



# HOME-SCHOOL INSPIRATION



If you can't go out, why not travel the world from home?

This week we travel to Bangladesh

## Land of Bengal

Bangladesh (officially called People's Republic of Bangladesh) is a country in South Asia. The capital and the largest city is Dhaka (also spelled 'Dacca'). The city has an estimated population of 15 million people making it one of the largest cities in the world and is known as the "City of Mosques". Go on a tour of the top 50 tourist places, [here](#).

## Alpana Art

Alpana or alpana ( আলপনা ) are colourful designs, sacred art or paintings done with a paint which a paste made of rice and flour. The word Alpana is derived from the Sanskrit alimpana, which means 'to plaster' or 'to coat with'. These beautiful designs are used for celebrations and special occasions.

Make your own version using this [video](#)  
Choose one to [colour](#), [use sand](#) or [glitter](#).



## Food, Glorious Food

Bangladesh is the 'king' of South Asian sweets. The most popular Pakistani and Indian sweets originated in Bangladesh. Try out this fruity treat, "Banana Pitha".

Flour: 1/2 cup  
Sugar: 1/4 cup  
Banana: 1 cup (mashed)  
Water: 1/2 cup  
Cinnamon: 1/2 tsp  
Oil for frying & pinch of salt

Peel and mash the banana. Mix all ingredients together, except for the oil, in a bowl. Cover the bowl and leave for 30 mins. *\*An adult must help with this part; be careful with the hot oil\**. Heat 2 cups of oil in a wok or deep saucepan. Drop one tablespoon of batter into the oil, 3-4 at a time. Fry until golden for approximately 2-3 minutes over a low heat. Remove and leave to cool. Enjoy!



## Meet the Bengal Tiger



The Royal Bengal Tiger (*Panthera tigris tigris*) is the official National animal of Bangladesh. It is also known as the Bengal Tiger. The scientific name of the [Royal Bengal Tiger](#) is *Panthera tigris tigris*. They can only be found in Sundarbans and the Chittagong Hill Tracts. Sundarbans is the largest mangrove forest in the world, and it is also a world heritage site by UNESCO.

The Royal Bengal tiger is not only the Bangladesh National Animal but also the identity of Bangladesh. Its body is rich yellow to reddish ochre in colour with vertically arranged black stripes, more pronounced towards the tail and thighs; its tummy is white. Royal Bengal tiger cubs are born with stripes. Find out more [here](#).

Bangladesh has many animals – use [this link](#) for an A- Z of Bangladeshi Animals. Can you make an A-Z of animals from another country?

## Find out more...

- What does the flag look like? What does it mean?
- What is Bangladesh's currency?
- What is Kabaddi?
- Bangladesh shares borders with other countries. Which ones?

There are no limits to what you can discover!

Hello: Nomaashkaar

Please: Ektu

Thank you: Dhonnobad

Goodbye: Khodaa hafiz

Yes: Ji

No: Naa

Count from 1- 10 [here](#)

## Bengali - Official Language



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