.

I shared the issue with my mother. She took it easy and said: “My daughter, whenever a girl is young there are many such words. It doesn’t matter. He may love you, but be careful.”

Finally he proposed to me for marriage and my mother was very happy, for there was a businessman groom for her daughter. One day my mother and brothers went to a wedding party. I was sick so I didn’t go. It was around the middle of the day that someone knocked at the door. I opened the door quickly and saw that it was him. I liked him; I brought some fruit and sat in front of him. He had conquered my heart with his magic words.

We became warm with his lovely words until I lost my pearl of chastity. I had lost everything and we were both regretting what we had done. Some weeks passed by and I didn’t see him. I was disturbed until my mother knew of my condition and asked, “Why are you silent in these weeks, my daughter?” I was so afraid of the consequence of this sin and saw my mother as the only shelter, and so I told her all without any lessening. Being very upset, she started hitting me. When she hit my head to the wall and blood ran from my nose, as one pours water on the fire she calmed down and hugged my head crying. She said,” What did you do, my daughter? You made yourself unlucky for all of the life. Now all will taunt you. Now if he marries you too, you will not be lucky. Lucky is the girl who goes to the husband’s house with a good name. Woe unto you! I don’t know what your future will be.”

The day after that my mother sent my younger brother to her sister’s home (our aunt) to tell her come to our home so that my mother could talk to her about the issue. It was 10:00 o’clock in the morning when my aunt arrived. My mother told her the whole story, adding that he has been unjust to her daughter and she was made to do so by force. My mother told her not to defame the widow who has lived one life with a good name. My aunt stood up quickly hurry and accompanied my mother to his house.

My aunt, while apologizing, made his family accept me, because otherwise my death will cause failure and a bad name for my mother in her life. After a week we got married. There was just a little food prepared for the marriage ceremony.
From the first day up to now I don’t have any peace from the teasing of my mother-in-law, sister-in-laws and even my husband. Last week at my brother-in-law’s home, because of only a little mistake made by my three year old daughter they tauntingly told her: “How can your mother really educate you? You are also like your mother.” When I complained to my husband he said, “Why are you ashamed of who you are?”

Now I think that the only cure for my life is death which can give me calm and comfort.
Milestone 5, Activity 8B:

_The Voice of Mariam’s Heart_

My name is Mariam. I’m deprived of the kindness of a father, and I live in my uncle’s home. I get up early in the morning. After making ablution and praying, I fill all of the buckets of my uncle’s home with water. Then I leave for the home in which my uncle has placed me as a worker. In that home also I’m busy working. I sweep all the courtyards and rooms. I wash and clean the bathrooms.

Sometimes, I go to the stores nearby to buy vegetables and yogurt. On the way I run into healthy girls my age wearing clean clothes and having books and bags, going to school. I wish that my father is alive and could provide us a comfortable life and an independent home and I could go to school like the other girls and play at the times of recreation. When I see these girls going to school, tears come to my eyes involuntarily. I want to go near them and talk to them. I want to tell them the story of my life and my wishes.

At this time I find that the owner of the home has sent me his son to come find me. After giving me some slaps and using some abusive words, the boy tells me: “Why are you late? Have we hired you for play or for service?” I go immediately back, apologize and become busy with the chores again.

Since my wishes and dreams were many, everyday when I went to buy yogurt, the same thing happened. The lady of the house became tired of me and dismissed me from working at the house.

Now I wonder what to do? Where to go? And to whom can I tell all my problems and wishes?
Activities for Practice

MILESTONE 5, Activity 5:

Malnutrition
Torpekay and Najiba were talking to each other. Torpekay told Najiba, “Yesterday I went to my daughter Hamida’s house. God has given her a son after four daughters. Now he is three years old. I became very sad when I saw him. He’s become very thin and weak. His feet and hands have become swollen and his hair color has lessened. He’s not getting taller. His bones seem curved. Hamida is also very worried and sad for him. She says that her son is suffering from night blindness also and she does not know what to do.”

Najiba understood the issue and said, “He certainly is malnourished.” Torpekay asked, “What is that?”

Najiba told her, “If a child isn’t fed with enough various foods he/she will suffer from malnutrition and that is very risky.” She added, “A wrong feeding of the child lack of the breastmilk or feeding some children at the same time feeding by artificial milk (powdered) and sometimes death of the nursing mother causes malnutrition of the child.”
Activity 1: Writing sentences according the pictures

Look at the following pictures and make five sentences for each, use the correct form of punctuation.
Activity 2: Make a word from following letters, then write sentences for each word.

- sholco
- rcasooslm
- bnkotoeo
- piclen
MILESTONE 6: BASIC PRINCIPLES OF GRAMMAR

Activity 1: Making sentences:
Look at the following pictures and make sentences for each picture. Use a verb, an adjective and a noun in each sentence.

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Milestone 6, Activity 2:

Read the following sentences and underline the noun, verb and adjective in each sentence.

1. Sore throat is a contagious illness.
2. Typhoid is a contagious illness.
3. Mina’s father asked her, “How did you see the thief?”
4. If Mina goes to school, she can teach her mother at home.
5. Haleema and Karima are best friends; every day they go to school together.

Milestone 6, Activity 3:

Put the following sentences in correct order:

1. I to home going.
2. I school studying at am.
3. doll my is playing sister with.
4. like I study to.
5. have a lot summer I of cloths.
Milestone 6, Activity 4: Drawing pictures

There are three boxes below. Draw a picture from your past in the first box and write two sentences about it. In the second box, draw a picture of your present life and write two sentences about it. Then draw what you plan for your future life and make two sentences about it.
**Milestone 6, Activity 5: Find the correct word**

There are two columns below. Match the words in the first column with their meaning in the second column.

*Translator’s Note: These words are homonyms and synonyms that do not translate meaningfully in English.*

<table>
<thead>
<tr>
<th>Word</th>
<th>Meaning</th>
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<tbody>
<tr>
<td>1. Saber, Ceber, Seber</td>
<td>(Howsela wa Bordabaree)</td>
</tr>
<tr>
<td>2. Awa, Hawa, Hewa</td>
<td>(Naame zawja Hazrat Adam)</td>
</tr>
<tr>
<td>3. Sair, Seer, Sear</td>
<td>(Mada-e-Khoshboee, hum ba ghiza khorda meshawad)</td>
</tr>
<tr>
<td>4. Nasrin, Nasreen, Nasrain</td>
<td>(Gul-e-Safed)</td>
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<tr>
<td>5. Nofos, Nefos</td>
<td>(Tadad-e-mardum dar manteqa)</td>
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<tr>
<td>6. Ama, Hama, Homa</td>
<td>(Khwahar Padar)</td>
</tr>
<tr>
<td>7. Hqareeb, Aqreeb, Haqarib</td>
<td>(Khwishan wa Nazdikan)</td>
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<tr>
<td>8. Zaheer, Zahir, Zahar</td>
<td>(Naam, Nomayan)</td>
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<tr>
<td>9. Saboon, Sabon, Cebon</td>
<td>(Baray shustan lebas ba kar merawad)</td>
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<tr>
<td>10. Latifa, Letefa</td>
<td>(Naam, Mehrabanee)</td>
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Milestone 6, Activity 6: Compare the following pictures

Compare the following pictures and make seven sentences for each picture.

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MILESTONE 7: ESTABLISHMENT OF TECHNICAL TERMS DICTIONARY

Activity 3:

13-Family planning: Every couple should have an arranged plan for having children. In this manner they can do all of their life affairs normally. For example; they can use their available income in a way that it compensates all of their family needs. They can maintain good health. Also, when the number of children of a family is planned, they can cover their clothes, food, education and other needs as well. They will also have opportunities to rest as well.

For the implementation of this activity many methods have been considered that are included with details in the health workers’ manual. Refer to that book for more information.

14-Breastfeeding:
Breast milk protects infants against different diseases. Breast milk is the best milk an infant could have. This invaluable substance ensures good development for the infant and is the first vaccine for the infant. Also, breast milk is a main source of energy, proteins and other nutrient elements like vitamin A and iron. Besides, breast milk helps the families with their economy and it is completely healthy and harmless.

15-Vaccination:
During the childhood, the children are vaccinated against six fatal diseases. These six fatal diseases are: tuberculosis, polio, diphtheria, whooping cough, tetanus and measles. When the children are vaccinated, they obtain immunity against the above diseases. For implementing all of the children’s vaccines in their specific times, persons working for the health sector are responsible for informing all parents to do the vaccination of their children immediately at their first year of age because if this process is delayed, the
children may suffer malnutrition, disability or death. Also, vaccinating of a sick child is of no risk to her/him and the parents should never worry about this issue.

**Vaccination of the Women against Tetanus:**
Besides children, all of the women aged 15 to 45 should be vaccinated against tetanus because in many parts of our country and the world mothers deliver in an unhealthy situation. In such deliveries the infants are infected with tetanus and at most of the time they die.

The tetanus microbes develop in contaminated wounds and they put at risk the lives of the mother and the child. So, in order to be save from its risks, it is necessary that mothers are vaccinated according to the advice of the health centers.

16- **Antenatal Care (pre-delivery)**
In order to deliver a sound and healthy baby, from the first day that a woman feels she is pregnant she should pay a special attention to her food. The food should be complete, because the fetus in the mother’s uterus grows from the mother’s eaten food and this is the most important period of the fetal development during gestation. In addition she should rest, take care of her hygiene, wear loose clothes, and avoid heavy work.

Taking the vaccines, checking blood pressure and weight, taking folic acid tablets, avoiding medicine, avoiding tobacco and its products, and preparation for the delivery are necessary. Mothers should consider the above points for the their health and their children.

17- **Postnatal Care (after delivery)**
These points are concerned with the mother and child’s care. To begin with, the mother and child should be intensively cared for after the delivery. The surroundings of the mother and the child should be clean. The mother should feed the baby with her own breast milk as soon as possible. The mother should be given food that will increase her energy. Folic acid and iron tablets should be advised for the prevention of anemia. The woman who has delivered should not avoid any food. The child’s umbilicus should always be kept clean and dry.
Milestone 7, Activity 6:

The Duty and the Friend Come Together

Nasreen wanted to visit her friend Rona. When she arrived at Rona’s house, Rona became very happy upon seeing her and walked with her into the house. Both sat and greeted each other. Nasreen complained to Rona and said, “You have sacrificed your friends for your duty. Do others also not have duties?” Looking with a smiley face to her friend, Rona was apologizing. They were busy talking when someone brought a patient to Rona’s house. With a hurry, Rona went to see the patient. She saw it was a pregnant lady with danger signs. She asked her daughter to bring the stethoscope. She examined the patient with the stethoscope. Then she took the BP set and checked the patient’s blood pressure. As the patient had a little fever, she shook the thermometer down and put it in the patient’s mouth. She put a pillow under the patient’s head to elevate her pressure a little and prepared the medicine she thought was necessary for the patient. Then she went to sterilize the equipments needed, for example; tweezers, scissors etc. After she boiled the medical equipments for 20 minutes, she took a new syringe. At the time of injection she washed the specific area with alcohol. After an hour, the patient’s condition improved a little and Rona told the person that had brought the patient, “Bring her to the clinic tomorrow because the danger signs are seen in her body and she should be examined by the doctor.”

After some minutes they carried out the pregnant woman. Rona washed her hands and came to the room. She saw that her friend was annoyed with her, so she apologized. Nasreen told her,” You have a very difficult job. You don’t have a day nor a night. Take a little care of yourself.” Rona who loved her job very much said, ”I thank God that He has provided me such a job. When I see the people are happy of my work and they are praying for me, I feel really calm. Although I have many family problems, when I see a woman or people of the village in extreme need of a health worker, I forget my own problems and start thinking how to help them. I wonder how I can help them understand the ways for preventing diseases. With what reasons should I convince them that they should consider the distance between their children? I also know that no work is more worthy than loving the people because both God and His human creatures are pleased with it.”

Her friend Nasreen became inspired with her words and said,” Recently, I’ve gotten tired of the midwifery course and I was planning to leave it. For this reason, I came to see you. But your words have changed my mind.” Rona asked her the reason. She answered, “In my age, joining the midwifery course and especially having to learn the terms taught to us during the lesson is difficult.” To reassure her friend, Rona said, “Dear sister! Try and effort make a person successful in every work. If you have perseverance and ask again what you haven’t understood, I’m sure you will progress. Another important thing, come occasionally to my clinic and look at the situation of the people. Because of the lack of professional persons, many children have died. And at the same time, many women have lost their lives because of not coming to the health center. You should not lose the
opportunity provided for you.” She added, “Hearing these facts, do you still want to leave the profession you have chosen?

Her friend Nasreen went deep into her thoughts and said, “Actually, if there are more people like you in the village, the women will no more have problems. I will change my decision.”
Milestone 7 - Activities for Practice:

Activity 1:
Read the following story about Zarmina. If you were in Zarmina’s place, what would you do? Write your opinion in two or three lines.

Zarmina
Zarmina is an inelegant girl. Her mother is a health worker and her father is a teacher. Due to her parents' encouragement she joined a nursing course. One day Zarmina looked upset and tired, she read her book and talked to herself. She thought to share her problem with her father, but saw that he was very busy preparing the results of the students. But finally, she decided to tell her father.

Zarmina went to her father and said “I have difficulties with these terms such as BP set, syringe, thermometer, state scope, holding scale, and bandage.”

His father answered “I will show you a very easy way to memorize these words. Go to the village clinic and tell the nurse to show you these equipments then compare the equipments with the pictures in your book. I am sure you will never forget them again.”

Zarmina went to the clinic and learned the name of the equipments. From this experience, she learned that each lesson could be learned easily in practical way because we see the equipments and it stays in our memory for a long time. The next day when she went to the class she shared her experience with her classmates.

Write your opinions:

Note: The learners must do their exercises in pencil because if they make mistakes they can erase it.
**Activity 2:**  
**Write the answer for the questions:**

1. Write the equipments used by a farmer.

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2. Write the equipments used by a teacher.

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3. Name the equipments, which a nurse needs.

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Activity 3:

Name the diseases for which the following equipments are needed/used:

Thermometer, BP set, Emergency, Bandage, Danger sign, Anti natal, Post natal

1. ……………………………………………………………………………………………
2. ……………………………………………………………………………………………
3. ……………………………………………………………………………………………
4. ……………………………………………………………………………………………
5. ……………………………………………………………………………………………
6. ……………………………………………………………………………………………
7. ……………………………………………………………………………………………
Activity 4:

Write the name of ten equipments used in health activities, then read them carefully. Think for 3 minutes; did you make a mistake? If you can’t find it you can ask your family members or the facilitator.

………………………       ………………………         ………………………
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………………………       ………………………         ………………………
Activity 5: Write the answers from the picture.

Look at these pictures carefully and answer the following questions:

1. Who is the woman who is wearing a white shirt over her clothes, and what is she doing?

2. Can the mothers in the picture take care of their children? If your answer is yes, how?

3. Which condition does the woman have?

Now write the medical name of this disease in the brackets (   ).
4. Write the name of the following medical equipments.

5. Write the what is happening in these pictures:
   - ................................................
     ................................................
     ................................................
     ................................................
   - ................................................
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Activity 6: Think for five minutes, and find the expressions that you have difficulties with, then copy them from the books and write them repeatedly until you learn them.

Example: Fetoscope Fetoscope Fetoscope Fetoscope Fetoscope Fetoscope

Other expressions:

1. ................................................................. .
2. ................................................................. .
3. ................................................................. .
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9. ................................................................. .

At the end read the words, and if you have difficulties, repeat the process again.
Activity 5:
Are you interested in drawing? Then draw medical equipments inside the boxes:
Activity 7:

In this picture are the women who study in the Learning for Life course. They know the names of the equipments in front of them, but they have forgotten the usage of these equipments. Write the answers to their questions.

1. Why do people use a thermometer?
   ……………………………………………………………………………………………………..

2. What is a blood pressure set used for?
   ……………………………………………………………………………………………………..

3. Why do people use a stethoscope?
   ……………………………………………………………………………………………………..

4. What is a fetoscope used for?
   ……………………………………………………………………………………………………..

5. What is a bandage used for?
   ……………………………………………………………………………………………………..

In addition, why do we use a new syringe for each person?
   ……………………………………………………………………………………………………..
   …………………………………………………………………………………………………….
Activity 8:

Najeeba lives in Dae Bala and she is a midwife. She wants to visit a pregnant woman; she thinks about which medical equipment she should take with her. Help her in selecting the equipments to take with her and write why.

Write the name of the equipments she needs.

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Activity 9:

The woman you see in the picture is a midwife advising a woman who gave birth to a new baby. According to the picture, write what advice the midwife is giving the woman, and write what she is doing, from a medical point of view.
Write the name of the activity ( ).