



TANG 1 LAI CAREL

A chuahtu: Lai Carel Le Ukpi Committee
 (Hakha, Thantlang, Zophei, Lautu, Mara sianginn bupi rianṭuanṭinak)
 A bawmtu: Thantlang Placement Affairs Committee (TPAC)
 Cauk cahmai zapi: 59. Cauk a tung 24.2 cm, a phei 17.5 cm
 Cauk chuahnak le chuah kum: Aizawl, 2024

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Theihternak

Hi *Lai Carel* ukpi hi Hakha, Thantlang, Zophei, Lautu, le Mara sianginn bupi hna riantuantinak a si mi Lai Carel Le Ukpi (Local Curriculum and Textbook) Committee nih tang 1 in tang 9 tiang cawn ding ah a chuah mi a si. Cawnnak ah hman mi ca hi cazual, journal, mekazin, cauk, le internet ah a chuakcia mi chung in laak mi zong an um. Cun, Myanmar ram cozah fimcawnnak zungpi chuah mi ukpi chung Kawl in Lai ah a remnak in leh mi zong an i tel.

Hi *Lai Carel* ukpi a chuah khawh nakding ah siangngakchia zong nih phaisa an thawh; siangcachim le sianguk nih cawn ding kong a tlangpi an chuahpi; cucu i chirhchan in Lai Carel Le Ukpi Committee nih cawn ding ca an tial, an khawmh, an remh i ukpi ah an ser. Cun Thantlang Placement Affairs Committee nih ruahnak pek in siseh, a tawlrlnak phaisa hawlpi in siseh a bawmh ve hna. Zapi thazaang in a chuak mi a si; zapi fimcawnnak ca ah cun aho poh nih man lo in i hman khawh cio a si; pumpak chawlehnak ca bel ah hman lo ding a si lai.

Thantlang Peng Sianginn Bupi (Thantlang Township Education Board) tiah Myanmar rambuai kum 2021 ralthawh hnu in Interim Lautu Region Education Board, Interim Maraland Education Committee, Thantlang Education Department, le Zophei Education Board sianginn bupi pali riantuantinak dirh a si. Anmah pin ah Hakha Township Education Board sawmchih in sianginn cawn awk ca kongkau tawlrrel ding ah Local Curriculum Team cu kum 2022 ah ser a si i, rian a bawmtu ah Thantlang Placement Affairs Committee thiah a si. Kum 2023 in Local Curriculum Team cu Local Curriculum & Textbook Committee tiah a min thlen a si.

Siangniamrun Lai Carel Cawnnak Tungtlang

Competencies Framework for Chin Reader (Primary Level)

Lai Carel cawnnak thawng in Tang 1 in Tang 5 tiang siangniamrun siangngakchia nih an thiam ding mi (skills), an hngalh ding mi (knowledge), le an lungfian ding mi (values and attitudes):

- Cafang a ngan, cafang a fa, cafangtung, cafangphei an rel an tial thiam lai.
- Cafangfonh in ca an rel an tial thiam lai.
- Cañal ningcang an thleidan thiam lai.
- A hmun le a caan hoih in biafang an hman thiam lai.
- An rel mi ca nih a fianter duh mi bia a biapi bik an kawl thiam lai.
- Mahle ruahnak raltha tein an chim khawh lai, an fianh thiam lai i, mi nih an chimrel mi bia an ngaihpiak thiam lai.
- Mah ruahnak le lungchung bia ningcang tlai tein biatlang an tial thiam lai.

Siangniamrun Lai Carel Chimh Caan

Chin Reader Time Allocation (Primary Level)

Catang	Caholh	Khuaram	Tuankong	Nuncan Ziaza	Nunzungthiam	Zapi
Tang 1	64	6	4	12	10	96
Tang 2	64	6	6	8	12	96
Tang 3	64	7	8	7	10	96
Tang 4	64	9	7	6	10	96
Tang 5	56	13	9	8	10	96

Chinchiah: Caholh ti mi ah hin hi *Lai Carel* ukpi he cawnchih ding mi CACC *Chin Carel* relhchih a si.

Cachimtu Sin Biacah

Zei tluk in dah kanmah kan nuhrin kan miphun holh tein cacawn ve a biapit i a herh? Kanmah kan nuhrin kan miphun holh tein kan cawn ah sullam zong a ngei deuh i hmual zong a ngei deuh mi cawn ding kong hrimhrim hi an um hnga lo maw? Kan nuhrin holh tein sianginn ah cacawnnak nih hin fimthiamnak ah a kan thanchoter lawng si lo, kan miphun tuanbia le nunphung tiang a hmunhter i, kan minung sinak tlam a tlinter ve. Kan sianginn cacawnnak, kan holh, le kan miphun sinak kong ah kanmah nawl tein lairelnak a um hrimhrim awk zong a si fawn.

Hi *Lai Carel* hi a tlangpi in caholh le nunphung, khuaram le tuankong, nuncan ziaza, le nunzungthiam a huap mi cawnnak a si. Caholh le nunphung ti tik ah Mirang holh in *literature and culture*, khuaram *geography*, tuankong *history*, nuncan ziaza *civics*, nunzungthiam *life skills* ti duhnak an si. Kanmah le kan ram kan si ning kong cawnnak, Mirang holh in cun *local curriculum* ca ah tuah mi a si i cucu *Lai Carel* tiah min kan bunh. Lai holh le Lai ca thenghtheng in cawn ah hmual a ngeih deuh lai tiah ruah mi kongkau an si fawn. Chin Association for Christian Communication, a tawinak in CACC nih a chuah mi *Chin Carel* le *Laica Tial Ning* he cawnchih ding a si lai. Cun mahle sianginn, mahle khua, mahle pengtlang hoih in cawn a herh mi zong mahte i tuaktan in i chapchuan cio ding a si lai. I chapchuan lawng si lo, i zuh khawh zong a si.

Sianginn cawn ding ukpi hi voi voi khat ah tuah i, i rinh thai awk a tha lo; zuh le chap, milh le nalh a herh camcin. (Mirang cun “multiple revision” an ti.) Hi *Lai Carel* hrimhrim hi cu rambuai caankarlak cacawnnak rianhmaban chung ah tenh in laakhruak chuah mi a si tik ah a chambaunak a tam deuh kho. Siangcachimte nih siangngakchia he hniksaknak, siangcachim an ruahnak laak, *curriculum* thiamsang an ruahnak hal tehna tam deuh aa duh rih. Cawnca (subject) dangdang le CACC *Chin Carel* he an i thuat lo, an i pehtlaih, le an i fonhtonh khawh nakding zohthan tehna zong a herh lengmang lai. *Lai Carel* nih aa tinh mi fimthiamnak (competencies) hrimhrim hi a thar in zohthan lengmang a herh lai. Siangcachim kutken le siangngakchia cauk tiah then in ukpi chuah ding, a dangdang cawnchih le chirhchan ding ca, cauk, le thilri tuaktan ding rianhmaban an um liangluang ko rih.

Atu kan hon chuah mi *Lai Carel* hi cu hmailei rianhmabannak ca, abik in Lai holh aa hrawm kho mi sianginn ca ah hniksak asiloah zohchun pakhat tal a si i, caankarlak cacawnnak ah mahle holh tein cawn khawh ve mi ukpi phun khat a si hmanh ah san a tlai phum ti ruahchannak he chuah mi a si.

Lai Carel ukpi pin ah hin a tanglei cauk zong hi a chimtu nih kutken ah i hman khawh an si. I hmanchih thiam ah cacawnnak hmual a ngei chinchin kho. Siangngakchia relpi asiloah anmah tein relter khawh zong a si thiam. Hi cauk pawl lawng si lo, cauk dangdang zong hmanchih khawh lei a tha lei.

1. Biak Nawl, G. *Lai Pupa Fimthiamnak*. Hakha Khuahlun Baptist Church, Hakha, 2012.
2. Joel Ling. *Ram King*. A voi 3nk. Fingrei Phu, 2019.
3. *Lai Ram*. Chan Hre leh mi. 2016. [The Chin Hills: A History of the People, Our Dealings with Them, Their Customs and Manners, and a Gazetteer of Their Country (Volume 1 & 2) by Bertram Sausmarez Carey and Henry Newman Tuck (1896)]
4. *Lai Tuanphung*. Chin Association for Christian Communication, 2013.
5. *Laica Tial Ning*. Chin Association for Christian Communication, 2015.
6. *Pupa Bia le Hla*. Chin Association for Christian Communication, 2007.
7. Siang Nawl, Roland. *Lai Grammar*. Chin Association for Christian Communication, 2015.
8. Ni Kio, Stephen. *Lai Nunphung*. Nunphung le Zatlang Thanchonak Bu, Lai Baptist Church, Yangon, 2006.

Lai Carel cawnnak kong zong ah, cacawn cu cachimtu nih thithruai mi rian a si bang, cachimtu nih ruahnak phunphun chuahchih le ningcang phunphun tuakchih in a chimh zia, a cawnpi zia thiam theotheo a biapi. Cawnnak *activity* a phunphun a tampi tuahpi ding, abik in siangngakchia nih anmah te himhrim in an ruah, an tuak le an tuah ve cio nakding. Cachimh hlan ah timhlanhnak ningcang tlai le felfai tein ngeih hmasa cikcek ding. Cawnnak nih aa tinh mi “hmui” i sel ding. Siangngakchia nih zei dah an hngalhcia mi a um, zei dah an ton bal ve, zei dah an ruah khawh ve kherhhlai hmasa. An cawn ning le an thiam ning ngiat peng. An cacawnnak cung na hmuh na ton cio hna ning chimhruah (feedback). Cawncia i khirh le zohpi than (revision) lengmang.

Ukpi cu cawnnak thilri (resource) pakhat telawng a si; cawnnak thil dangdang a phunphun an um tung rih. Cawnnak he pehtlai in, ukpi bak lawng i rinh lo, ca dangdang relchih usih. Internet zong ah hawl usih. Ukpi ah cawn ding mi kong a dikthlir a ciasa in a um dih kho lo. Ukpi ah a chambaunak lawng si lo, a palhnak hmanh a um kho. Pin ah ukpi nih hin thil phuntling in a huap tawn lo. Ukpi chung i ruahnak le hmuhning pin ah a dangdang ruahnak le hmuhning an um rih ti kha cachimtu he siangngakchia he philh lo ding.

Keimah Kong

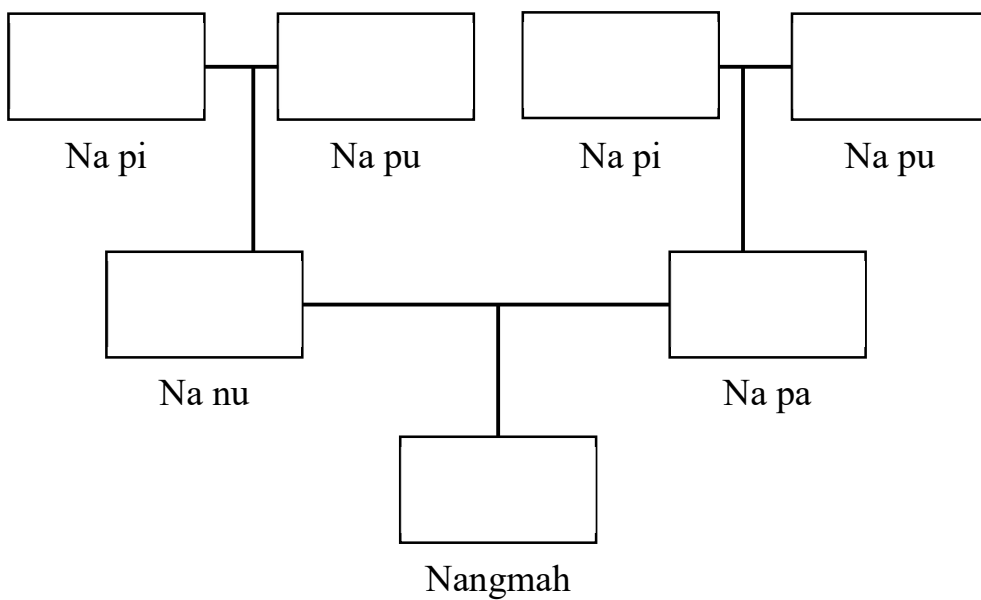
1. Na min aho dah a si?
2. Na nu le pa min aho dah an si?
3. Unau pa ze i zat dah nan si?
4. Na unau min aho dah an si?
5. Ze i tik kum ah dah na chuah?
6. Ze i khua ah dah na chuah?
7. Ze i khua ah dah na um?



Tuah ding

Innchungkhar thingkung zuksuai.

Inn ah nu le pa asiloah ule tibantuk nih tuahpi ding.



BIAZAI

Nang Na Min Aho

Kei ka min cu Van Sui Tha
ca ka rel ni fa.

Kei ka min cu Van Bawi Bik
An ka sik ah ka ca ik.

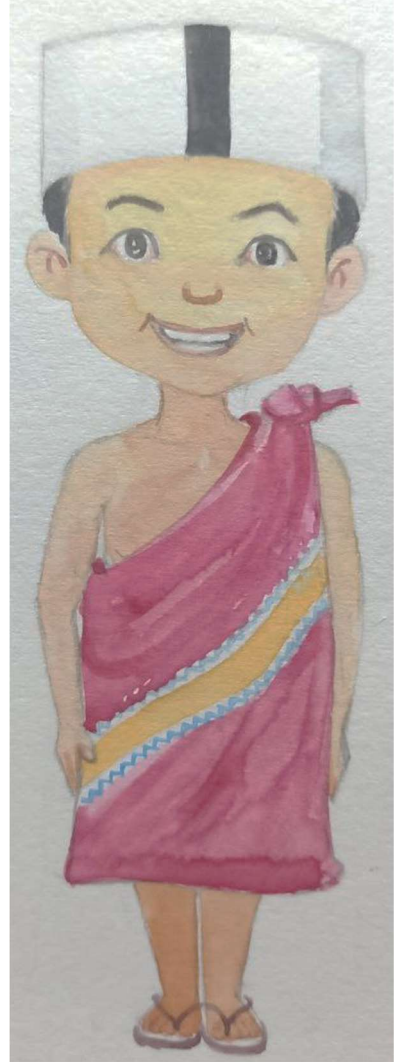
Kei ka min cu Van Cer Cin
Ni tin ti hrai nga ka din.

Kei ka min cu Van Ram Ceu
Ka ha a bum i a beu.



Ka Hawi Kong

1. Na hawi min aho dah a si?
2. A nu le a pa min aho dah an si?
3. Unau ze i zat dah an si?
4. A unau min aho dah an si?
5. Ze i tik kum ah dah a chuah?
6. Ze i khua ah dah a chuah?
7. Ze i khua ah dah a um?



Biahalnak

1. Ka hawi a min cu _____ a si.
2. Unau _____ an si.
3. A unau hna min cu _____ an si.
4. A chuah kum cu _____ a si.
5. A khua cu _____ a si.
6. A umnak khua cu _____ a si.

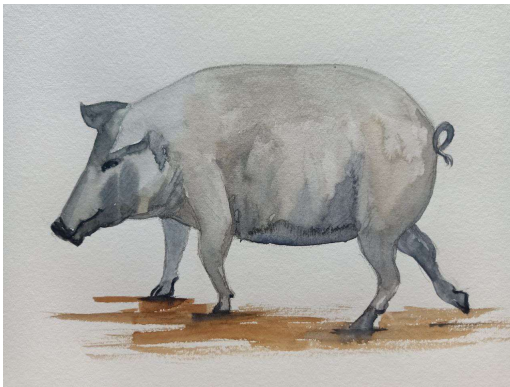


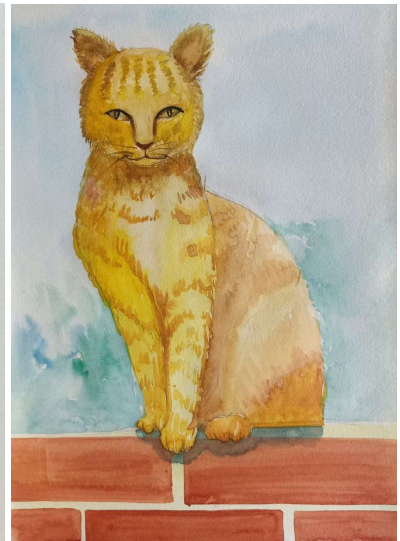
Tinh mi: Saṭil an min le an ṭhathnem hngalh nakding

Saṭil

Biahalnak

1. Inn ah zuat mi saṭil na theih mi min chim hna.
2. Ramlak ah thlah mi saṭil an min chim hna.
3. Zuat mi saṭil lak ah an hnuk din khawh mi saṭil min chim hna.





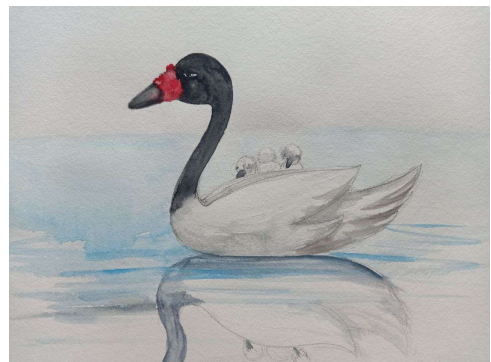
Saṭil hmaanthlak zoh in a tanglei biahalnak hi let hna.

1. Inn ah zuat mi saṭil min pathum in chim tuah.
2. Ramlak zuat mi saṭil min pathum in chim tuah.
3. Nan innchungkhar nih zei bantuk saṭil dah nan zuat?
4. A sa na ei bal mi saṭil an min chim hna.

Saṭil Kong

Saṭil cu minung nih kawm le bawm, asiloah inn sakpiak in zuat mi an si. Inn lak ah zuat mi zong an um, ram lak ah thlah in zuat mi zong an um. Innzuat saṭil lak ah minung he naihniam bik in a um mi cu uico le chizawh an si. Meheh le vok cu kawm chung ah khumh in zuat mi an si. Meheh hnuk hi a vitamin a ṭha ngaingai. Ar cu ar inn ah zuat an si. Zingka tein an thlah hna i zan ah ar-inn ah an khumh hna. Compei le mandali cu ti le cerhcet lak ah a tlong duh ngai mi an si. Ar, compei le mandali hi an ti din khawh mi le an sa zong ei khawh mi an si. Hi hna lak ah Laimi nih kan ei bik mi cu arsa a si. Laileng cu a bawm an tahpiak i inn disap tang ah an thlaipiak tawn. Ṭhuro he an i lawh caah ramlak i a um mi va ah an rel tawn.

Ramlak i thlah in zuat mi saṭil lak ah cheukhat cu caw, naa, sia, le rang an si. Caw, naa, le sia cu a sa ei mi an si i sasen sa tiah auh an si. Caw cu a sa ei awk lawng si lo in a hnuk din awk zong a ṭha. Cawtum cu cawleng hnuktu ah an hman tawn. Naa cu lei thuannak ah an hman bik. Sia hi Laimi nih kan sunhsak bik mi saṭil a si i a man zong a faak bik a si. Rang cu tlik an ṭhawn lawng si lo in thil phurh zong an ṭhawng. Minung nih an i cit tawn.





Tuah ding

Innzuat mi sañil asiloah ramlak i zuat mi sañil lak ah na duh bik mi sañil pakhat in i thim law na theih tawk in a kong chim.



Saram

1. Saṭil le saram zei dah an i dannak a si?
2. Na hmuh bal mi saram pakhat in chim tuah?
3. Saram nih zei dah an ei?
4. Minung ca ah saram nih zei dah an kan ṭhathnem?
5. Na duh mi saram pakhat in a zukuai tuah?

Pele Vanvan

SAK DING HLA

Pele vanva
Lo lam sakhi nan kap maw?
A kah cu kan kah le
A lu phurtu an um lo.
A lu cu khur ah phum
A khur cu ar nih thai
A ar cu mu nih cawi
A mu cu far ah fu
A far cu cirh ah tlu
A cirh cu sia nih din
A sia cu kei nih seh
A kei cu thal nih kah
A thal cu van ah kai.
Ngaleng nupi
Lawilek lawilek.



Laaknak: *Dingdi Music Magazine*, 2018.



Tinh mi: Laitlang chuak tisik anhnah kong hngalh nakding

Tisik Anhnah Le Thingthei Thingtlai

Biahalnak

1. Nan dum chung ah nan cin mi tisik anhnah an min chim hna.
2. Tisik anhnah lak ah a thaw bik na ti mi zei dah an si?





Biahalnak

1. Tisik anhnah chung ah na ei bik mi pathum in thim law an min chim hna. Cu bantuk tisik anhnah cu khoika ah dah hmuh khawh an si?
2. Hmaanthlak chung aa tel mi ah a ba a ngei mi tisik anhnah an min na hngalh zat in chim tuah.
3. Hmaanthlak chung i na hmuh mi ah a ruang a zaam mi tisik anhnah an min chim tuah.
4. Zei tisik anhnah dah a kung cung ah a thei a tlai mi an si?

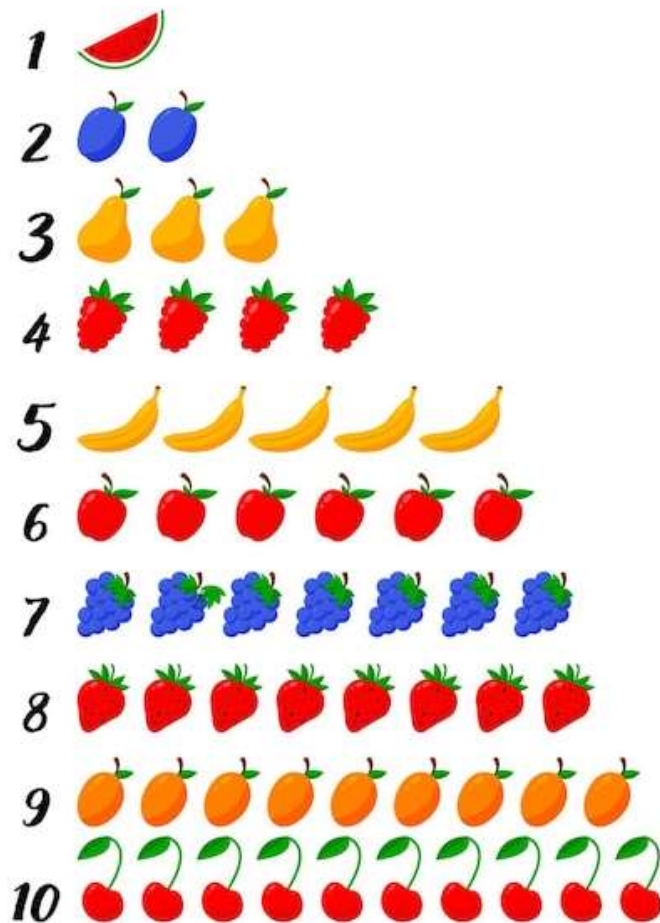
Tisik Anhnah Kong

Laimi cu dum le lo a tuah i tisik anhnah a cing mi kan si. Inn pawng ah dum a tuah i tisik anhnah a cing mi, a thianghlim i ngandamnak ca ah a tha mi tisik anhnah a eiding mi kan si. Laimi nih kan cin mi tisik anhnah cu phun thum ah then khawh an si. Cu hna cu: a tawba ei mi, a hnah ei mi, le a thei ei mi an si.

A tawba ei mi chung ah aa tel mi cu aalu, an'am tawba ngei, kazer (Mirang holh in *carrot* an ti mi), aithing, kawhra, tibantuk an si. A hnah ei mi tisik anhnah cu an'am, salat, nannan, caleri, anthur, tibantuk an si. A thei ei khawh mi chung ah aa tel mi cu zawngtah, bonbok, sentok, anfangkha, kawhlang, tibantuk an si. Cheukhat cu a hnah he a thei he ei khawh mi an um. Tahchunhnak ah mai le mai anhnah, anfangkha thei le anfangkha hnah.

Cheukhat tisik anhnah cu a ruang in a zaam mi an si. Cu lak ah aa tel mi cu mai, mairun, zil, bisakut, tbk an si. Cheukhat cu a kung in a um mi an si, tahchunhnak ah zawngtah, thingbonbok, hmaiirem, tibantuk.





Thingthei zukuai

Zukuai chung na hmuh mi thingthei an min chim tuah hna. Zukuai chung ah aa tel lo mi na theih mi thingthei min zong chim tuah? Nan dum chung ah nan cin mi thingthei an um maw? Na suai thiam mi thingthei zuk suai ve tuah. Zei thingthei dah a thaw bik?

Tuah ding

A cunglei tisik anhnah hmaanthlak chung ah aa tel lo nain tisik anhnah phun a si mi kha na nu le na pa asiloah na ule hal hna law, an min theih khawh i zuam. Cun sianginn ah nan hawile hmai ah nan chim cio te lai.

Thingthei Thingtlai

A kung asiloah a ruang in a thei a tlai i ei khawh mi thingthei an um. Dum le lo ah kan cin mi lawng si lo in, ramlak ah a kheu mi zong an tampi.

Dum le lo ah kan cin mi thingthei	Ramlak ah a kheu mi thingthei
1. Epal	1. Dingkok
2. Hnuhnun	2. Kethei
3. Metei	3. Memu
4. Piar	4. Taat
5. Ser	5. Theipi





Biahalnak

1. Dum le lo ah kan cin mi thingthei phun thum in chim ve?
2. Ramlak ah kan hrawn tawn mi thingthei phun nga in chim tuah?
3. Khuasik ah a za mi thingthei pa zei zat dah na theih?
4. Thal ah a za mi thingthei min chim tuah?
5. Fur ah a za mi thingthei pathum in chim?

Lentecelh ding

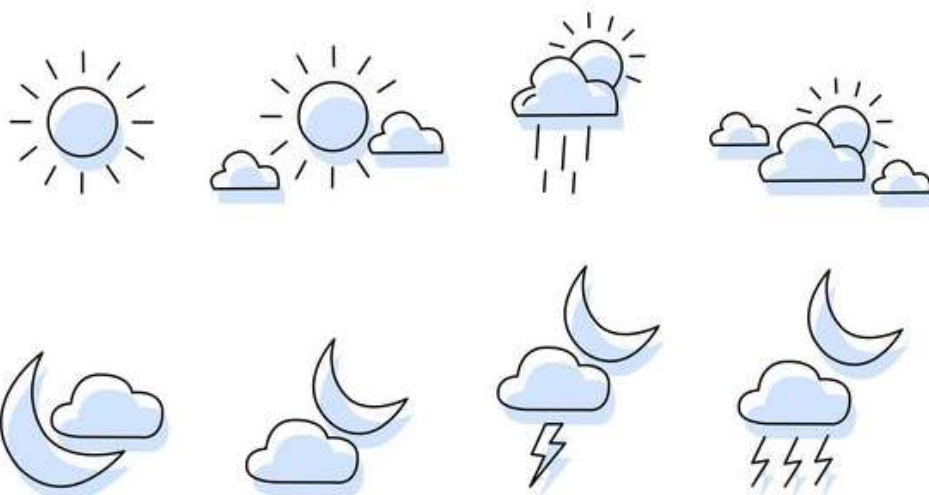
1. Tisik anhnah chung ah siangngakchia nih duh bik mi phun li thim ding. (Tisik anhnah zawn ah thingthei thingtlai min hmang in i celh khawh a si.)
2. Siangngakchia cu phu li ah nan i then lai i tisik anhnah phun li nan thim mi chung in phu khat nih pakhat cio nan i thim lai.
3. Mahle phu nih nan i thim mi tisik anhnah a thawtnak le thawtlonak kong bia nan i ruah lai, nan chim cio lai.

Tinh mi: Khuacaan aa thlen le aa then ning hngalh nakding

Khuacaan

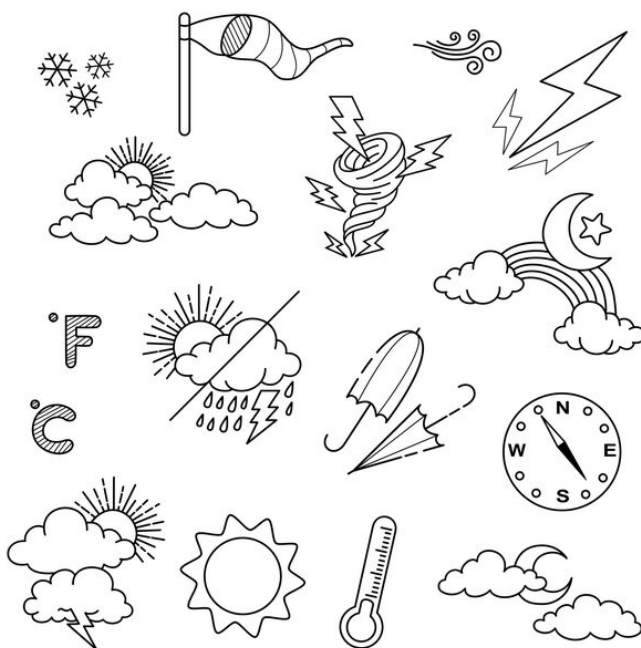
Biahalnak

1. Kum khat chung ah thla ze i zat dah a um?
2. Laitlang ah khuacaan pa ze i zat dah a um?
3. Khuacaan lak ah ze i bantuk khuacaan ah dah naa nuamh bik?
Ze i ruang ah dah naa nuamh bik?



Lentecelh ding

1. Phu thum ah nan i then lai. Fur ah a chuak mi phu khat, khuasik ah a chuak mi phu khat, thal ah a chuak mi phu khat tiin.
2. Ahohmanh nan chuah thla i chimh lo, ruahdamh in nanmah le chuah ni le thla ning tein dir khawh nan i zuam lai.
3. Nan dir ning cu nan chuah ni le thla a changchang in a si lo kho, aa palh kho. A donghnak ah nan chuah nithla nan i hal lai, nan i chim than lai. Cucun nan chuah nithla a changchang tein nan dir ning nan i remh lai.

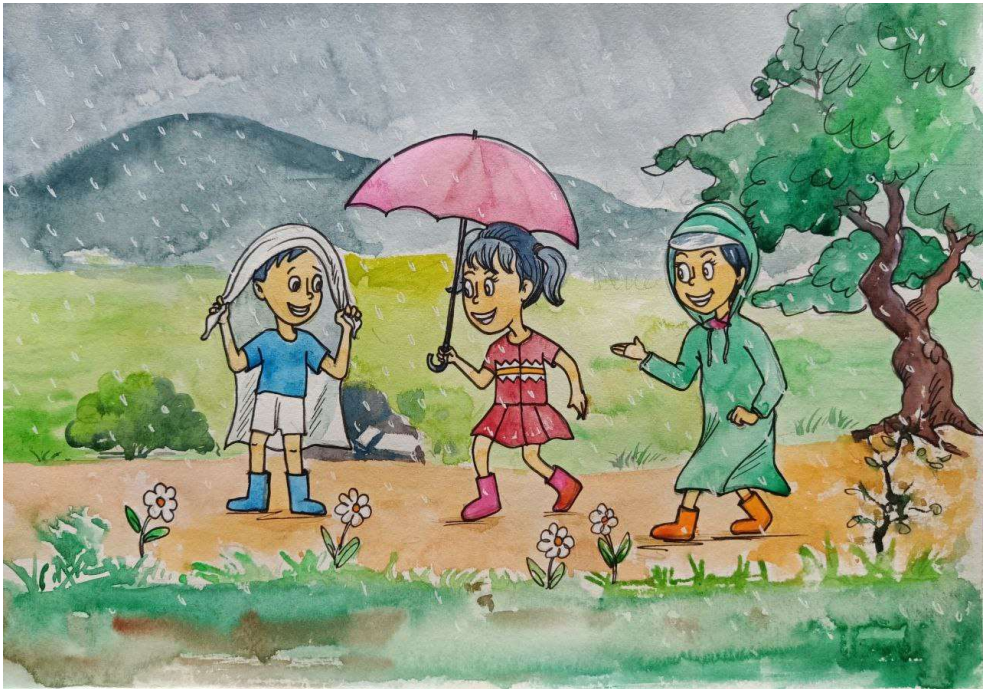


SAK DING HLA



Ruahpi Sur Kukuk Law

Ruahpi sur kukuk law
Vate hawi leng li law
Nangmah lo ah fang thar lai maw
Keimah lo ah fang thar lai e.



Zuksuai zoh law biahlnak let buah hna.

1. Zei bantuk thil dah an i hruk?
2. Zei ruang ah mah thil cu an i hruk?
3. Zei bantuk khuacaan dah a si hnga?



Zuksuai zoh law biahlnak let buah hna.

4. Zei bantu thil dah an i hruk?
5. Zei ruang ah mah thil cu an i hruk?
6. Zei bantu khuacaan dah a si hnga?



Zuksuai zoh law biahalnak let tuah hna.

7. Zei bantuk thil dah an i hruk?
8. Zei ruang ah mah thil cu an i hruk?
9. Zei bantuk khuacaan dah a si hnga?

Khuacaan Kong

Myanmar ram ah khuacaan phun thum a um. Laitlang zong ah khuacaan phun thum a um ve. Kum khat ah thla 12 a um. Cucu then thum ah then a si i cu then khat cio cu khuacaan pakhat cio an si. Khuacaan pathum i an min cu: Fur, Khuasik le Thal an si. Fur caan cu June thla in aa thawk i September thla ah a dong. Khuasik caan cu October thla in aa thawk i January thla ah a dong. Thal caan cu February thla in aa thawk i May thla ah a dong. Khuacaan pakhat cio ah thla li cio an um.

Fur caan ah cun ruahpi a sur tawn. Fur caan hi sianginn kai lio caan a si caah ruahpi i surhter ahcun zawt khawh a si. Ruahpi a sur tik ah nithawng asiloah palasatik angkileng i hruk ding a si. Fur chung ah hin chungtlik zawtnak a um tawn. Cucaah ti thiang, tithah din le a thianghlim mi tirawl eidin ding a si. Hmaisem le fikfa zong an tam ngai lio caan a si caah raifanh le zawtnak dangdang a chuak tawn. Fikfa nih an kan seh i kan zawt sual lo nakding zan ih tik ah khianghawng i thlak ding a si.

Laitlang a kih bik caan cu khuasik caan a si. Khuasik caan ah kan khua a lum nakding angki lum i hruk a herh. Khuasik caan ah cun vawlei phut an chuah cang caah vawlei deh ah cun kut le ke a kak tawn. Hmai, kut, le ke zong a phi tawn i hmur zong a kak tawn. Na taksa a phi, a kah, le a caar lo nakding ah cun hmaithuh, takthuh tibantuk thuhboih a herh. Khuasik caan ah mi tampi nih an i ngaih bik mi cu Christmas le Kumthar an si. Christmas cu December 25 ah a si i kumthar cu January 1 ah a si.

Thal caan hi a linh bik lio caan a si. March le April thla cu a lin ngaingai tawn. Thal caan hi thinghnah an tilh i hnahno an corh lio caan a si. Va nih bu an tuah lio caan zong a si. Vabu laak le vafa hlawm hman cu va an umnak inn hrawhpiak le an fale laakpiak a si. Cucaah hrial awk a si. Thal caan cu sianginn khar lio caan a si.



Biahalnak

Khua caan pathum a um mi chung ah ze! khuacaan ah dah naa nuamh bik? Naa nuamh biknak a ruang pahnih in chim tuah.

BIAZAI

Khuasik

Phaizawng an par khuasik thla
Daamti dor tete an tla
Christmas caan sunglawi kan pha.

Ṭhal

Vaurawng an par ṭhal khuapau
Fiakfai an awn chun a sau
Thingnah tintian in an rau.

Fur

Ṭhingṭheng ruah thawng inncung tla
Ṭokṭok utlak hla an sa
Nimthla zikzek ṭek an tla.



*Tinh mi: Chungkhar i cawnpiaknak bia ngaih a herh lungfian
nakding*

Innchungkhar

Biahalnak

1. Nan innchungkhar mi pa ze i zat dah nan si?
2. Na nu le na pa nih nifa ze i dah an in tuahtpiak tawn hna?



Pawte Chungkhar

Hlan lio ah hin ramtang ah pawpi chungkhar an rak um. Pawpi nu, Pawpi pa le an fa, Pawte ti mi an si. Pawpi pa nih cun nichiar an chungkhar ca ah rawl a kaw l tawn. Pawpi nu nih cun Pawte a umpi. Lungkua chung ah nuam ngai in an um.

Pawte cu lengchuah a duh ve tawn. A nu kha chuahnak nawl a hal tik ah, a sianh lo caah a lung a rawk ngaingai. Ni khat cu a nu theih lo kar ah Pawte cu leng ah a chuak i aa nuam tuk hringhran. Duhsah tein lungkua he aa hlaatnak ah a kal chin lengmang. Cu lio ah cun a rawl a taam tuk mi cenghngia run nih an hmuh i seh ding ah a hnulei in an von kulh ko. Pawte nih cun a tih tuk caah a tha um ek in a tli. Cu lio ah cun, Pawte a nu le a pa cu an hong phan i a nunnak an khamh manh. Pawte nih nu le pa theih lo in ze i tik hmanh ah keimah lawng leng ka chuak ti lai lo, a ti.



Biahalnak

1. Pawte kha a nu le pa nih zei caah dah lengchuah an sianh lo?
2. Cenghngia run he an i ton ah khan a nu le a pa um hna hlah sehlaw Pawte zei dah a cang kho tiah nan ruah?
3. Nu le pa theih lo in nangmah telawng lengchuah awk a si maw?
4. Lengchuah na duh a si ahcun zei dah na tuah awk a si?
5. Tuah na duh tuk ko nain na nu le na pa nih an in sianh lo mi a um maw? An in sianhlonak a ruang zei dah a si hnga?

Tinh mi: Lihchim le mihlen a thatlo lungfian nakding

Lih Chim A Thatlonak

Biahalnak

1. Sayate sin ah lih na chim bal maw?
2. Na hawile sin ah lih na chim bal maw?
3. Lih na chim bal a si ahcun zei ruang ah dah na chim?

Lih Ka Chim Ti Lai Lo

Tutu cu Tang 1 a kai lio mi a si. Eidin a duh mi le lentecelh a duh tuk mi a si. Ni khat cu lente aa celhnak le phone a zohnak ah *homework* tuah a philh. A thaizing sianginn kai a zaat tik ah ka paw a fak le sianginn ka kai kho lai lo tiah a nu a hlen. A nu nih sayama sin ah sianginn kai lo ding a va nawlpiak. Sayama nih cun, “Nihin Tutu sianginn a rak kai khawh lo ding cu a poi tuk tung. An khaan pawl cu nihin pei changreu le muṭhai kan phawt hna lai kan ti cu,” tiah Tutu nu cu a chimh. Cu kong cu a nu nih Tutu a chimh than tik ah Tutu cu aa chir tuk. Changreu le muṭhai cu Tutu nih ei a duh tuk mi an si cu mu. Sianginn ah a hawile changreu le muṭhai an ei lio ah sianginn kai lo in inn ah a um mi Tutu cu pawfah sii an dinh. Atu hnu hrimhrim cu lihchim ka hmang ti lai lo tiah Tutu nih bia aa tiam.

Biahalnak

1. Tutu nih lih a chim ruang ah zei dah a sungh?
2. Bia hmaanlo kan chim tik ah kan cung ah zei dah a tlung kho?
3. Na hawi nih lih a chim ahcun zei tin dah na tuah lai?

*Tinh mi: Aho poh mahle rian cio i hngalh le mahle tuanvo cio i
laak a herh lungfian nakding*

Na Tuanvo Zei Dah A Si Ve

Biahalnak

1. Zing na thawh in zeidah na tuah tawn? Cucu nangmah tein maw na tuah? Asiloah an in tuahpiak dah?
2. Inn ah rian na bawmh tawn mi hna a um maw?
3. Nan sianginn ah, nan khaan ah nangmah tuah ding an in thiah mi rian a um maw?

Pa Ro Tuanvo

Keimah cu Pa Ro ka si. Tang 2 a kai lio mi ka si. Ka nu le ka pa cu lo a thlo mi an si. Zingka tein ka nu cu a tho, mei a kau, rawl a chum. Ka pa cu zingka tein khuapi herh ah meeting hna a ngei tawn. Rap a tunh mi hna a veng tawn. Cun rawlei dih in lo ah an kal tawn.

Kei cu ca ka zoh lo caan ah ka nu rian ka bawm. Zingka ah ar ka va thlah, rawl ka pek hna. A caan ah cun pungraang mi a fa nawn te ka cawi khawh tawk in ti ka than ve. Khengtawl hna hi keimah rian ruah in ka ruah. Ka nu hi an'am dum titoih ka zul tawn. Ahnu ah cun keimah tein an'am titoih zong ka thiam ve cang.

Cazoh ding ka ngeih caan ah cun rian dang tuan hlan ah lim hmasa kaa zuam. Ka nu le ka pa nih rian an ka fial mi poh tuah khawh kai zuam. Ca ka zoh caan ah cun rian an ka fial lo.



Biahalnak

1. Zingka ah Pa Ro nih zei dah a tuah tawn?
2. Nifatin na chungle zei dah an tuah tawn?
3. Inn rian lak ah na tuah khawh ve mi zei dah an um?
4. Sianginn ah t̃uanvo na laak khawh mi rian zei dah an um?

*Tinh mi: Fir le hrokhrol a thatlo hngalh i din le fel a that lungfian
nakding*

Mi Thil Laak Na Hmang Maw

Biahalnak

1. Na thil na thlau bal maw?
2. Na thil a tlaw tik ah zei tin dah na um?
3. Na thlau mi thil na hmuh than tik ah zei tin dah na um?
4. Na thlau mi thil na hmuh lo tik ah zei tin dah na um?

Lukhuh Tlaw

Sianginn khar lio ah pangpar dum pakhat ah Parku te chungkhar an leng. Dum chung ah cun lukhuh aa dawh mi te Parku nih a char. Aa dawh ngai tik ah Parku nih i laak thai a duh. Lukhuh a thlawtu cu tah hmanh a duh ko lai ti a ruat. Lukhuh ngeitu a kawl i a pek than. Lukhuh ngeitu nih cun, “Kaa lawm tuk mu, a tlaw thai cang rua ka ti le ka ui tuk mi pei a si cu,” tiah Parku cu a lawmh.

Ni khat ah Parku cu ca ka tial lai a ti i, a zaal chung in cafung ka chuah lai a ti cu a hmu ti lo. A tlaw cang a ti i a lung a rawk tuk. Ahnu ah a cafung cu a hmuh than le aa lawmh tuk ning.

Biahalnak

1. Lukhuh a thlaw mi nih a hmuh than tik ah zei tin dah a um?
2. Parku va si law lukhuh kha zei tin dah na tuah hnga?
3. Sianginn tual ah thil pakhatkhat char law zei dah na tuah lai?
4. Lam cung ah thilthlaw mi char law zei dah na tuah lai?

*Tinh mi: Midang cung ah kan tuahsernak a tha maw a chia ti ruat
kho in thleidan thiam nakding*

Kan Tuah Awk A Si Maw

A tanglei hi a tha maw? Kan tuah awk a si maw?

1. Hawile thil thuhpiak
2. Thil hlanh
3. Duhnak poh ah hnawm hlonh
4. Hawile he ca zohti
5. Thilri i chuh
6. Mi tihraam
7. Aa khawng sual mi va domh
8. A tap mi va hnemh
9. Hawile an tlamtlinlonak va soi
10. Midang he i sik le i vuak



Nute le Pate

Voi khat ah Tang 1 a kai lio mi Pate cu a khaan chung ah a zun aa ceh. Midang nih an ka hmuh lai i an ka soi lai ti a phaang tuk hringhran. Cu lio ah cun Nute cu khengpi in ti a von i ken i sayapa he an ra. Nute nih Pate pawng a phak ah a cawi mi tikheng cu a thlak i an pahnih in an cin dih. “Ai, sorry, ka thlet soal,” a ti i Nute nih Pate cu ngaihthiam a hal. Nute le Pate cu an cin dih caah sayapa nih an thil a thlenter hna. Ahnu ah Pate nih Nute cu bia a hal. “Ka zun kaa ceh mi na theih le mi nih an ka nihsawh soal lai tiah maw na tuah hraam mi a si?” tiah a hal. Nute nih, “Kha ni kha keimah zong ka zun kaa ceh ve,” a ti.

Ruah awk

Midang nih an intuar mi kha keimah si ve ning law ti mi kan ruah khawh ahcun midang bawmh duhnak a um i mi va soi le tihraamnak a um ti lo.

Biahalnak

1. Midang sin ah a ɰha mi tuahsernak pathum in chim tuah.
2. Midang sin ah a ɰha lo mi tuahsernak pathum in chim tuah.

SAK DING HLA



Nifa Lentecelhnak Ah

Nifa lentecelhnak ah
Miṭha ka si lai.
Sikvelhnak a um tik ah
Daihtertu ka si lai.

Miṭha ka si lai, miṭha ka si lai
Velngei mi ka si lai
Mi sin ah daihtertu ka si lai.

Nifa sianginn kainak ah
Miṭha ka si lai.
Sikvelhnak a um tik ah
Daihtertu ka si lai.



Mi Zei Poh Thatnak An Ngei Cio

Biahalnak

1. Na hmai i a thu mi a thatnak pakhat in chim tuah?
2. Na hnu i a thu mi a thatnak pahnih in chim tuah?
3. Nangmah na thatnak pathum in chim tuah?

Saipi Tuanbia

Voi khat cu Saipi amah lawng a um a har tuk i hawikom ser ding in Zawngte sin ah a va kal. Zawngte nih, “Nang cu keimah bantuk in thingkung na kai kho lo i kan i kom kho lai lo,” a rak ti. Saveh sin ah a kal than i Saveh nih, “Nang cu na ngan tuk i ka bu chung ah naa tlum lai lo,” a rak ti ve. Utlak sin ah a kal than i Utlak nih, “Nang cu keimah bantuk in na per kho lo,” a rak ti ve i a khirh ve.

Saipi cu tupi chung ah a va lut deuh i, cu lio ah cun saram an hon zaam thluahmah a hmuh hna. “Zei dah a cang?” tiah Vomp i a hal i Vomp i nih, “Cakei nih seh ding in a kan daw i,” tiah a leh. Tlawmpal ah Cakei cu a hong phan. Saipi nih, “Ka kaw i, saram pawl seh lo in an nunnak zuah ko hna,” tiah a nawl. Cakei nih, “Na zaam lo cun nangmah zong kan seh lai hih,” a ti. Saipi nih cun Cakei cu raak lengmang in a chuih. Cakei nih cun a tih tuk i a zaam. Saram pawl cu an hna a ngam tuk cang i Saipi cu an komh di h.

Ruah awk

Zei bantuk mi le thilnung pohpoh hi kan i lo cio lo. Mi pakhat cio nih thatnak kan ngei cio. Cucaah kan hawile an thatnak zawn kha hmuhthiam in i hawikomh zia thiam usih. Kan hawile an thatnak zawn cio chim hna usih. Kanmah kan thatnak zawn cio chim hna usih. Aho poh hi thatnak kan ngei dih. Cucu kan i hmuhthiam cio ahcun pakhat le pakhat kan i kom kho lai.

Lentecelh ding

1. Nu le pa rian a bawm mi kan kut thlir hna usih.
2. Tlik a thawng mi kan kut thlir hna usih.
3. Zei rawl poh ka ei khawh a ti mi kan kut thlir hna usih.
4. Innrian tlohl lo tein ka tuah peng a ti mi kan kut thlir hna usih.

Hi lentecelhnak cu minung 9 in 15 tiang i celh khawh a si.

1. Thatnak kha a minung zat in nan kulhter lai.
2. Hruaitu nan thim lai i a lai ah a dir lai.
3. Midang nih thatnak an tuah mi pakhatkhat a chim lai.
4. Cu bantuk thatnak a tuah ve mi poh hmai ah an chuak lai.
5. An chuah dih in thatnak an i cuh lai, hruaitu zong aa cuh ve lai.
6. Thatnak a ting lo poh hruaitu a tuan lai i a cunglei bang a tuahpi than hna lai.

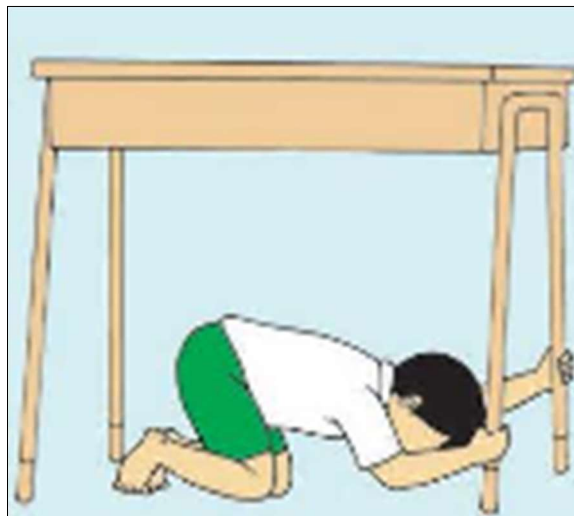
Lihninh Tik Ah Tuah Ding

Biahalnak

1. Lihninh cu ze i dah a si?
2. Lihninh nan tong bal maw? Ze i tin dah nan um?
3. Li aa hninh tik ah ze i dah a cang tawn?

Lihninh tik ah ze i dah a cang? Lihninh tik ah inn cu a cawl i a rawk asiloah inn a cim tawn. Cu tik ah ze i dah kan tuah lai?

1. Cabuai a um ahcun cabuai tang ah na lut lai.
2. Cabuai ke naa tlaih lai i na lu kha na kut tang ah na chiah lai.
3. Cabuai le thil dang a um lo ahcun na keng na kul lai i thilri pakhatkhat in na lu na khuh lai.
4. Thilri zeihmanh a um lo ahcun na kut pakhat in na hngawng na khuh lai i na kut pakhat in na lu na khuh lai.
5. Cunglei in thil pakhatkhat a tlak khawh caah a si khawh chung in na keng naa kui lai i na bawk lai.





Lihninh a dih hnu ah zei dah kan tuah lai?

1. Innchung in kan chuak lai.
2. Thlalang kuai le a zumhaar mi thil i tawnghsual lo ding le i lamhsual lo ding in kan i ralring lai.
3. Pakhat le pakhat i nam lo ding.
4. Hnulei naa her lai lo.
5. Na holh lai lo.
Na holhnak ah sayate chim mi na thei sual lai lo.
6. Na tli lai lo.

Zei ruang ah dah li aa hninh?

Kan vawlei hi a thapthap in aa funtom mi a si. A cung bik thap hi **tectonic plates** tiah auh a si. A cung bik thap cu dai te um lo in an i thial, an i thawn. Cu tik ah pakhat le pakhat an i su pah tawn. Cu an i ton caan le an i pah caan ah a turcawl mi nih vawlei a tlih caah cucu lihninh ti mi cu a si.

Tuah ding

- Sayate nih thutdan nan hninh lai i, “Li aa hninh!” tiah nan au lai.
- Cule cangka ngakchia cu cabuai tang ah an lut lai.
- Cu hnu ah “lihninh tik ah tuah ding” (hmaanthlak) ning bantuk in pakhat hnu pakhat na tuahter hna lai. Cabuai ke i tlaih in kut tang ah luchiah; kengkul i thilri pakhatkhat in lu i khuh; thilri zehmanh a um lo ahcun kut pakhat in hngawng i khuh i kut pakhat in lu i khuh; a si khawh chung in keng kui i bawh.

Chinchiah: TV a um ahcun lihninh lio zoh ding a si.



Tinhmi: Inn mei a kangh tik ah i runven thiam nakding



Inn Mei A Kangh Tik Ah Zei Dah Na Tuah Lai

Biahalnak

1. Inn a kang mi nan hmu bal maw? Khoika ah, zeik tik ah?
2. Inn kang mi kong an chim nan thei bal maw? Aho nih dah an chimh, zeik tik ah?
3. Zei ruang ah dah inn mei a kangh tawn?
4. Inn a kangh tik ah zeik dah a cang tawn?
5. Mei a kangh tik ah zeik dah na tuah awk a si?

Zei ruang ah dah inn mei a kangh tawn?

Inn cu i ralrin lo ruang ah le vanchiat ruang ah a kang tawn.

Mei a kangh tik ah zeik dah a cang tawn?

1. Innlo, thilri le minung nunnak tiang a hloh tawn.
2. Meikhu i hamh le takpum kanghnak ruang ah thih khawh a si.



Meikhu lak ah zaam a herh sual ahcun thilpuan a cin mi in na hnar le na kaa naa huh lai. Na kun khawh chung in kun asiloah bawh bu in innleng na chuak lai.

Mei nih an kangh ahcun zeï dah na tuah lai?

1. Tlik lo ding
2. Bawk law i letthal

Lentecelh ding

1. Minung pahnih cio in kan i kawp hna lai.
2. Saya nih a au lai i, “Inn a kangh!” a ti lechangka zeï tin dah kan i runven lai ti mi ning in um ding.
3. Saya nih, “Li aa hnin!” a ti cun zeï tin dah kan i runven lai ti ning in um ding.
4. Saya nih, “Mei nih an kangh khah!” a ti ahcun zeï tin dah kan i runven lai ti mi ning in um ding.

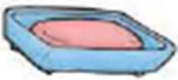
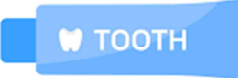
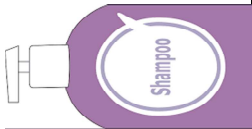
*Tinh mi: Thianhhlimh a herh lungfian nakding, thianhhlimhnak
thilri hngalh nakding le hman thiam nakding*

Kan Takpum Thianhhlimh Hna Usih

Biahalnak

1. Kan tak cung ah zeidah a hnawm bik? Zeidah a thiang bik?
2. Kan takpum a hnawmh ah zeidah a cangkho?
3. Kan takpum a thian nakding ah zeidah kan tuah lai?
4. Luṭawl lo takkholh lo in um usih law zeidah kan cangkho lai?
5. Takpum thian nakding ah kan hman mi thilri zeidah an si?



Hmannak Thilri			
			
			
			

Caan hmaan tein tinriam philh lo ding

Kan tin an sau ahcun an chung ah hnawm an lut kho. Kan tin chung a um mi hnawm cu kan kut in pakhatkhat kan ei tik ah kan i dawp, kan i eichih khawh. Cuticun kan tin chung hnawm kan paw chung an phan kho. Kan paw chung hnawm a um ahcun kan paw a faak kho. Cucaah tin i sauter lo in caan hmaan tein riam peng ding.

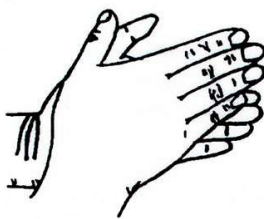
Tinh mi: Kutṭawl a herhnak hngalh le kutṭawl ning thiam nakding

Kan Kut Kan I Ṭawl Hna Lai

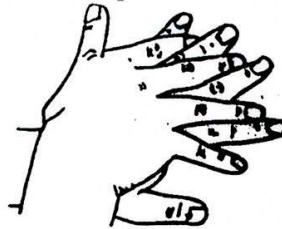
Kan kut a thiang rua tiah kan ruah mi kha *tissue* a raang mi tein i hnawt law *tissue* kha zoh hmanh. A hnawm mi kan kut ah khan zawtnak rungrul an um tawn.

Cucaah kan pum chung ah zawtnak rungrul an luh khawh lo nakhnga rawl kan ei hlan ah kut i ṭawl peng ding a si. Kan kut kan i ṭawl tik ah kan zapei, a cunglei kutphak, kutdong le kutdong karlak le kan banrek vialte kha chapiat he thiang tein kan i ṭawl lai.

Kan kuttin zong ah hnawm le zawtnak rungrul an um khawh caah kan tin sauter lo in riam lengmang ding a si fawn.



1.



2.



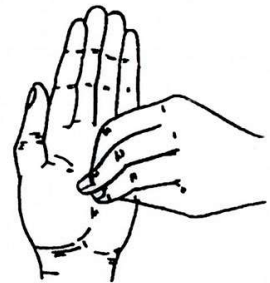
3.



4.



5.



6.

Zei tin dah kan kut kan i ṭawl lai?

Kan kut kan i ṭawl tik ah kan zapei, a cunglei kutzaphak, kutdong le kutdong kar vialte kha chapiat he kan muai lai i kan ṭawl dih lai.

Tuah ding

Zei tin dah kan kut kan i ṭawl lai ti kha cachimtu nih atak in hmuhsak ding. Cachimtu nih a kut aa ṭawl ning zoh dih hnu ah siangngakchia nih cachimtu nih aa ṭawl bantuk in kutṭawl ve ding.

Zei ruang ah dah thiang tein kutṭawl a herh?

Thilri pakhatkhat, abik in a thur mi thilri cung ah mit in hmuh khawh lo mi rungrul le hrik tampi an um. Mirang holh in *virus* le *bacteria* tiah an auh. Zawtnak a tlunter kho mi rungrul le hrik an si. Cu rungrul le hrik cu kan mit zohnak in hmuh khawh an si lo. Kan kut cu a thiang ko rua tiin kan ruah sual i kutṭawl ṭhaṭhi lo hna in eidin kan hmang tawn. Thingthei le ei supsap kan ei hna ah cun kan kut hmanh ṭawl lo in kan ei caan a tampi.

Zawtnak rungrul le hrik cu kan kut cung ah an rak um zirziar khawh caah kutṭawl lengmang a herh. Kutṭawl nih hin COVID-19 le a dangdang zawtnak a si mi chungtlik, tlangrai, thluak thahri phin le TB tibantuk zawtnak zong in a kan khamh khawh. Ti le chapiat in **second 20** chung kutṭawl nih COVID-19 rungrul a thianter khawh.

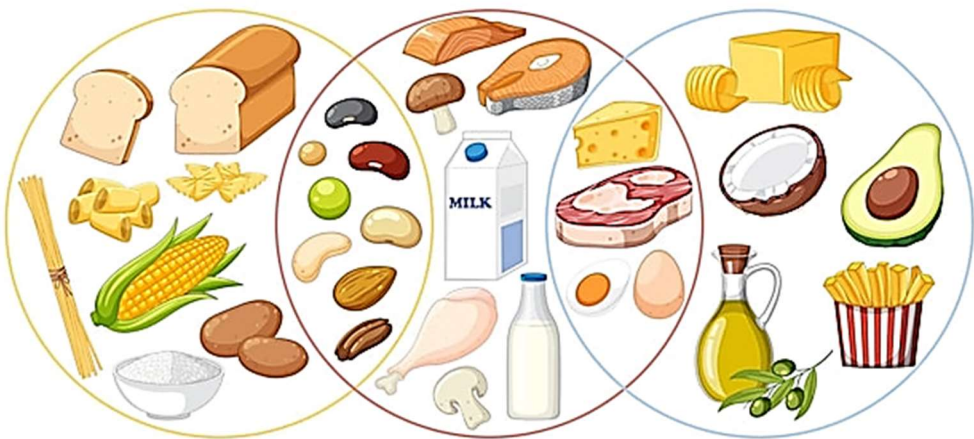
Cucaah kutṭawl lengmang ding. Kutṭawl lengmang nih kan kut zong a thianter i a dawhter, zawtnak zong a kham i kan ngan a damter.

Phuntling Tein Ei Usih

1. Atu bak ah ei na duh bik mi chim tuah.
2. Rawl kan ei tik ah kan i meh tawn mi an min kan chim hna lai.
3. Tuzing kan meh kan chim cio hna lai.
4. Kan duh bik mi tirawl min kan chim hna lai.
5. Kan duh lo mi tirawl min kan chim hna lai.

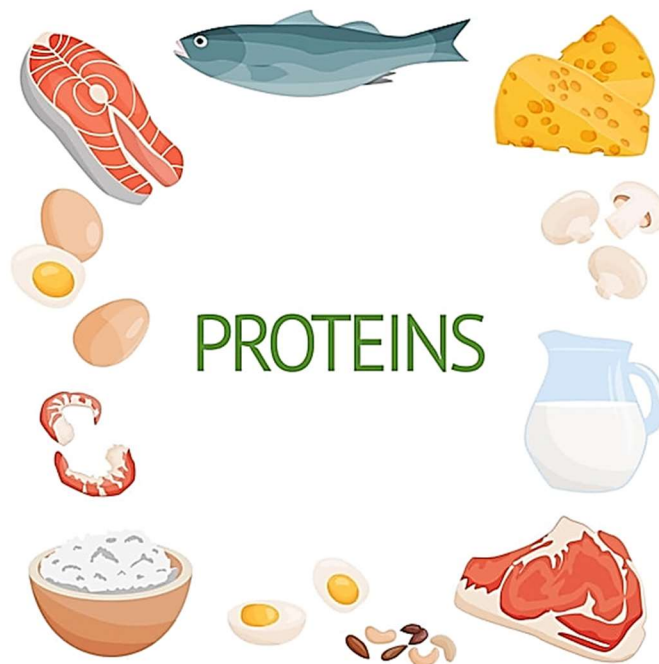
Zei bantuk a ei mi dah an thawng?

Zei poh a ei kho mi hi an ngan a dam i an thawng. Dukchia mi cu an der deuh tawn i an zawt hna a ol deuh kho. Dam kan duh ahcun nu le pa nih pek mi changreu, tisik anhnah, thingthei, sa, arti, be phunphun vialte tling tein ei dih a hau. Na duh lem lo mi zong na ei lengmang, naa hnekchih lengmang ahcun an thawt te lai i na duh thai te lai.



Tirawl phu thum

Tirawl tha hi a tlangpi in phu thum ah an then. Mirang holh cun tirawl tha ti cu *nutrition* an ti. Phu khatnak cu takpum thantertu tirawl an si. Phu hnihnak cu thazaang a umtertu tirawl an si. Phu thumnak cu zawtnak a kham khotu tirawl an si.



Phu Khatnak: Protein

Takpum thannak ah a bawmtu eidin tirawl cu *protein* aa tel mi an si. Takpum thannak le thluak thannak an si caah nichiar in ei a herh mi tirawl an si. Sa, be le pe phunphun hi *protein* aa tel mi tirawl cu an si.

Vok sa, sasen sa, ar sa, compei sa, meheh sa, nga sa, arti, compei ti, ngaikwang, sathi, sathin, kalape, mepe, tibantuk ah hin *protein* an i tel. Cawhnuk le meheh hnuk in tuah mi eidin ah hin ruh a thawntertu *calcium* tampi a um.



Phu Hnihnak: Carbohydrate

Thazaang a thawntertu eidin tirawl cu *carbohydrate* aa tel mi an si. Minung nih cawlcanghnak ah kan herh mi thazaang kan ngeih khawh nakding nichiar kan ei mi chung ah *carbohydrate* aa tel mi eidin a herh. Buh, kawm, fathau, maida tepawl le biscuit changreu tepawl ah hin *carbohydrate* an i tel. Khohsuai, aalu, baa, kawhra, kawm le fu tepawl zong ah an um.



Phu Thumnak: Vitamin le Mineral

Zawtnak a phunphun a khamtu eidin tirawl cu *vitamin* le *mineral* aa tel mi an si. Tisik anhnah le thingthei chung ah hin *vitamin* le *mineral* cu an um. Tisik anhnah le thingthei nih i chonh khawh mi zawtnak tepawl zong an kham khawh hna. Cun tisik anhnah chung ah ruhfehnak a si mi *calcium* tampi an i tel.

Takpum thannak le thluak thannak, thazaang thawnnak le zawtnak khamh khawhnak a si mi eidin phunphun hi nichiar in kan ei awk a si. Eidin tirawl phuntling tein kan ei lo ruang ah Myanmar ram cu kum nga tang ngakchia tampi vitamin an chambau. Laimi zong tirawl tha kan eidin, kan khimkham lo ruang ah a reng mi, a derthawm mi, le a than a tha lo mi ngakchia an tampi. Kan ngan a dam, kan thazaang a um i, kan than a that khawh nakding ah eidin tirawl phu thum hi tlukruang tein eidin zia thiam a herh.

Lairam Na Daw Maw

Hlaphan: Van Hu, Lian Hre, Pa Bu (Tikhuangtum)



Lairam, Lairam
Lairam na daw maw?

Khahlan kan pipu hna nih
Lairam an dawt ruang ah maw
Phaw le naam le fei put in
Raldo tawn hna maw.

An rak lennak kan ram cu
Pen hna ngakṭah sal bang in
Aw, tho cang kan Lairam ca
Lairam na daw maw?

Lairam kan in siang lo
Sifah in ding ah
Na nu dawtnak a thlum bang
Na semnak ram hi daw law
Na ram cu daw ve cang tiah
Zaihla in kan sawm.

Lairam, Lairam
Lairam na daw maw?