

At the Market

Class I Book 8



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**This is a market in Paro.
There are lots of things to buy.**

**Here are some carrots.
Some farmers grow carrots in their garden.
Carrots are orange in colour.
They are good for your body.**



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**Here are some fiddleheads.
They grow near the stream and in the forest.
People collect and sell them.
We eat fiddleheads as a vegetable.**



Here are grapes.

They come from India.

The purple grapes are sweet.

**Green grapes are sweet too but some of
them are sour.**

You must wash the grapes before you eat them.



**Here are some strawberries.
Some farmers grow strawberries. They are big.
Strawberries also grow in the forest. They are small.
We must wash them before we eat them.**



**Here is some butter.
It is made from milk.
We use butter to make suja.
We also use butter to make desi.**



Here are bottles of butter-milk.

It is made from milk.

**After the butter is taken out, what is left is
butter-milk.**

We drink butter-milk with rice.



**Here are some chugoes.
Chugoes are hard cheese.
They are made from yak milk.
They are made in Bumthang, Haa and Laya.**



**Here is some popcorn.
It is made from maize.
Farmers grow maize in their fields.
People like popcorn for snacks.**



**Here are some flowers.
They are pink hydrangeas and red begonias.
Many people grow flowers in pots to make
their houses look beautiful.**



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values of Tha Dam-Tsig Ley Gju-Drey.”