



# **MODERN ESSAYS AND LETTERS**

*for  
All  
English  
Learners*

**U KYAW SAN LINN**

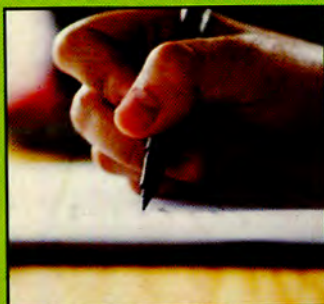
designed by tin htoon



# MODERN ESSAYS AND LETTERS

for  
All English Learners

U KYAW SAN LINN



အခြေခံပညာအထက်တန်းအဆင့် စာမေးပွဲ၊  
ရာထူးဝင်ခွင့် စာမေးပွဲများတွင် မေးလေ့ရှိသော  
အက်ဆေးနှင့် ပေးစာများကို  
အရေးအသား ထက်မြက်စေရန်  
အထောက်အကူပြုစေမည့် စာအုပ်ကောင်းတစ်အုပ်  
ဖြစ်ပါကြောင်း။

စာပေလောက



CT06120032  
Modern Essays & Letter  
Ks - 2,000

# Modern Essays and Letters For All English Learners U Kyaw San Linn

ပညာရေးအဖွဲ့အစည်းတို့အတွက်  
အမှတ်(၆) ဝန်ထမ်းစာအုပ်အဖြစ်  
ကမာရွတ်မြို့နယ်



အမှတ် ၁၉(H)၊ ၇ လွှာ၊ ၅၅ လမ်း၊ ပုဇွန်တောင်မြို့နယ်။  
ဖုန်း - ၀၉၅၀ ၇၃၆၀၅၊ ၀၉ ၇၃၀ ၈၄၆၃၆၊ ၀၉ ၄၂၅ ၃၂၃ ၄၆၃

# MODERN ESSAYS AND LETTERS FOR ALL ENGLISH LEARNERS

.....  
U Kyaw San Linn



**ပထမအကြိမ်ပုံနှိပ်ခြင်း**

၂၀၁၇ ခုနှစ်၊ စက်တင်ဘာလ၊ အုပ်ရေး - ၁၀၀၀



**မျက်နှာပုံဒီဇိုင်း**

ပန်းချီတင်ထွက်



**အတွင်းအပြင်အဆင်**

လူမော်



**မျက်နှာပုံနှင့် အတွင်းပုံနှိပ်သူ**

ဦးကျော်မိုးစိန် (အောင်သာပုံနှိပ်တိုက်-၀၀၀၆၉၀)

၁၇၊ ၃၁ လမ်း၊ ပန်းဘဲတန်းမြို့နယ်၊ ရန်ကင်းမြို့။



**ထုတ်ဝေသူ**

ဦးမိုးကျော် (ဇေယျာမိုးစာအုပ်တိုက်-၀၀၀၆၈)

အမှတ် ၁၉(H)၊ ၇ လွှာ၊ ၅၅ လမ်း၊ ပုဇွန်တောင်မြို့နယ်။

**တန်ဖိုး - ၂၀၀၀ ကျပ်**

စာအုပ်ကတ်တလောက်အချက်အလက်များ - CIP

ကျော်ဆန်းလင်း၊ ဦး

၄၂၁

Modern Essays and Letters For All English Learners/

ဦးကျော်ဆန်းလင်း၊ ရန်ကင်း၊ ဇေယျာမိုးစာအုပ်တိုက်၊

ပထမအကြိမ်၊ ၂၀၁၇။

၁၈၀ စာ၊ ၁၄x၂၁ စင်တီမီ

(၁) Modern Essays and Letters For All English Learners

## Content

ကဏ္ဍခွဲ

	7
1. An Unforgettable Day	9
2. How Students Should Keep Themselves Fit	12
3. The Kind of House I Want to Live in	15
4. The Person I Should Not Forget	18
5. Some Fruits I Like	20
6. Things I Like to Do When I am Free	23
7. The Best Time of the Day	26
8. An Unusual Dream	29
9. How I Intend to Celebrate My Next Birthday	32
10. Things I Would Like To Have	35
11. Tourist Attractions in Myanmar	38
12. Enjoyable Hobbies	41
13. The Most Pleasant Season of the Year	44
14. What I did last weekend	47
15. A Country I Would Like to Visit	50
16. My Favourite Pastime	52
17. The Game I Like Best	55
18. An Unforgettable Dream	58

19. How I Have Prepared for the Exam	60
20. How to Keep Fit	64
21. A Visit to a Historical Pagoda	67
22. An Amusing Incident	70
23. Some Things Money Cannot Buy	73
24. The Story I Like Best	76
25. Why Vegetables Are Important for Health	79
26. How Studying Regularly Helps Students	82
27. Different Types of Clocks and Watches	85
28. Money Cannot Buy True Friends	88
29. Some Delicious Myanmar Traditional Food	91
30. The Advantages of Shopping at Supermarkets	94
31. How I Usually Spend My Weekends	97
32. The rainy season is pleasanter than the hot season	100
33. The importance of being healthy	102
34. Time and tide waits for no man	104
35. How do you intend to serve your country?	106
36. My home town	108
37. My ambition	110
38. My Favourite Person	113
39. My Ideal Home	115
40. Fire and its Uses	117
41. The advantages and disadvantages of using Internet	120

**Letters****122-178**

## စကားဦး

အခြေခံပညာ အထက်တန်းစာမေးပွဲ၊ တက္ကသိုလ်ဝင်တန်းစာမေးပွဲနှင့် ရာထူးဝင်စာမေးပွဲတွေမှာ အင်္ဂလိပ်စာရေးသားခြင်းကို အမြဲ ထည့်မေးလေ့ ရှိပါတယ်။ စာရေးသားခြင်းဟာ စာဖြေသူရဲ့ အရည်အသွေးကို စစ်ဆေးဖို့ အကောင်းဆုံးနည်းဖြစ်ပါတယ်။ ကိုယ်ပိုင်စာရေးနိုင်စွမ်းရှိသလား၊ အင်္ဂလိပ် သဒ္ဒါကို နားလည်သဘောပေါက်ရဲ့လား။ ဒီအချက်တွေကို စာအရေးအသားဖြင့် အလွယ်တကူ ဆုံးဖြတ်နိုင်ပါတယ်။

ဒါကြောင့် အင်္ဂလိပ်စာအရေးအသား ထူးချွန်တိုးတက်နိုင်စေရန်၊ အထောက်အကူပြုနိုင်စေရန် ဒီစံနမူနာပြ စာစီစာကုံးများနှင့် ပေးစာများ စာအုပ်ကို ရေးသားပြုစု ထုတ်ဝေလိုက်ပါတယ်။ အားလုံး နှစ်သိမ့်လိမ့်မယ်လို့ မျှော်လင့်ပါတယ်။

ပန်းတိုင်းပွင့်၍

ပွင့်သောပန်းတိုင်း မွှေးပါစေ၊

ဦးကျော်ဆန်းလင်း

The King's English





## An Unforgettable Day

Days pass and most of them are forgotten. However, some memorable days remain in the corner of one's heart and they are not easily forgotten. Being a young student, I don't have many days to remember, but there is one day that I shall never forget.

It was none other than my thirteenth birthday. Before that day, I was looking forward to it. Do you know why? I would be a teenager. I didn't know what it meant, but I surely wanted to be one. For the great day, my mother promised to give a party for a few special friends. She would make "Mee-shay", her specially for us. My friends came and helped me prepare for the party. We hung coloured crepe paper and balloons on the ceiling. When the party began, everyone, who is near and dear to me, was there except my father. I was sorry because of his absence, but I understood because he was a very busy man. Birthday presents were given, games were played, lively music was on and everyone was having a good time. There was shouting and laughing and a lot of noise. Suddenly, the front door opened and everyone shouted, "Surprise! Surprise!" My father came in, pushing a red bicycle and everyone was watching me. At

that moment, you could even hear a pin drop. Tears welled up in my eyes and I couldn't believe what I saw. My father is such a busy man, yet he could spare his time for me. Moreover, I had always wanted a bicycle of my own. My house is quite far from my school and I had to take a bus to get here. Sometimes, my friend, Tun Tun gives me a lift on his bicycle. Now that I have my own bicycle, I don't need to trouble him anymore. I can even take my younger brother on the seat behind. What is more, I can run errands for my mother. In addition, I can joy my friends whenever they go cycling round the town during the holidays.

It was just an ordinary day. The sun wasn't brighter, the sky was not bluer and the songs of the birds weren't sweeter. Some may even think that I am making mountains out of molehills. For me, it was unforgettable because my parents showed me how much they love me. I was on cloud nine and it was indeed an unforgettable day.

### Words and Phrases

(စကားလုံးများနှင့်စကားစုများ)

in the corner of one's heart	= တစ်စုံတစ်ဦးရဲ့ နှလုံးသားနေရာမှာ
before that day	= ထိုနေ့မတိုင်မီ
teenager	= ဆယ်ကျော်သက်
for the great day	= ကြီးကျယ်ခမ်းနားတဲ့ နေ့အတွက်
specialy	= အထူးတလည်၊ တကူးတက၊ သက်သက်
coloured crepe paper	
and balloons	= ရောင်စုံစက္ကူနှင့် ပူဖောင်းများ
near and dear	= ချစ်လှစွာသော မိသားစု
at that moment	= အခိုက်အတန့်မှာ

- |               |   |                              |
|---------------|---|------------------------------|
| a pin drop    | = | ပင်အပ်ပေါက်                  |
| welled up     | = | လှုံထွက်သည်၊ ပြည့်လာသည်      |
| run errands   | = | တောက်တိုမယ်ရလုပ်သည်          |
| bluer         | = | ပြာသော                       |
| molehills     | = | ပွေးကျစ်စာများ၊ ပွေးစုန်များ |
| on cloud nine | = | အရူးအမူးဝမ်းသာသည်။           |





## How Students Should Keep Themselves Fit

Health is wealth. A healthy man is a happy man because he can eat what he likes, go where he wants and do what he pleases. So, students should keep themselves fit to be able to achieve their goals in life. In order to be fit, there are many things that we should do.

Firstly, we should have regular study hours and proper ways of studying because they are good study habits. Studying regularly in the morning while we are still full of energy and fresh is a good way to study. In this way, we don't lose sleep and we don't fall easily. Secondly, eating and nourishing food is another way of keeping fit. We should have a healthy diet, which means eating fresh vegetables, fruits, meat and milk. The food we eat should be enriched with vitamins, proteins, and minerals. There is a saying, 'An apple a day keeps the doctor away.' So, we should eat fruits every day. We should also drink milk to have strong bones and healthy teeth. Thirdly, we should take exercise regularly. Physical exercise is one of the means to stay healthy. Taking exercise relaxes tense muscles and refreshes the mind. It helps us to have a sound mind and a sound body. In addition, we can

also play various kinds of sports and games. Furthermore, if we have a balanced life of work and recreation, we will have a healthy life. Therefore, we should take rest or recreation after hard work. We should not stay up late by watching movies or playing games. Sound sleep at night is necessary. We should also take up a hobby during our leisure hours to relax our mind and body. "Idleness is the devil's workshop". So, we should never be idle but we should always keep ourselves busy. After working hard, we should do something to keep us occupied as well as to give us pleasure. Hobbies such as drawing, sewing, reading, gardening and stamp-collecting are popular hobbies to relax the mind. Activities such as hiking, rowing, swimming, tennis, badminton and football make us strong and healthy.

The above mentioned ways are just a few things that we should do to keep fit. To sum up, having regular study hours, eating a healthy diet, taking exercise, having enough sleeping hours and relaxing are ways to keep ourselves fit.

**Words and Phrases**

(ကောင်းစားစားနှင့်ကောင်းစားစား)

- |                         |   |   |
|-------------------------|---|---|
| their goals in life     | = | ဘဝပန်းတိုင်များ   |
| proper ways of studying | = | စာကျက်ခြင်းရဲ့ ပုံမှန်နည်းလမ်းများ                                |
| a good way to study     | = | စာကျက်ရန် နည်းလမ်းကောင်း  |
| a healthy diet          | = | ကျန်းမာသော အစားအစာ  |
| enriched                | = | ကြွယ်ဝချမ်းသာစေသည်၊<br>(ဩဇာ၊ ရသ၊ တန်ဖိုး စသည်)<br>တက်စေသည်။       |
| minerals                | = | တွင်းထွက်ပစ္စည်းများ၊ သတ္တုများ၊<br>ဓာတ်သတ္တုများ၊ သတ္တုဓာတ်များ။ |

"An apple a day keeps  
the doctor away."

to stay health

tense muscles

a sound mind

a sound body

furthermore

a balanced life

after hard work

sound sleep

"Idleness is the devil's  
workshop."

to sum up

= တစ်နေ့ ပန်းသီးတစ်လုံးစားခြင်းဟာ  
ဆရာဝန်ကို အနားမကပ်စေရ

= ကျန်းမာအောင်နေဖို့

= တင်းမာနေတဲ့ ကြွက်သားများ

= ကြံ့ခိုင်စေသောစိတ်

= ကြံ့ခိုင်သော ကိုယ်ခန္ဓာ

= ထို့ပြင်၊ ဒီအပြင်။

= ဟန်ချက်ညီတဲ့ဘဝ

= ပင်ပင်ပန်းပန်းလုပ်ပြီးတဲ့နောက်

= နှစ်နှစ်ခြိုက်ခြိုက်

= ပျင်းရိခြင်းဟာ နတ်ဆိုးရဲ့အလုပ်ရုံဖြစ်

= နိဂုံးချုပ်အနေနဲ့





## The Kind of House I Want to Live in

I am a Yangonite. I am now living with my parents and my maternal grandmother. My parents are government servants and we live in a flat on Pan-So-Dan Road. It is a large eight storey building. Fortunately, we live on the first floor. There are several tenants so we have several neighbours.

To speak the truth, I do not like the flat that I am living. There are sixteen apartments in this building, which means that there are sixteen families living very closely. They know everything about one another. The first thing I don't like about it is the stairs. It is quite narrow and it is the place when we meet our neighbours coming up or down. So, it is very busy. Some people run down the stairs, some stamp their feet and some shout from the stairwell if they forget something. A few persons in my apartment are betel chewers and they spit in the corners of the stairway. Therefore, I would like to live in a small cottage in a large compound. The roof will be zinc and the floor will be parquet. It will be well polished and the whole house will look neat and tidy. I want a house that faces east and has large windows, so that I will get lots of fresh air and sunshine. More-

over, I want to live in the suburbs where it is peaceful and quiet and far away from the hustle and bustle of city life. It will also have enough ventilation even when there is no electricity. I want to have a large kitchen in order that my mother will have lots of space to cook. Moreover, we can scrub it clean easily. I like curtains blowing in the wind and every room will have beautiful curtains. There will be some furniture but not much because I don't want the rooms to be crowded. The furniture does not need to be expensive or good as long as it is comfortable. I dream of having a cottage surrounded by shady trees. Every morning, I want to wake up to the song of twittering birds in the nearby trees. I think it is the most beautiful music in the world. I will also ask my father to make a small platform under the big tamarind tree, to sit or nap on hot sunny days. On moonlight nights, we can all sit and take on the platform while sipping green tea.

I can't tell when I'll be able to live in a house like this. Just dreaming about it brings me joy. I hope that one day my dreams will come true and I'll live in a house like this.

### Words and Phrases

(ကောင်းလုံးများနှင့်ကောင်းစုများ)

Yangonite	= ရန်ကုန်သူ၊ ရန်ကုန်သား။
maternal	= မိခင်၊ မိဘဘက်မှ တော်စပ်သော။
fortunately	= ကံကောင်းထောက်မလို၊ ကံအားလျော်စွာ။
several tenants	= များပြားလှတဲ့ အိမ်ငှားများ။
up or down	= စုံချည်ဆန်ချည်။
stamp	= ခြေစောင့်ခြင်း။
shout	= အော်သံ၊ ဟစ်ကြွေးသံ။



stairwell	=	လှေကားခွင်။
betel chewers	=	ကွမ်းစားသူများ။
spit	=	ထွေး(ထုတ်)သည်၊ တံတွေးထွေးသည်။
stairway	=	လှေကားအုံ။
cottage	=	တစ်ထပ်တိုက်ကလေး။
parquet	=	သစ်ကွက်အလှစီကြမ်းခင်း။ ပါကေး။
suburbs	=	ဆင်ခြေဖုံးများ။
ventilation	=	လေဝင်လေထွက်။
twittering birds	=	ကျည်ကျည်ကျာကျာ မြည်နေတဲ့ငှက်များ။
nap	=	တစ်မှေးအိပ်သည်။
while sipping green tea	=	လက်ဖက်ရည်ကြမ်းသောက်နေစဉ်။





## The Person I Should Not Forget

I love and admire a lot of persons. They include members of my family, friends and relatives. They are good, kind people with good characters and habits. Moreover, I admire my parents, teachers, highly qualified persons and people who have achieved success. Among them, there is someone who I admire very much. She is my English teacher, Daw Mya May.

She was not only my English teacher but also my class teacher when I was in the Fifth Standard. She is a Myanmar Buddhist lady. She is now about fifty years old and she is a single. She is strict but kind. Because of her experience, her patience and her way of teaching, my English has improved. Her mastery of the subject enabled her to teach well. She was always punctual. Silence and discipline ruled her class when she taught us. If we did not understand something, she explained repeatedly until we understood. She gave us sound advice and she solved our problems for us. Sometimes, her patience surprised me because some students were naughty and rude. However, she understood them and led them to the correct path. She set us a good example by working hard. So, my parents requested

her to tutor me privately. She has been teaching me English since then. She teaches me not only grammar and vocabulary but also a lot of general knowledge. She was really born to be a good teacher. Because of her, I have learnt to enjoy and love the language. In addition, she taught me about the cultures and traditions of people. I come to realize that learning could take me to a higher level and get a better job. As time flew, I began to master the language. I found it easier to learn other subjects that were taught in English. Reading books, listening to songs and watching movies in English brought me more enjoyment.

All that I have gained and all that I shall gain is due to my English teacher, Daw Mya May. Without Annie Sullivan, there would not be Helen Keller. She would not be successful. As for me, my English would not be so good without my teacher's help. For all the facts mentioned above, my English teacher, Daw Mya May, is the person I should not forget.

**Words and Phrases**

(စကားလုံးများနှင့် စကားစုများ)

- |                          |  |
|--------------------------|--|
| highly qualified persons | = မြင့်မားတဲ့ အရည်အသွေးရှိတဲ့ လူပုဂ္ဂိုလ်များ    |
| mastery                  | = အပြီးတိုင်တတ်ကျွမ်းခြင်း၊ အထူးကျွမ်းကျင်ခြင်း။ |
| punctual                 | = အချိန်မှန်။                                    |
| naughty                  | = ဆိုးသော။                                       |
| rude                     | = ရိုင်းသော၊ ရိုင်းစိုင်းသော၊ ရိုင်းပျသော။       |
| privately                | = ပုဂ္ဂလိက၊ သိုသိုသိပ်သိပ်တစ်ဦးချင်း။            |
| As time flew             | = အချိန်ကုန်ဆုံးသွားလို့။                        |
| master                   | = အကြီးအကဲ၊ ဦးစီးသူ၊ အုပ်ချုပ်သူ။                |



## Some Fruits I Like

Being a tropical country, fruits are abundant in our country. I enjoy eating them not only as desserts but also as snacks. Although they have high nutritional value, they are not expensive. Among them, some fruits are strawberries, oranges and mangoes.

I like strawberries most. They are chiefly grown in Pyin-Oo-Lwin. As they are berries, they grow on small plants almost touching the ground. They are not very big like the ones grown in the west. They are heart-shaped, rosy red and fleshy. We can eat the whole fruit because the skin does not need to be peeled and it does not have a pit. Some people are allergic to it but not many. They are grown in fields where the weather is cool and the rain is scarce. However, they go bad quickly so they are packed in small baskets and sent to lower Myanmar as soon as they are plucked. I like everything that has a strawberry flavour such as milk shakes, ice-creams, jams and strawberry cream filled biscuits. Even my favorite colour is strawberry. As all berries do, they contain a lot of antioxidants which are good for preventing fatal diseases like cancer. Next, I like oranges. They are grown in orchards in the Shan Hills, where the

weather is cool, the rain is scarce and there is enough sunshine to ripen it. In some parts of the world, orange blossoms are used at weddings to adorn the bride as a crown. They are green but they turn into a beautiful orange when they ripen. Nothing freshens me up like a glass of orange juice on a hot summer's day. The scent of the orange peel relieves giddiness and headaches, too. As it is a citrus fruit, it is rich in Vitamin C which is good for my skin. Last but not least, my favourite is the mango. In our country, it is known as the king of fruits. It is oval in shape, fleshy and the seed is not very small, but the taste of the mango is incomparable. The green mango is green and sour when it is unripe, but yellow and sweet when it is ripe. In February, mango shoots appear and we eat them with fish paste. A bite of the crunchy green mango is satisfying even if the curry is not very good. We preserve them by making pickles, juices and jams. It is a very popular fruit in Myanmar. Ripe mangoes are eaten as desserts after a meal. It is plentiful in the rainy season. Eating fruits regulates the bowels and makes our skin soft and smooth. Fruits are rich in antioxidants and vitamins so they are essential for us. We must eat them to prevent cancer and heart disease.

All these fruits have high nutritional value and they cost very little. That is why I eat them whenever I get the chance. These are the fruits I like and these are the reasons why I like them.

### Words and Phrases

(စကားလုံးများနှင့် စကားစုများ)

abundant

= အလုံလုံပင်ဖြစ်သော၊ အလွန်ပေါများသော။

desserts

= အချိုတည်းစရာများ၊ အချိုပွဲများ။

snacks	= အဆာပြေစားစရာများ၊ မုန့်များ၊ သရေစာများ။
high nutritional value	= မြင့်မားတဲ့ အာဟာရတန်ဖိုး။
chiefly	= အဓိက၊ အရေးအပါဆုံး
berries	= ဘယ်ရီသီးများ
heart-shaped	= အသည်းပုံ
fleshy	= အသား
peel	= အခွံနွာသည်၊ သင်သည်။
pit	= အချိုင့်ဖြစ်ပေါ်စေသည်။
allergic	= (ဓာတ်) မတည့်သော။
scarce	= ရှားပါးသော
flavour	= အနံ့အရသာ
fatal diseases	= သေစေနိုင်သော ရောဂါများ
orchards	= သစ်သီးခြံများ
ripen	= မှည့်လာသည် (သို့မဟုတ်) မှည့်စေသည်။
blossoms	= ဝေနေအောင်ပွင့်သည့် ပန်းများ
weddings	= မင်္ဂလာဆောင်များ
adorn	= ဆင်မြန်းသည်၊ ဆင်ယင်သည်၊ တန်ဆာဆင်သည်။
freshens	= လန်းဆန်းစေသည်၊ သစ်လွင်စေသည်။
scent	= ရနံ့၊ သင်းရနံ့
giddiness	= မူးဝေခြင်း
headaches	= ခေါင်းကိုက်ခြင်းများ
citrus	= ရှောက်၊ သံပရာမျိုးဝင် အသီးများ





## Things I Like to Do When I am Free

There are many things that I like to do when I am free. My leisure hours are the sweetest moments. It is the time when I have no work to do. I am my own master and I can dispose my time at my own free will. In other words, I can do what I like.

The first thing I do when I am free is to switch on the stereo set and listen to rap songs. Like every teenager, I like them and I want to be a rapper. Rap songs sound like poems in my ears and I don't need to have a nice voice to be able to sing them. As I sing along with them, it relieves my tension. Most rap songs express what is in the heart of teenagers and what makes them tick. I never listen to classical songs because I find them depressing and I find rock music noisy. Next, I like to read detective stories. Nothing gives me a thrill like a good detective story. I always try and solve the problem and find out who the murderer is, but I never get the right answer. That's what gives me pleasure. It is always a close shave and I believe that I will get it right the next time. Once I read a detective novel, I find it hard to put it down as the plot thickens and the characters get more and more involved. They hold my interest with sus-

pense. After reading for too long, I go and swim at the National Swimming Pool at least once a week. I use every muscle in my body when I swim. That's why I feel very tired and hungry after a good swim. In spite of being a busy student, my life is well-balanced because I give both my brain and my body a rest when I am free. I rest not only physically but also mentally.

These are the things I like to do when I am free. Some may think that I am not very wise to spend my free time in this way without making good use of it. According to my own yardstick, spending my free time like this relieves my tension, gives me a healthy mind and surely gives me new energy to face the difficulties of life.

### Words and Phrases

(ကောလိပ်များနှင့် ကောလိပ်များ)

the sweetest moments	=	နှစ်လိုဖွယ်ကာလ
dispose	=	စီထားသည်၊ နေရာချထားသည်။
relieve	=	သက်သာရာရစေသည်။
tension	=	စိတ်ပင်ပန်းမှု၊ စိုးရိမ်ပူပန်မှု
tick	=	တစ်ခဏ၊ တစ်မကြာ
classical songs	=	ဂန္ထဝင်သီချင်းများ
depressing	=	ဝမ်းနည်းညှိုးငယ်စေသော၊ စိတ်မချမ်းသာဖြစ်စေသော။
detective stories	=	စုံထောက်ဝတ္ထုများ
thrill	=	ရင်ဖိုစေသည်၊ စိတ်လှုပ်ရှားစေသည်၊ ပီတိဖြာစေသည်။
murderer	=	လူသတ်သမား
more and more	=	ပို၍ပို၍၊ တိုး၍တိုး၍



- suspense = သည်းထိတ်ခြင်း၊ ရင်ဖိုခြင်း၊  
စိတ်ထင့်ခြင်း။
- well-balanced = ကောင်းစွာချိန်ညှိထားသော
- mentally = စိတ်တွင်၊ စိတ်ဖြင့်
- yardstick = ပေတံ၊ စံ





## The Best Time of the Day

The best time of the day is morning. Being an early riser, I never miss the chance to enjoy it. No matter how busy I am, or how late I go to bed at night, I get up early.

Every morning, I wake up when the alarm bell rings. Sometimes, the rooster from my neighbour's house wakes me up when he crows. Birds twitter in a tree near my window. They are ready to leave their rests in search of worms and they sing praises to the golden sun. I get up slowly, breathing in the cold, fresh air. As it is the beginning of a new day, everything is fresh and clean. The fumes of the cars have not polluted the air yet. So, it is the best time to take exercise and make our lungs strong and healthy. The rays of the sun are not too hot yet and the dew is still on the roses and the grass. People take a walk in the morning because the sun is not too hot and they don't get tired easily. While washing my face, I can hear my grandmother, ringing the triangular gong after saying her prayers to share her merits with everyone. What a lovely way to begin a new day! Moreover, I can hear my mother calling out to the baked bean seller to make fried rice for us. School children hurry to school in their white and green uniforms, with tiffin

carriers in their hands. Workers on morning shifts leave for factories and offices. Shopkeepers open their shops and display their goods. Everyone gets ready to meet a new day and a new challenge. Sometimes, a thin layer of mist covers the surrounding and makes the world a more beautiful place. What's more, there is peace and quiet. After a good night's sleep, everyone is energized, fresh and alert to meet a new day. In addition, I can concentrate on my lessons and study them well. The sun rises slowly in the east and brings light to the whole world, driving away the darkness.

As morning is the beginning of a new day, it can bring us anything. It may be a good day or a bad day. We are always filled with hopes and strength for a new day in the morning. Thus, for all the facts mentioned above, morning is the best time of the day.

**Words and Phrases**

(စကားလုံးများနှင့် စကားစုများ)

- |              |  |
|--------------|--|
| riser        | = (အိပ်ရာမှ စောစော၊ နောက်ကျ) ထတတ်သူ။       |
| miss         | = လွဲသည်၊ လွတ်သည်၊ ချော်သည်                |
| no matter    | = ကိစ္စမရှိ၊ ရပါတယ်                        |
| rooster      | = ကြက်ဖ                                    |
| crow         | = ကြက်တွန်သည်၊ လင်းကြက်ဆော်သည်။            |
| twitter      | = တွတ်ထိုးသည်၊ အသံစာစာနှင့်ပြောသည်။        |
| in search of | = ရှာသည်၊ ရှာပုံတော်ဖွင့်သည်။              |
| worms        | = တီကောင်များ                              |
| praise       | = ချီးကျူးသည်၊ ချီးမွမ်းသည်၊ အမွမ်းတင်သည်။ |
| fume         | = အခိုး၊ အငွေ့၊ အခိုးအငွေ့                 |

pollute	= ညစ်ညမ်းစေသည်။ ဆိုးညစ်စေသည်။
dew	= နှင်းပေါက်၊ နှင်းစက်
triangular gone	= သုံးပွင့်ဆိုင်ကြေညာချက်
after saying her prayers	= ဘုရားရှိခိုးပြီးတဲ့နောက်
to share her merits	= ကုသိုလ်ကောင်းမှုကို ဝေမျှဖို့
the baked bean seller	= ဖုတ်ထားတဲ့ ပဲတောင့်မှုန့်ရောင်းသူ
with tiffin carriers	= ထမင်းဘူးဖြင့်
on morning shifts	= မနက်ပိုင်းချိန်
a thin layer of mist	= ပါးလွှာတဲ့ မြူနှင်းလွှာ
energize	= အားထုတ်သည်၊ အားစိုက်သည်၊ အားရှိစေသည်။
alert	= နိုးကြားသော၊ သတိရှိသော။





## An Unusual Dream

Dreams are just a collection of scattered, confused thoughts. Some are pleasant but some are terrifying. Although I have had all sorts of dreams, the dream I had last Sunday was most unusual. We had our monthly English test on Monday, so I must admit that I was cramming as usual. My English was faulty because I never paid attention to my teachers while they were teaching. At midnight, I stopped burning the midnight oil and slept like a log as soon as my head touched the pillow.

Suddenly, I found myself in a familiar classroom. It was my class, all right, but I was not in my usual place. I was at the teacher's desk. What was I doing? There was a marker in my hand, too. I had just come in and the whole class was misbehaving in my absence. I was quite annoyed. So, I banged the table with my cane three times, and told the whole class to be quiet. Slowly, they all sat in their seats and paid attention to me. I was surprised because they listened to me. After all, I was not the monitor, who usually minded the class, while our teacher was away. Then, I suddenly started explaining the tenses, some common mistakes and some grammatical rules. How, on earth, did I know all

that? My English teacher would be surprised if she heard me explaining the tenses. I never got the tenses right whenever I wrote my letters and essays. I explained patiently, gently and well like an experienced and qualified teacher till the whole class understood. I also told them to take out their English Text books and explained to them about Helen Keller. Of course, without Annie Sullivan there would be no Helen Keller. So, I told them about the patience, the hard work and the altruism of a good teacher. It all came out so naturally. The whole class listened interestedly. Suddenly, the school bell rang, telling us that school was over. The bell didn't stop ringing and only then did I realize that it was a dream. It was my alarm bell ringing and telling me that it was time to get up. When I woke up, I couldn't help admiring the kindness of my teachers. I realized how much they wanted us to learn our lessons to be educated and successful in life.

Of all the dreams I have had, this is certainly the most unusual. I have never dreamed of becoming a teacher so I have never thought of what they must have felt. It enlightened me about the work of a good teacher and taught me to love and respect my teachers even more.

### Words and Phrases

(ကားလုံးများနှင့်ကားစုများ)

terrifying	=	ခြောက်သော၊ လှန့်သော၊ ကြောက်သော၊ လန့်သော။
all sorts of	=	အားလုံးလိုလို
unusual	=	... နေကျမဟုတ်သော၊ တစ်မူထူးခြားသော။
cram	=	သွတ်ထည့်သည်၊ သိပ်ထည့်သည်။
as usual	=	ထုံးစံအတိုင်း
faulty	=	ချွတ်ယွင်းသော၊ အပြစ်အနာအဆာများရှိသော။

- like a log = သစ်တုံးတစ်တုံးလို
- all right = ကျေနပ်ဖွယ်ရာ၊ ဟန်ကျလျက်
- misbehave = မလျော်မကန်ပြုမှုသည်။ ဆိုးသည်။ ဆိုးသွမ်းသည်။
- the hard work = ပင်ပန်းတဲ့အလုပ်
- altruism = မိမိအကျိုးထက် အများအကျိုးကို ဦးစားပေးခြင်း၊ ကိုယ်ကျိုးမဲ့ခြင်း။
- enlightene = ဉာဏ်အလင်းရစေသည်။ အသိကြွယ်စေသည်။ သိမြင်ရှင်းလင်းစေသည်။





## How I Intend to Celebrate My Next Birthday

Every year, I look forward to celebrating my birthday happily. It is the only day that I look forward to and dream of. My parents allow me to spend it in any way I like and this is how I intend to celebrate my next birthday.

I shall be fifteen years old on that day and I shall celebrate it meritoriously. First of all, I shall offer "Soon" to five "Sanghas" at dawn. I shall begin the day with a meritorious deed. Our family will cook "Mohingha" ourselves on the night before my birthday to offer it to the monks. Some of my close friends and my relatives have promised to come and help me prepare to cook it. So, we will all peel onions, pound chilies, garlic, ginger and lemon grass into paste. Then we will pick out the bones from the boiled fish. There will be a lot of excitement at home because everyone will be laughing and teasing each other. After the morning meal at dawn, we will all receive the right precepts from the Sayadaw. Then, we will all share the merits that are gained. What a nice way to begin my birthday! After resting the whole day, I have arranged a party for a few special friends in the evening. Luckily, I live in a large compound and I will celebrate my birthday in it. All the trees



will be beautifully lit with multi-coloured electric lights. In addition, we'll rent some tables and plastic chairs. We'll begin the party with my mother's speciality "Mee-Shay" and cold drinks. She is an excellent cook and I'm sure my friends will be pleased. I have been promised to have a birthday cake with fifteen candles on it. As usual I'll make a wish and blow them out. After that, we'll play the parcel game, the winking game and many others. What's more, we'll also sing "Karaoke" because how can a birthday be complete without singing songs? Finally, there will be a lucky draw. The winner will get a big stuffed toy. All the time, my birthday will be recorded because I shall ask my father to capture every moment on video. I'm sure I shall be an cloud nine and all my friends with be totally happy.

This plan includes all my loved ones. My grandparents, my parents and my relatives will be pleased because we will all share a meritorious deed. My friends will be as happy as larks because they will all have a wonderful time at my birthday party. So, this is how I intend to celebrate my next birthday.

**Words and Phrases**

(စကားလုံးများနှင့် စကားစုများ)

- |                         |   |  |
|-------------------------|---|--|
| celebrating             | = | အခမ်းအနားကျင်းပသည်။                    |
| in any way              | = | ဘယ်နည်းနဲ့ပဲဖြစ်ဖြစ်                   |
| meritoriously           | = | ချီးမွမ်းထိုက်စွာ၊ ချီးမြှင့်ထိုက်စွာ။ |
| at dawn                 | = | အရုဏ်တက်မှာ                            |
| with a meritorious deed | = | ချီးမွမ်းထိုက်တဲ့လုပ်ဆောင်ချက်         |
| garlic                  | = | ကြက်သွန်ဖြူ။                           |
| ginger                  | = | ချင်းပင်၊ ချင်းစိမ်း၊ ချင်းတက်။        |

pick out	= ရွေးထုတ်သည်။
the right precepts	= မှန်ကန်တဲ့ စည်းမျဉ်းများ
the winking game	= မျက်စိတစ်ဖက်ပိတ် ကစားနည်း
a big stuffed toy	= ကြီးမားတဲ့ ကစားစရာပစ္စည်း
capture	= ဖမ်းဆီးသည်၊ သိမ်းသည်၊ ဆွဲဆောင်သည်။
lark	= အပြောင်အပြက်





## Things I Would Like To Have

There are countless things that I would like to have. I would like to have them not because I'm greedy but because there are so many things that I want to do. Some are useful but some are useless and unimportant things that would surely make me happy.

First of all, I would like to have a computer. Almost all my friends have computers of their own. They talk about the games they play, how they use it to type their notes, how they surf the internet and how they make their own cards and send them to their friends and how they get new friends in the chat room. I just have to stare in wonder but I cannot participate because I don't have a computer. Second, I would like to have a bicycle. My house is quite far from my school and from the market. If I had a bicycle, I could save my time and use it to do something useful like studying or helping my parents. I could run errands for my mother, too. Moreover, I could ride all over the town with my friends during the holidays. I feel so relaxed, free and happy whenever I ride a bicycle because I like to feel the wind on my face. In addition, I would get a lot of exercise for my legs and for my lungs. Third, I would like to have a

guitar. I would learn how to play it and strum it. Singing songs and playing the guitar would help me relax after studying for a long time or working at the computer. Fourth, I would like to have a digital movie camera. Taking photographs and making movies is my hobby. I want to be a director who can make all his fantasies come true. After all, the person behind the camera is the creator. He can arrange events, cause things to happen and make the movie goers laugh or cry and live in a make believe world. Isn't that what everyone dreams of? After a tiring day, everyone loves to watch a nice movie to escape from reality. I want a movie camera to make my own home movies and make my friends and family forget their worries.

Some may think that I'm building castles in the air. However, these are the things I like to do and these are the things I would love to have.

### Words and Phrases

(စကားလုံးများနှင့် စကားစုများ)

countless	=	မရေမတွက်နိုင်သော
greedy	=	လောဘကြီးသော၊ အလိုကြီးသော။
surf	=	လှိုင်းခေါင်းဖြူ၊ ကမ်းခတ်လှိုင်း။
in the chat room	=	စကားပြောခန်းမှာ
stare	=	စိုက်ကြည့်သည်၊ ငေးစိုက်ကြည့်သည်။
strum	=	စည်းချက်ကျကျ တီးခတ်သည်။
for a long time	=	အချိန်အတော်ကြာအထိ
all his fantasies	=	စိတ်ကူးယဉ်အိပ်မက်အားလုံး
creator	=	ဖန်တီးရှင်
the movie goers	=	ရုပ်ရှင်မှန်မှန်သွားသူများ

after a tiring day = ပင်ပန်းတဲ့နေ့တစ်နေ့ ပြီးတဲ့နောက်  
 reality = လက်တွေ့ဘဝ  
 castles = ရဲတိုက်များ



*(Faint, mirrored text from the reverse side of the page is visible through the paper, including the title 'Tourist Attractions in Myanmar' and various paragraphs of text.)*



## Tourist Attractions in Myanmar

Myanmar attracts tourists with a lot of attractions. Among them, the Shwedagon Pagoda, Bagan, Inle Lake and Ngapali Beach are popular. Tourists from all over the world come and visit them.

Firstly, the Shwedagon pagoda is one of the main attractions of Myanmar. Moreover, it is the landmark of Yangon. It is like a mountain of gold. Whether one comes by plane or by boat, the Shwedagon is the first thing that he sees. It was built more than 2,000 years ago and it is the pride of Myanmar Buddhists. Secondly, Bagan, an ancient capital of Myanmar kings, is popular. It is set in the middle of Myanmar where the weather is hot and humid. Most of the pagodas, built hundreds of years ago, are now in ruins. Walking among the red brick ruins of pagodas makes you feel that you are in the past again. You can almost feel its glory and it makes you feel proud to be a part of this ancient civilization. Moreover, to see the sun set from the top of an ancient pagoda is a scene that will remain in your memory for ever. Lacquer ware from Bagan is a souvenir that tourists love to buy. It is made in traditional way just as it was made hundreds of years before. Thirdly, if one

finds the heat unbearable, he can visit the Shan Hills where the weather is cool and pleasant. The leg rowers of Inle Lake are a major tourist attraction. A big beautiful lake amidst the hazy mountains, where people row with their legs is an unforgettable experience for everyone. The lake is so big that its banks cannot be seen and it is like a sea among the mountains. Rosy cheeked Shan girls in their traditional costumes and sweet smiles are a complete change from the plains. Finally, one can visit Ngapali beach if he has a taste for the sea. The unspoilt beauty of nature can be enjoyed on the long and sandy beaches. Lying on the beach, surfing the waves, collecting shells, eating fresh seafood and walking on the long sun beach are the things that attract tourists most. They like the peace and quiet and they are miles away from the hustle and bustle of city life.

Numerous tourist attractions invite tourists to visit our country. These are just a few popular ones. What could be a more beautiful welcome than these beautiful places for tourists who visit Myanmar?

### Words and Phrases

(ကားထုံးများနှင့် ကားစုများ)

attraction	= ဆွဲဆောင်မှုအား၊ ဆွဲဆောင်သောသူ၊ အရာ။
landmark	= အထင်ကရ၊ အဓိကရအဆောက်အအုံ (သမိုင်း) မှတ်တိုင်
It is like a mountain of gold	= ရွှေတောင်နဲ့တူ
whether ... or ...	= လား ... လား၊ မလား ... မလား
pride	= ဂုဏ်၊ ဂုဏ်ယူခြင်း၊ ပီတိသောမနဿ
humid	= စိုထိုင်းသော

in ruins	= ပြိုပျက်လျက်၊ ဖြိုခါပြာခါကျလျက်၊ ပျက်စီးတိမ်းပါးလျက်။
glory	= ထင်ပေါ်ကျော်ကြားမှု၊ ဂုဏ်ကျက်သရေ။
civilization	= လူမှုတိုးတက်မှု၊ (လူမျိုးတစ်မျိုး၏) ယဉ်ကျေးမှု။
lacquer ware	= သစ်စေးထည်။
souvenir	= အမှတ်တရလက်ဆောင်ပစ္စည်း
in a traditional way	= ရိုးရာနည်းလမ်းနဲ့
unbearable	= မခံမရပ်နိုင်ဖြစ်သော
amidst the hozy mountains	= မြူဆိုင်းတဲ့ တောင်တန်းတွေအလယ်မှာ
row	= အတန်း၊ စကားများခြင်း၊ ရန်ပွဲ၊ ဆူညံသံ။
checked	= စစ်ဆေးသည်။
numerous	= အတော်များများ။







## Enjoyable Hobbies

Everyone takes up a hobby for his own amusement and joy. It is what we do when we are free. We do it the moment we are free from work, when we are masters of our time and we can do what we like. Hobbies differ as likes and dislikes differ. In my opinion, I find some hobbies very enjoyable.

First of all, I think reading is enjoyable. It takes you to different places, introduces you to new and different kinds of people and faces you with different but real problems that you have never encountered before. By reading, we know that gigantic dinosaurs ruled the earth million of years ago, Egyptians built amazingly huge pyramids to bury their kings long before the wheel was invented, the Greeks worshipped their gods, who ruled the earth from Mount Olympus, how Aladdin took Jasmine on a magic carpet and showed her the world, and how Medusa's cold stare could turn everyone into stone. It goes on and on and never ends. In other words, we gain a lot of knowledge and all we need is a book. That's how enjoyable reading is. Secondly, I choose gardening as an enjoyable hobby. And old Chinese saying goes "Plant trees if you want to be happy

for the rest of your life." How true it is! Nothing gives a person more satisfaction than to see his plants grow, his flowers bloom and his branches bear fruits. Moreover, it is not noisy so it does not offend others. You can even double your happiness by sharing the flowers and fruits with your neighbours and friends. If you plant vegetables and flowers as a commercial business, you can even earn some money from your kitchen garden. A garden green and colourful makes you feel like you are in paradise. You are never in need of flowers for the shrine, too. Organic fruits and vegetables are readily available for your plucking. Furthermore, watering the plants or weeding the garden takes a lot of energy and it will keep you healthy and strong. Finally, swimming is enjoyable, too. You don't need anyone's help to swim with you. You can swim all by yourself. No equipment is necessary. You can just go to the pool and swim till you feel tired. It burns all your excess energy and doesn't let you store them as fat. What's more, you use every muscle in your body without realizing it. What could be better?

All hobbies are interesting and enjoyable in different ways. For me, I choose these three as the most enjoyable hobbies.

### Words and Phrases

(စကားလုံးများနှင့် စကားစုများ)

amusement	= ပျော်မြူးစရာ၊ သဘောကျစရာ၊ ဧည့်ခံပျော်ဖြေမှု၊ စိတ်ဝင်စားမှု။
in my opinion	= ထင်မြင်ချက်မှာ
encounter	= ဆုံမိသည်၊ ကြုံကြိုက်သည်၊ (အခက်အခဲနှင့်) ကြုံရသည်။
gigantic	= အလွန်ကြီးမားသော

- dinosaur = ဒိုင်နိုဆော
- amazingly = အံ့ဩဖွယ်ကောင်းစွာ
- worship = အလေးအမြတ်ထားသည်၊ ကိုးကွယ်သည်၊  
ကြည်ညိုလေးစားသည်။
- on and on = ထပ်တလဲလဲ၊ ဆက်၍ ဆက်၍။
- satisfaction = ကျေနပ်မှု၊ ကျေနပ်နှစ်သိမ့်မှု (သို့မဟုတ်)  
ရောင့်ရဲမှု။
- as a commercial  
business = ကုန်သွယ်မှုဆိုင်ရာလုပ်ငန်းအဖြစ်
- in paradise = သုခဘုံမှာ၊ ကောင်းကင်ဘုံမှာ။
- for the shrine = ဝိမာန်၊ ကွန်းမြင့်၊ ဌာပနာကြတ်။





## The Most Pleasant Season of the Year

Seasons change but they always come back in the same order. The hot season comes after the cold season and the rainy season follows the hot season and the cold season come right after the rainy season. They are predictable and we look forward to the season we like best, because we know that it will surely come.

I look forward to the cold season most. It roughly begins in November and ends in February. It usually lasts about four months. It is neither hot and dusty nor wet and damp. It is just pleasantly cool. The monsoon leaves our country in the cold season and there is no more rain. So, travelling is convenient. A lot of people go on a pilgrimage to various pagodas and visit popular tourist attractions. Even tourists from all over the world come to Myanmar and visit famous attractions. The sea is calm and there are no more storms. Fishing boats are out in the sea once again and fishing is resumed. Fishes are plentiful. Vegetables and fruits that do not like too much rain and heat are abundant. Oranges, apples and grapes are sold cheaply for everyone to buy. Colourful flowers are in bloom and they don't wither easily because there isn't too much heat or rain. Further-

more, the pleasantly cool weather freshens them the whole day. During this season, school children have their Christmas Holidays and parents usually take them to places they have never been to. Moreover, we don't sweat too much and we can study more because we don't tire easily. Schools all over the country hold their annual school sports in this season. A cool mist usually covers the surroundings in the mornings so people get up early and take a walk while enjoying the cool and fresh early morning air. A favourite flower of the Myanmar people, Thazin, blooms beautifully and ladies, young and old, wear it in their hair on special occasions because it is regarded as a royal flower. The dew makes them bloom beautifully. As Christmas, draws near, carol singers can be heard at nights, their voices reminding us the birth of Christ. Stage shows and pwees are held in the open air because the weather is fine. On the last night of December, we welcome the new year happily.

To sum up, there is nothing but love, peace and joy in this season. I like this season because flowers of all sizes and colour bloom abundantly. They make the world more beautiful and the person who sees them happy. This is the simple reason why I believe that the cold season is the most pleasant season of the year.

### Words and Phrases

(စကားလုံးများနှင့် စကားစုများ)

in the same order	= တူညီတဲ့အမိန့်နဲ့
come	= လာသည်။ လာရောက်သည်။
predictable	= ကြိုတင်ခန့်မှန်းနိုင်သော
roughly	= ကြမ်းတမ်းစွာ၊ ခက်ထန်မာကျောစွာ
damp	= ထိုင်းသော

pleasantly	= ဖော်ရွေစွာ၊ နှစ်လိုဖွယ်ဖြစ်စွာ၊ သာယာစွာ။
pilgrimage	= ဘုရားဖူးထွက်ခြင်း
calm	= အေးဆေးသော၊ ငြိမ်သက်သော၊ စိုးရိမ်ပူပန်မှုမရှိသော။
abundant	= များပြားသော၊ ပေါများကြွယ်ဝသော။
wither	= ညှိုးသည်၊ နွမ်းသည်။
freshen	= လန်းဆန်းလာစေသည်၊ အေးလာစေသည်။
on special occasions	= အထူးအခါသမယတွေမှာ
carol singers	= ဓမ္မသီချင်းဆိုသူများ





## What I did last weekend

Weekends are my holidays. School is closed and I am free. After a busy week, I always look forward to the weekends, because I am free from work and I can do what I like. This was what I did last weekend.

Last Friday, my grandfather came and picked me up after school to spend the weekend with them. I was over the moon because I had not spent the weekend with them for so long. On Friday night, we talked till late, exchanging news about school and my cousins. Saturday was spent at home, enjoying my grandma's specialties listening to grandpa's stories, playing with the dogs and helping them in the garden. They live in the suburbs and they have lots of flowering trees and shrubs in the garden. Birds and butterflies flutter about and I feel so peaceful just by being there. On Sunday morning, grandpa took me to the Shwedagon Pagoda. We offered candles and flowers and we also donated some money there. After saying our prayers, we come down and had dim-sum for breakfast. Then, we went to the Zoo. At the Zoo, we went to the monkey village first. After feeding bananas to the playful monkeys, we went to the bears. They are fierce looking and they use their long

claws to climb the tree-stumps. Next, we watched crocodiles with their mouths wide open. They never fail to amaze me because they have no tongues. After that, we visited the bird cages and beautiful tropical birds of various colours and plumage. Grandpa told me how the giraffes used their long necks to eat the leaves and shoots from high trees. He also told me how camels store water in their huge humps to survive in the desert. No wonder they are called the ships of the desert. The lions and the tigers, the meat-eating predators send shivers down my spine wherever they roam. At noon the sun was directly above our heads and it became scorchingly hot. We went back home and had a lunch of delicious curries, which grandma had prepared. When I had eaten my fill, I took a cat nap right there on the sofa while watching T.V. When I woke up, it was already tea-time. Grandma had tea and cookies ready for us. After tea, grandpa took me back home.

It was a wonderful weekend. I had delicious meals cooked by my grandmother, gained a lot of knowledge about animals from my grandfather and learnt moral lesson from my grandpa's stories. I came back home happy and content. I felt my energy recharged and I looked forward to visiting my grandparents whenever I got the chance. This was how I spent my weekend happily as well as beneficially.

### Words and Phrases

(စကားထုံးများနှင့် စကားစုများ)

weekend

= ရက်သတ္တပတ်အဆုံး အလုပ်အားရက်၊ စနေ၊ တနင်္ဂနွေ။



- specialties = နာမည်ရပြီးဖြစ်သော အထူးထုတ်ကုန်၊  
အထူးကျွမ်းကျင်သည့်လုပ်ငန်း (သို့မဟုတ်)  
ဘာသာရပ်။
- suburb = ဆင်ခြေဖုံး
- flutter = (တောင်ပံ) ခတ်သည်၊ တဖျပ်ဖျပ်ပျံသည်၊  
တဖျပ်ဖျပ်လှုပ်ခါသည်။
- fierce = ကြမ်းကြုတ်သော၊ ရက်စက်သော၊ ခက်ထန်သော။
- long claws = ရှည်လျားတဲ့ ခြေသည်းလက်သည်းများ
- tree-stumps = သစ်ငုတ်တိုများ
- plumage = ငှက်မွေး၊ အမွေးအတောင်။
- giraffe = သစ်ကုလားအုတ်
- hump = လပို၊ ဘို့။
- survive = အသက်ရှင်ကျန်ရစ်သည်၊ ကြွင်းကျန်ရစ်သည်။
- in the desert = သဲကန္တာရမှာ
- no wonder = အံ့ဩစရာမဟုတ်၊ မအံ့ဩလောက်။
- the meat-eating predators = အသားစားသားရဲတိရစ္ဆာန်များ
- shiver = တုန်တုန်ယင်ယင်၊ ကျောချမ်းဖွယ်။
- spine = ကျောရိုး၊ ဆူး။
- roam = ခြေဦးတည့်ရာသွားသည်၊ သဝေထိုးသည်၊  
ထင်ရာမြင်ရာသွားသည်။
- scorchingly = ခြစ်ခြစ်တောက် ပူစွာ
- recharge = ပြန်ဖြည့်သည်၊ (ဓာတ်ခဲ၊ ဓာတ်အိုး)  
အားပြန်သွင်းသည်။





## **A Country I Would Like to Visit**

As our family strongly believes that travelling relieves tension, we travel somewhere at least once a year. As a result, we see people and places that we have never seen before. A complete change of atmosphere changes me and I forget all my worries and troubles. Furthermore, travelling is a very exciting and rewarding experience, especially if you travel abroad. I have never had the chance to go abroad, but if I do, a country I would like to visit is Singapore.

Singapore is derived from two words. Singha and Pura, Singha meaning lion and Pura meaning island. In other words, it is an island of the lion. Its name announces its might and strength. Singapore comprises one main island and several offshore islands. A collection of the country's finest attractions is offered by Sentosa, an island resort of Singapore. These include the 37 metre tall Merlion, Fort Siloso, the renowned Musical Fountain, Underwater World, Sentosa Orchid Gardens and Asian Village. While fun seekers can delight in its many theme attractions, nature lovers can discover the charm of Sentosa's Nature Walk or Dragon Trail. Historical enclaves are scattered throughout

the island and various sea sports can be enjoyed along the beaches. A breathtaking view of Sentosa, the City skyline and the surrounding islands can be seen from the Merlion, which is a statue with a lion's head and the body of a fish. The Jurong Bird Park, which is home to over 8,000 birds is the largest bird park in all of Southeast Asia. This beautiful 20 hectare park holds the distinction of having the world's tallest man-made waterfall. People of different races and different religions dwell here so it is indeed a cosmopolitan city. Being an island, the weather is moderate and neither too hot nor too cold. In addition, it is one of the most developed countries in Southeast Asia. Singapore is also well-known for its cleanliness. Not a piece of litter can be found on the streets. Moreover universities and colleges welcome students from all over the world and bring out the best students.

When I pass the Matriculation Examination, I will go to Singapore and attend a Technical School. This is the reason why I want to go to Singapore. For all the facts mentioned above, Singapore is a country I would like to visit.

**Words and Phrases**

(ကားလုံးများနှင့်ကားစုများ)

- |                     |   |   |
|---------------------|---|---|
| strongly            | = | ခိုင်ခိုင်ခံ့ခံ့၊ ခိုင်ခိုင်မာမာ၊ ပြင်းပြင်းထန်ထန်။ |
| complete            | = | ပြည့်စုံသော၊ အစုံ၊ တစ်ခုလုံး။                       |
| rewarding           | = | လုပ်ရကျိုးနပ်သော၊ အကျိုးကျေးဇူးရှိသော။              |
| derive              | = | ရရှိသည်၊ ဆင်းသက်သည်၊ ရင်းမြစ်ကိုရှာသည်။             |
| a cosmopolitan city | = | လူမျိုးပေါင်းစုံရှိသော မြို့ကြီး                    |
| moderate            | = | အတန်အသင့်ဖြစ်သော၊ အလွန်အကျွံမဟုတ်သော။               |
| well-known          | = | လူတကာသိသော၊ လူသိများသော။                            |
| a piece of litter   | = | အမှိုက်သရိုက်စ။                                     |



## My Favourite Pastime

Whenever I am free, I read books. Instead of playing computer games or watching T.V, I read. So, it could be said that my favourite pastime is reading.

I like reading for so many reasons. Books are like friends. They teach you to follow the right path. They never encourage you to stray from it. They give you a lot of general knowledge at one sitting. A person's mind is like an iceberg. Only the tip of an iceberg can be seen but the whole iceberg lies beneath the surface of the water. What I have learnt by reading helps me to write better compositions, think well and give the correct answers in class. Reading makes me more mature than friends of my own age. I can forgive them and I find myself more tolerant. Sometimes, I read comics and amusing stories which are enjoyable. Some stories give me moral lessons. They teach me what to do and what to avoid. I never choose a book by its cover. I choose books which are useful and are relevant for my studies. By reading books, it makes me believe that I am sitting by the window and looking out into the world. They are like windows on the world. They teach me all that I want to know. That is why I like to read whenever I am free.

Reading also helps me to improve my writing. I learn how new sentences are made. So, they are my teachers, companions and guides. Moreover, they are a source of pleasure for a student like me. At first, my command of English was weak. Gradually, it has improved. I can write correct sentences. What's more, my reasoning power and imagination has also developed. Whenever I am free, I pick up a book, and cuddle on the sofa and read. On rainy days, when everyone is moaning because they can't go out, I sit and read with a smile on my face. It is neither noisy nor expensive, so it does not offend others. They parents encourage me to read books and they often buy new ones for me. I often use the school library to borrow new books, so I am never out of supply. Detective stories are my favourites. I can never put them down until I know who the murderer is. Books of poem fascinate me and fill me with wonder at the beautiful words the poets could compose.

Books teach me a lot of new things. They make my happy, fill me with wonder and show me now to use my brain. That is why I read whenever I am free. So, reading is my favourite pastime.

**Words and Phrases**

(စကားလုံးများနှင့် စကားစုများ)

instead of	= အစား၊ ကိုယ်စား။
pastime	= ဝါသနာပါ၍ လုပ်သောအလုပ်
the right path	= မှန်ကန်သောလမ်း
at one sitting	= တစ်ထိုင်တည်း
iceberg	= ရေခဲစိုင်ကြီး၊ ရေခဲတောင်။
tip	= အဖျား၊ အစွန်း၊ ထိပ်။
tolerant	= သည်းခံသော၊ သည်းခံနိုင်သော။

comics	= လူရွှင်တော်များ၊ ကာတွန်းများ (စာစောင်များ)
relevant	= ဆီလျော်သော၊ သက်ဆိုင်သော၊ ဆက်စပ်သော။
a source of pleasure	= ပျော်ရွှင်မှုအရင်းအမြစ်
cuddle	= ပွေဖက်သည်၊ ပိုက်ဖက်သည်။
moan	= ညည်းသံ၊ လေတဝှူးတိုက်သံ၊ ညည်းတွားခြင်း။
offend	= စိတ်အနှောင့်အယှက်၊ မကျေမနပ်ဖြစ်စေသည်၊ စော်ကားရာရောက်သည်။
fascinate	= စွဲမက်စေသည်၊ ဆွဲဆောင်သည်။





## The Game I Like Best

Playing quick games such as football, badminton and tennis keeps us strong and healthy. We sweat a lot and it is one way to detoxify ourselves. So, after playing a game, we feel fit and fresh. That is why I like playing games with my friends. Every evening, my friends and I play football. I enjoy it very much because football is the game I like best.

It is played in a very large field by two teams. Each team consists of eleven players. At each end of the field there is a goal-post and a goal keeper looks out for the ball and guards its goal well. A referee and two linesmen keep a sharp lookout and keeps the game under control at all times. As the football field is large, the stadium for thousands of spectators is equally large, too. Whenever a favourite team scores a goal, the cheer of thousands of football fans goes up and it really gives me a pleasant tingle. I can really feel the goose bumps on my arms. Nothing can be compared to the excitement I get from it. During the holidays, I never miss the world matches on the satellite. It is popular not only in my country but also all over the world. It could be said that it is the most popular game in the world. Nowadays, there are even women football teams. There is no

town in my country where football is not played. A game lasts about ninety minutes. Everyone, young and old, watches it with excitement. Every goal and every kick is remembered and they talk about it for days even after the match is over. I like football for many reasons. First of all, I like it because it keeps me strong. To run in a large field for ninety minutes and breathe fresh air keeps my lungs healthy and my bones and muscles strong. Secondly, it trains me to be well disciplined and know the value of team work and sporting spirit. Thirdly, my ambition is to be a selected football players of the national team. Famous football players are the highest paid athletes in the world. They have an income of millions of U.S dollars. Even when they are past their prime time they can live comfortably. That is why I play football every evening. I practise running to gain strength, and stamina.

Football helps me physically as well as mentally. I keep myself in good shape by playing it. Moreover, it teaches me not to be selfish but to think of others. It shows me that I need to support and to be supported by others. In other words, it is an ideal game. Thus, it is the game I like best.

### Words and Phrases

(စကားလုံးများနှင့် စကားစုများ)

sweat	=	ခွေး
referee	=	ဒိုင်လူကြီး
linesmen	=	စည်းကြပ်ဒိုင်များ
a sharp lookout	=	စူးရှတဲ့သတိဖြင့် စောင့်ကြည့်ခြင်း
spectators	=	ပွဲကြည့်ပရိသတ်များ



the cheer of thousands

of football fans = ဘောလုံးပရိသတ် ထောင်ပေါင်းများစွာရဲ့  
အားပေးကြွေးကြော်သံ

a pleasant tingle = နူးညံ့တဲ့စပ်ဖျဉ်းမျဉ်း ခံစားရမှု

the goosebumps = ကြက်သီးမွေးညင်း၊ ကြက်သီး။

team work = ပူးပေါင်းဆောင်ရွက်မှု

sporting spirit = အားကစားစိတ်ဓာတ်

the national team = အမျိုးသားအသင်း

athletes = အားကစားသမားများ

prime time = (ထုတ်လွှင့်မှု) ကြည့်ရှုနားဆင်သည့်  
ပရိသတ်အများဆုံးအချိန်

comfortably = သက်သောင့်သက်သာဖြစ်အောင်၊ ဇိမ်ရိုအောင်၊  
စိတ်လက်ချမ်းသာအောင်။

stamina = ခံနိုင်ရည်၊ သက်လုံ၊ ဇွဲ။

selfish = တစ်ကိုယ်ကောင်းဆန်သော။

an ideal game = အကောင်းဆုံးကစားနည်း။





## An Unforgettable Dream

Dreams are scattered, confused thoughts. They usually reflect what has happened during the day and they are usually forgotten. I have had lots of them and most of them are forgotten. However, there is one strange dream that will remain in my memory for a long time and it will not be forgotten easily.

To start from the very beginning, it was my grandfather's birthday. He was eighty years old on that day but he was hale and hearty. All his children and grandchildren were gathered at his house in Insein. He lives in a huge compound surrounded by big, shady trees. There were more than twenty grandchildren and we all had a wonderful time. For lunch, we had butter rice and chicken curry. After lunch, I went through on old album and saw the pictures of my grandfather in his prime time. He had travelled around the world and he had been to many interesting places. I wanted to see the world like him. When we came back home that night, I was happy and tired. I fell asleep as soon as my head touched the pillow. Soon, I found myself looking down at paddy fields, trees, houses, people and bridges. I was totally amazed to find myself on a flying car-

pet. It went faster and faster and I could feel the wind sweeping in my hair. Everything looked so beautiful and I couldn't even believe my eyes. In some parts of the world, the weather was as hot as an oven, and in some places, it was as cold as ice. Colourful flowers in the forest and beautiful waterfalls captured my heart. How beautiful the world is! I enjoyed seeing all of them. I saw the Great Wall of China. It was so long that it seemed endless. No wonder it is the only man-made structure that could be seen from space. The Himalayas came next. They were beautiful ranges of mountains almost reaching the sky. The pyramids in Egypt made me speechless. They were built more than 3,000 years ago. How could the Egyptians build such big beautiful structures when the wheel was not even used yet? I passed the Big Ben and London Bridge in London and the leaning tower of Pisa in Italy, too, in Japan. I saw Mount Fujiyama and pink cherry blossoms. It was exactly as my teacher had taught us. Suddenly, there was a hurricane and my flying carpet flipped over. When I opened my eyes, I was surprised to see that I had fallen off my bed.

I realized how beautiful the world is and how we should take care of it. After all, we are living here and it is our home. I also knew that I must work hard if I want to be like my grandfather and see the world. A happy day brought me a happy dream and it was indeed unforgettable.

**Words and Phrases**

(စကားလုံးများနှင့် စကားစုများ)

- |        |   |
|--------|---|
| memory | = မှတ်ဉာဏ်၊ မှတ်နိုင်စွမ်း။               |
| hale   | = ကျန်းမာသန်စွမ်းသော                      |
| hearty | = လှိုက်လှဲပျူငှာသော၊ ချစ်ခင်ရင်းနှီးသော။ |

- huge = ကြီးသော၊ များသော၊ ဇရာမ။
- in his prime time = သူ့ရဲ့ အကောင်းဆုံးအချိန်မှာ
- amaze = အံ့အားသင့်စေသည်။ တအံ့တဩဖြစ်ရသည်။
- on a flying carpet = ပျံသန်းနေတဲ့ ကော်ဇောပေါ်မှာ
- faster and faster = မြန်သထက်မြန်စွာ
- endless = မဆုံးနိုင်သော၊ အဆုံးမရှိသော၊  
အတောမသတ်နိုင်သော။
- the only man-made structure = လူလုပ်အဆောက်အအုံတစ်ခုသာ
- speechless = အာစေးမိသော၊ မှင်တက်မိသော၊ ဆိုနှင့်သော။
- hurricane = အတ္တလန္တိတ်သမုဒ္ဒရာ အနောက်ဘက်ခြမ်း၌  
ဖြစ်ပေါ်သည့် လေမုန်တိုင်း။
- flip over = ကျွမ်းသန္တာလန်သည်။ လှန်သည်။



A large, faint, rectangular area containing illegible text or a watermark, possibly a library stamp or a page separator.



## How I Have Prepared for the Exam

For students, examinations are like battles. You either win or lose them to pass an exam, there is a lot of hard work. As the saying "No pain, no gain" goes, we cannot pass an exam without regular hard work. Everything in this world has its price and the price of passing an examination is hard work. I have worked hard in every subject and prepared for the exam as follows.

Being a Matriculation student, I must work hard if I want to be a doctor. Every subject, except Myanmar, is taught in English, which is not my mother-tongue. So I have worked diligently to succeed brilliantly. At the beginning of the school year, I drew up a time table. I have studied my lessons according to it. My school is a two shift school and I worked out the Maths and Physics problems, Chemistry equations and did some biological drawings in the afternoon after taking a cat nap. For Myanmar and English, I practised writing essays and compositions. At night, I studied from seven o'clock to ten o'clock. I don't stay up too late because I have to get up early. I attended my classes regularly and paid careful heed to my teachers. I did not rely on private tuition. As I am a night person, I memorize

theories and laws only at night. At that time, I feel calm, peaceful and relaxed. I also studied old questions and journals, published by various departments. I have revised all my lessons thoroughly and systematically. As a rule, I study alone because I can't resist talking when I am with someone else. But I have formed a study group with my friends. Toe Toe, Aung Aye and Thukha because the examination is getting near. We studied and discussed our lessons, helped one another with the subjects that we were weak in and we studied without fail every weekend. Moreover, I took care of my health by taking exercise for fifteen minutes every day. At weekends, I went swimming every morning. My diet was also well balanced to keep me fit and strong. I never missed a test because it showed me what I was weak in and what I needed to study more, I checked my weak points and corrected my mistakes, too. If I did not understand, I asked my teachers.

Since the beginning of the school year, I have used my time wisely. I have studied industriously. I am now well prepared. I have no fright at all. I am confident that my hard work will have its rewards. By preparing for the examination in this way, I firmly believe that I will pass with flying colours.

### Words and Phrases

(ကားလုံးများနှင့် ကားစုများ)

battle	= တိုက်ပွဲ၊ စစ်ပွဲ။
a lot of hard work	= ပင်ပန်းတဲ့အလုပ်များစွာ
mother-tongue	= မိခင်ဘာသာစကား
diligently	= ကြိုးကြိုးစားစား၊ ဝီရိယရှိရှိ။

- brilliantly = အလွန်ထက်မြက်စွာ၊ ကျွမ်းကျင်စွာ၊  
ပါရမီထူးစွာ။
- at the beginning of  
the school year = ပညာသင်နှစ်အစကတည်းက
- draw up = (အစီအစဉ်တကျ) ရေးဆွဲပြုစုသည်။
- a two shift school = နှစ်ချိန်ကျောင်း
- work out = ဖြေရှင်းနိုင်သည်၊ တွက်ချက်နိုင်သည်။
- after taking a cat nap = ကြောင်မေးမေးပြီးတဲ့နောက်
- careful heed = စေ့စပ်သေချာသော အာရုံစိုက်မှု
- rely on = စိတ်ချရသည်၊ အားထားရသည်၊  
ယုံကြည်ရသည်။
- memorize = အလွတ်ကျက်သည်၊ အာဂုံဆောင်သည်။
- thoroughly = စေ့စေ့စပ်စပ်၊ လုံးလုံးလျားလျား။
- as a rule = စည်းကမ်းတစ်ခုအနေဖြင့်
- resist = ခုခံသည်၊ ခံနိုင်စွမ်းရှိသည်၊  
အောင့်ထားနိုင်သည်။
- mistake = အမှား၊ အယူအဆအမှား။
- wisely = ဉာဏ်ရှိစွာ၊ အမြော်အမြင်ရှိစွာ။
- industriously = ကြိုးစားပမ်းစား၊ ဝီရိယရှိရှိ။
- fright = လန့်ဖျပ်ခြင်း၊ လန့်ခြင်း။
- at all = လုံးဝ
- with flying colours = ထူးထူးချွန်ချွန်ဖြင့်





## How to Keep Fit

Health is wealth. It is indeed one of the greatest blessings in life. It is of great value to us. Moreover, life is beautiful when we are healthy. If we are healthy, we can eat what we like, go where we please and do what we want. Without good health, all these must be stopped. Everyone knows what it is like to be sick. We are miserable because we have to suffer aches, pains and discomfort. However, good health can be achieved in many simple ways.

The first thing that we must be aware of keeping fit is to have a well-balanced diet. After all, we are what we eat, aren't we? To be healthy and fit, we must eat nutritious food such as meat, fish, milk and vegetables. In other words, we must eat food that is rich in vitamins, minerals, protein and fibers. We must avoid animal fat, alcohol, smoking and too much sugar. We should also drink a lot of clean and pure water. Moreover, we must take exercise regularly according to our age and physical condition and burn up excess fat. If we play games, that give us physical exercise, like football, badminton and golf, we can keep ourselves fit. Walking, jogging, running and swimming are common ways of taking good exercise. In addition, we must keep



ourselves and our surroundings clean. Bathing daily, washing our hair regularly and keeping our nails clean are good ways to keep fit. Furthermore, mental health is as important as physical health. To be mentally healthy, we should read good books and keep good company. Being loved by a happy family teaches us how to love others, too. The world will be a better place if there is less hatred and people love one another. So, we need to be mentally healthy.

All the money in the world cannot buy good health. It cannot be given to us a gift either. To serve mankind well and live life to the fullest, we need to keep fit. If a person wants to succeed in his work or in life, he should keep himself fit. Only a healthy man can achieve his goal in life. So, it is important to keep ourselves fit. Thus, the above mentioned are the simplest ways to keep fit.

Words and Phrases

(စကားလုံးများနှင့် စကားစုများ)

blessing	= ဘုရားသခင်၏ကောင်းချီး၊ ဆုတောင်း။
miserable	= မသက်မသာဖြစ်သော၊ စိတ်မချမ်းမြေ့သော။
suffer	= ဝေဒနာခံစားရသည်၊ ဒုက္ခရောက်သည်။
ထိခိုက်နှစ်နာသည်။	
discomfort	= မသက်မသာဖြစ်ခြင်း၊ ကသိကအောက်ဖြစ်ခြင်း။
aware of	= သတိမူမိသော၊ နိုးကြားနေသော။
to have a well-balanced	
diet	= ကောင်းစွာ သင့်တင့်မျှတတဲ့ အစားအစာစားဖို့
fiber	= အမျှင်

burn up	= မီးရှို့ပစ်လိုက်သည်၊ လောင်စာအဖြစ် သုံးပစ်လိုက်သည်။
jogging	= ရွရွပြေးခြင်း
common ways	= သာမန်နည်းလမ်းများ
hatred	= အမုန်း၊ မုန်းတီးခြင်း။
mankind	= လူသတ္တဝါ၊ လူသား။
the simplest ways	= ရိုးရှင်းသောနည်းလမ်းများ





## A Visit to a Historical Pagoda

Myanmar is known as "The Land of Pagodas" because there is not a single village or town without one. Most of them were built hundreds of years ago and some of them have great historical importance. I have been to a historical pagoda and it will remain in my memory for a very long time.

During the last summer holidays, my parents took my sister and me to Bagan. We had butterflies in our stomachs because we had never been there before. So, we went there, taking the Bagan Express. Bagan is an ancient city and it is one of the most beautiful places in Myanmar. We arrived there at 4 o'clock in the evening. Firstly, we checked in at a hotel and took a short rest. Then, we took a bath, changed our clothes and went to the Shwezigone Pagoda in a pony cart. The two towns, Bagan and Nyaung Oo, are so close that it is impossible to tell where one ends and the other begins. The Shwezigon Pagoda was built in Nyaung Oo, by King Anawrahta and it has historical importance. There were crowds of pilgrims on the pagoda platform. They have come from the neighbouring towns and villages. Moreover, it was more crowded than usual on that day be-

cause it was the full moon day of Tabaung. We offered flowers, candles and water at the pagoda. We also donated some money in the donation boxes. After paying homage to the pagoda, we went round the platform and father explained to us about the ancient architecture of long ago. He also showed us a small well. It was neither big nor deep and the image of the whole pagoda could be seen when you looked in it. It was dug so that a king could look at the whole pagoda and worship it without the fear of losing his head-dress and looking ridiculous. On our way down from the pagoda, we bought souvenirs from the shops along the stair-way. After having dinner at the foodstalls, we walked around the pagoda grounds. A roadside movie show had the audience in stitches. Some children were enjoying a marionette show. There was a long queue to see Pho Chit, a popular actor, at his "Zat Pwe". He will dance till dawn and the audience does not need to go back to the nearby villages in the dark. Everyone, young and old, was at the festival because no one likes festivals like a Myanmar does.

We came back to the hotel late that night riding a pony cart under the full moon was an experience. I will never forget. We stayed in Bagan for three days and visited other historical pagodas, too. However, I enjoyed my visit to the Shwezigon Pagoda most. It has made me richer not only in knowledge but also in wonderful memories.

### Words and Phrases

(စကားလုံးများနှင့် စကားစုများ)

single

= တမူထူးခြားသော၊ သီးခြားဖြစ်သော။

hundreds of years ago

= လွန်ခဲ့တဲ့ နှစ်ရာပေါင်းများစွာက

great historical importance	= ကြီးမားတဲ့ သမိုင်းဝင်အရေးပါမှု
for a very long time	= အလွန်ကြာမြင့်တဲ့ကာလက
check	= သေချာအောင်စစ်သည်၊ ကြည့်သည်။
in a pony cart	= မြင်းလှည်းနဲ့
impossible	= မဖြစ်နိုင်သော
pilgrim	= ဘုရားဖူး
the full-moon day	= လပြည့်နေ့
in the donation boxes	= အလှူခံပုံးတွေထဲ
after paying homage to	
the pagoda	= ဘုရားရှိခိုးပြီးတဲ့နောက်
architecture	= ဗိသုကာပညာ
worship	= ရှိခိုးခြင်း၊ ဝတ်ပြုဆုတောင်းခြင်း၊ ရှိခိုးသည်၊ ဝတ်ပြုသည်။
headdress	= ဦးဆောင်း၊ ဦးညှောင်။
ridiculous	= ရယ်ဖွယ်ရာ၊ မဖြစ်နိုင်တာ၊ အဓိပ္ပာယ်မရှိ။
souvenir	= အမှတ်တရ လက်ဆောင်ပစ္စည်း
foodstall	= စားသောက်ဆိုင်
roadside	= လမ်းဘေး
audience	= ပရိသတ်
in stitches	= အူတက်မတတ်
a marionette show	= ရုပ်သေးဇာတ်
a long queue	= ရှည်လျားတဲ့လူတန်း
nearby	= အနီးအနား
a pony cart	= မြင်းလှည်း





## An Amusing Incident

A funny and laughable incident is not something that happens every day. Not too long ago, I came across a very amusing incident. It is still imprinted in my memory and it brings a smile to my face.

When I was in Grade (10), I was fortunate enough to study in an air-conditioned classroom at my summer school. One day, a girl came in and as soon as she opened her backpack, a tiny mouse climbed out. It was as small as person's thumb. Its skin was red and almost transparent. As it breathed in and out we could see its organs moving up and down. Its eyes were barely open. It suddenly started to run. There were about thirty pupils and most of them were girls. We all screamed and ran around the room. It was difficult to make out who was chasing whom. Our class teacher, who was in her late fifties, screamed the loudest. As soon as the girls heard their teacher shouting as if her lungs would burst, they stopped screaming and they were in stitches. Suddenly, the door opened and a boy came in, asking what was going on. When he saw what was going on, he ran round in circles, too. All of a sudden, he stopped with a startled look on his face. He had stepped on the

poor mouse! The little mouse was as flat as a pancake. We all pitied the mouse, but we couldn't help laughing at the same time when we saw the look on the poor boy's face.

When I am free from work and my thoughts roam freely, this amusing incident often comes up in my mind. It certainly makes me smile. Though I pity the poor little mouse, I remember my teacher, who was very strict, screaming all of us running and the astonished boy not knowing what to do. It was indeed an amusing accident.



**Words and Phrases**

(စကားလုံးများနှင့် စကားစုများ)



funny	= ရယ်စရာကောင်းသော
laughable	= ရယ်ဖွယ်ဖြစ်သော
imprint	= စိတ်၌စွဲထင်စေသည်။
fortunate	= ကံကောင်းသော
backpack	= ကျောပိုးအိတ်ကြီး
climb out	= တက်သည်။
thumb	= လက်မ
transparent	= ဖောက်ထွင်းမြင်နိုင်သော၊ ကြည်လင်သော၊ ရှင်းလင်းသော။
up and down	= သွားချည်ပြန်ချည်၊ စုန်ချည်ဆန်ချည်။
barely	= မျှသာ၊ ရုံမျှသာ။
scream	= ဟစ်သည်၊ အော်သည်၊ ငယ်သံပါအောင်အော်သည်။
chase	= လိုက်သည်၊ လိုက်ဖမ်းသည်။
burst	= ပေါက်ထွက်သည်၊ ကွဲထွက်သည်၊ ကျိုးပေါက်သည်။
with a startled look	= လန့်ဖျပ်တုန်လှုပ်သွားတဲ့ အကြည့်ဖြင့်

as a pancake	= မုန့်ချပ်ဝိုင်းကဲ့သို့
roam	= ခြေဦးတည့်ရာသွားသည်၊ သဝေထိုးသည်၊ ထင်ရာမြင်ရာသွားသည်။
strict	= စည်းကမ်းကြီးသော၊ တိကျသော။
astonished	= အလွန်အံ့အားသင့်သော။







## Some Things Money Cannot Buy

Some people think that money is the most important thing in life. They say that money makes the world go round. Some even say that it can make it stop. Maybe it is important to those who worship money, but I firmly believe that all things cannot be bought. Let me name you some of them.

First and foremost, we all know that good health can neither be bought nor sold. If a wealthy man becomes ill, he may have more than enough money to pay for his medical expenses. But if his illness is incurable, he will not be cured and he will finally die. Even if he has a mountain of gold, he will not be able to save his own life. After all, money is just plain paper, isn't it? Second, money cannot buy happiness. Happiness is what you get when you have a kind sweet heart. In return for making others happy you feel happy, too. There is an old Indian saying that says that happiness is doubled when it is shared. How true it is! to be happy, you must have less hatred and violence. You can be happy by sharing and caring for others. These things don't need money. It all depends on you. This is something that money cannot buy. Thirdly, money cannot buy the beauty

of nature. For instance, the moon, the sun, the stars and the cool breeze cannot be bought. Electricity can light up a room but how can it be compared to the beautiful sunshine. A silver lining that brings hope, little birds that sing, the blue sky, fluffy white clouds and the dew on the roses are some of the things that money cannot buy. Fourthly, money cannot buy love. No one can be paid to love someone or forced to love someone. If there were more love, there would be less wars. And if wars could be stopped with money, everyone would do that. War brings death, destruction and misery. No one wants that. To know what love is, children should be taught to love each other, be kind to one another and to do to others as they would have other do to them. Then only, they will learn to love another fellow human being. Instead of hating someone, they must be taught to forgive and forget. This is certainly one thing that money cannot buy.

Money is important to some extent but it is not the most important thing in life. There are so many things that it cannot buy. Without having a lot of money, we can still have good health, happiness, enjoy the beauty of nature love and be loved.

### Words and Phrases

(စကားလုံးများနှင့် စကားစုများ)

go round	= သွားသည်၊ ဝင်သည်၊ သွားလည်သည်။
maybe	= ဖြစ်ကောင်းဖြစ်နိုင်ဖွယ်၊ ဖြစ်နိုင်စရာ။
worship	= ရိုခိုးသည်၊ ဝတ်ပြုသည်။
firmly	= ခိုင်ခိုင်မာမာ၊ မြဲမြံမြဲမြံ၊ အတည်တကျ။
first and foremost	= ပထမဦးဆုံး
expense	= အကုန်အကျ၊ စရိတ်၊ ငွေကုန်ပေါက်၊ ငွေယိုပေါက်။

- incurable = ကုစား၍မရနိုင်သော၊ မဖျောက်နိုင်သော။
- a kind sweet heart = ကြင်နာနှစ်လိုဖွယ် နှလုံးသား
- in return = အပြန်အလှန်
- hatred = အမုန်း၊ မုန်းတီးခြင်း။
- violence = အကြမ်းဖက်မှု၊ ရက်စက်ကြမ်းကြုတ်မှု။
- for instance = သာဓကအားဖြင့်
- fluffy white clouds = နူးညံ့ပွရွှနေတဲ့ အဖြူရောင်မိုးတိမ်များ
- misery = ဝေဒနာ၊ နာကျင်မှု၊ ဒုက္ခ။
- extent = ပမာဏ၊ အတိုင်းအတာ။





## The Story I Like Best

When we were young, my grandfather would sit in an armchair and all his grandchildren would sit on the floor around him and listen to his stories. He was a good story teller. Some sad stories moved me to tears but some filled our young hearts with joy. Before bed time, we would all refuse to go to bed until he told us a story. While sipping green tea, he would tell us a story.

My grandfather had passed away, but his stories came flashing back in my mind sometimes. The story I like best is the dog and the bone. It goes like this. There was once a naughty dog. No matter how much he ate he always had room for one or two bites more. That's how greedy he was. His favourite shop was the butcher's shop. He admired the long strings of red sausages. He praised the plump pork chops. Come rain or shine, the dog would sit happily, watching the butcher at his work. One day, the dog saw a plump wonderful ham bone on the table. As soon as the butcher's back was turned, the dog saw his chance. In a flash, he put his paws upon the counter and seized the bone in his mouth. He ran at top speed and the poor old butcher did not catch him. He trotted along well pleased with himself. As he

crossed a bridge on the way home, something caught his eye. There, below him, was another dog with a bone. That bone was just as tasty at his own. Angrily the dog snarled over the bridge. The other dog snarled right back. The greedy dog decided that he would have that bone also as he believed that two bones are better than one. With that the silly dog opened his mouth and snapped greedily. But what a shock he had when his own bone tumbled from his mouth and landed with a loud splash in the water. The greedy dog whimpered that one bone was better than none.

This is just a simple story without many twists and turns. But it has remained in my mind till today because of the moral lesson that grandpa taught us. He taught us to be grateful for what we have. We should not be greedy but be content with what we have. I thank my grandpa for teaching me to be content and that is why I like this story.

Words and Phrases

(စကားလုံးများနှင့် စကားစုများ)

armchair	= လက်တင်ပါသော ကုလားထိုင်၊ ထိုင်ရာမထ (သော)။
refuse	= ငြင်းသည်။
while sipping green tea	= လက်ဖက်ရည်ကြမ်း သောက်နေစဉ်
pass away	= ကွယ်လွန်သည်။
flashing back	= နောက်ကြောင်းပြန်ပြောခြင်း
naughty	= ဆိုးသော၊ ခပ်ကြမ်းကြမ်း (စကား၊ ဟာသ စသည်)
no matter	= ကိစ္စမရှိ၊ ရပါတယ်။
room	= နေရာ
greedy	= လောဘကြီးသော၊ အလိုကြီးသော။

the butcher's shop	= အသားဆိုင်
sausage	= ဝက်အူချောင်း၊ ကြက်အူချောင်း စသည် စားဖွယ်မျိုး
praise	= ချီးကျူးသည်၊ ချီးမွမ်းသည်။
the plump pork chop	= ကြီးမားတဲ့ ဝက်နံရိုး
ham bone	= ဝက်ပေါင်ခြောက်ရိုး
in a flash	= အလွန်လျင်မြန်စွာ၊ ချက်ခြင်း။
trot	= (မြင်း စသည်) ထောင့်ဖြတ်ခွာကျ ရွရွပြေးသည်။
snarle	= (ခွေး စသည်) အစွယ်ပြုပြီး မာန်ဖီသည်။
snap	= (တိရစ္ဆာန်) ဟပ်သည်၊ တွပ်သည်၊ ဆတ်ခနဲကိုက်သည်။





## Why Vegetables Are Important for Health

To be healthy, we should eat varieties of food. Our diet should be well-balanced. Eating a lot of one thing and not eating enough of the other is a bad habit. That is why vegetables as well as meat are important.

Most people like meat more than vegetables. Some even think that it is more nutritious than vegetables. We get a lot of protein when we eat meat but we must also be aware that some have a high cholesterol level. Eating too much not only raises our cholesterol levels but also decays our teeth and destroys the enamel layer if we don't brush them twice a day. Moreover, too much cholesterol clogs our arteries and causes stroke or even death. Although they are vegetables, lentils and beans have a high protein content. So, they can also give us strength. Moreover, vegetables contain vitamins and minerals which are essential for our body to function properly. These micronutrients can only be found in vegetables. That is why doctors and physicians advise us to eat vegetables. There are varieties of vegetables in tropical countries. The weather permits them to grow well and they are abundant. Every vegetable in the market can be bought cheaply. They also contain antioxidants which

prevents certain cancers, ageing and illnesses. Another wonderful thing emotions. They tell us only the good points of their goods and hide their defects. It is also understandable that advertisements would be boring if they only gave information. However, some try to influence us too much and simple folks believe them. What's more, they make people who have little money to buy luxury goods feel depressed and discontented with their ordinary lives. Some advertisements show how some fortunate people live in grand houses and drive expensive cars. The life they are living and the dream world in advertisements are worlds apart.

Although advertisements are interesting, romantic, beautiful and exciting, we all know that, in reality, this is not so. We all know that we can never live a life like that easily or just by using the goods advertised. In fact, I even think that it is an insult to the people who have only a little money to spend. So, they feel discontented with their ordinary lives. This is how T.V advertisements disturb people.

### Words and Phrases

(စကားလုံးများနှင့်စကားစုများ)

varieties of	= မူကွဲ၊ မျိုးကွဲ။
diet	= အစားအစာ
nutritious	= အာဟာရဖြစ်သော
a high cholesterol level	= ကိုလက်စထရောဓာတ် မြင့်မားတဲ့အဆင့်
decay	= ဆွေးသည်၊ ယိုယွင်းပျက်စီးသည်၊ (သွား) ပိုးစားသည်။
the enamel layer	= သွားအပေါ်ယံ ကြော့သားအလွှာ
clog	= ဆို့သည်၊ တစ်သည်၊ ပိတ်သည်။



stroke	= လေသင်တုန်းဖြတ်ခြင်း
lentil	= ပဲနီကလေး
micronutrient	= အလွန်သေးငယ်တဲ့ အာဟာရဓာတ်
ageing	= အိုမင်းရင့်ရော်ခြင်း။ ဇရာ။
bulk	= အစာတွင် အမျှင်များများပါသောအပိုင်း
no matter	= ဘယ်သူမဆို၊ ဘာမဆို၊ ဘယ်နေရာမဆို စသည်။
regulate	= စည်းမျဉ်း၊ စည်းကမ်းဖြင့်ထိန်းသည်။
eyesight	= အမြင်အား
broccoli	= ပန်းဂေါ်ဖီစိမ်း
spinach	= ဒေါက်ခွ
as a conclusion	= နိဂုံးအနေနဲ့





## How Studying Regularly Helps Students

Every student studies his lessons. There is no student who does not study. But why do some students achieve more than others? What is their secret? The secret to their success is hard work as well as discipline. A well-disciplined student who works hard regularly is sure to succeed. He can never fail because he has been a regular worker. Studying regularly is a good habit and it helps students in many ways.

Lessons can't be learned only when the examination is near. The nearer the examination, the more excited the students become. So, they can't concentrate well and nothing goes into their heads because they are filled with worry and anxiety. Lessons should be learned regularly from the beginning of the school year. To be able to study regularly, students should draw up a time-table when school reopens. Moreover, we should choose the best time for us to study. Some are morning persons but some are night persons. Morning persons learn better in the morning and night persons learn better at night. In addition, we should choose a nice place where we can study regularly without disturbance. We should fix a certain time to study and keep to it. When

the time comes, our biological clock will tell us to go to the place we have chosen and sit down to work. Then only, it will become a habit and we will not need anyone to remind us when the time comes. Our brain will be ready to do something if we do it regularly. Otherwise, many students study one day and do not study the next day. Some study till midnight and some study till dawn when the examination is near. They do not sit at the study table when there is no examination. In fact this is a very bad habit. The lessons pile up and cramming seems to be the only way out. Cramming cannot help us succeed. The key to success is to digest all the lessons thoroughly. To digest well, we need to study them repeatedly. If we don't study regularly but just cram them, they leave our memory just as quickly as they come in. To be imprinted in our memory, repetition is the key to it.

The more we digest our lessons, the better we can do in the examination. As I have said before, we must study regularly instead of cramming them at the last minute. After all, the duty of a student is to study his lessons and studying regularly is the best way to perform it.

### Words and Phrases

(စကားလုံးများနှင့် စကားစုများ)

available	= ရနိုင်သော၊ သုံးနိုင်သော။
coin	= (ငွေ) အကြွေစေ့၊ ဒင်္ဂါး။
disturb	= နှောင့်ယှက်သည်၊ အစီအစဉ်ပျက်စေသည်၊ မွေ့နှောက်သည်။
good fortune	= ကံကောင်းထောက်မစွာ
befall upon	= ကျရောက်သည်၊ ပေါ်ပေါက်သည်။
inhaling	= အသက်ရှူခြင်း၊ ရှူသွင်းခြင်း။

in fact	= အမှန်အားဖြင့်
essence	= အနှစ်သာရ၊ အဆီအနှစ်၊ အချုပ်။
instead of	= အစား၊ ကိုယ်စား။
misled	= လှည့်စားသည်။
imply	= စောင်းပါးရိပ်ခြည်ပြောသည်၊ သွယ်ဝိုက်ညွှန်းဆိုသည်။
absolutely	= အပြည့်အဝ၊ အသေအချာ၊ တကယ်၊ လုံးဝ။
in reality	= အမှန်အားဖြင့်၊ တကယ်တမ်းတော့။
hardworking	= လုံ့လဝီရိယရှိသော၊ ကြိုးစားအားထုတ်မှုရှိသော။
the lifestyle of couch potatoes	= ရုပ်မြင်သံကြားကို တစ်နေ့ကုန် ထိုင်မော့နေသူတွေရဲ့ ဘဝပုံစံ
understandable	= နားလည်နိုင်သော၊ သဘောပေါက်နိုင်သော။
simple folk	= ရိုးရှင်းတဲ့ ရိုးရာ။
grand	= ကြီးကျယ်ခမ်းနားသော၊ ထည်ဝါခွံညားသော။
romantic	= စိတ်ကူးယဉ်ဆန်သော၊ ကြည်နူးဖွယ်ရာ။





## Different Types of Clocks and Watches

Everyone knows that man could first tell time with the help of sundials. Then, the striped candle, the water clock and the hourglass were invented. Gradually, clocks and later watches were invented. Today, there are different types of clocks and watches. Some can even tell the correct time to a split second. They are all useful and important because time is the stuff that life is made of. We need to know what time it is, how much time we have wasted and how much time we have.

The first clock was made about 600 years ago. It had a face and an hour hand. One of the first such clocks was built for a king of France and it was kept in a tower of the royal palace. This clock did not show minutes or seconds. Usually, it did not even show the correct hour. In those days, there were no planes or trains to catch. So, people were not concerned about knowing the exact time. Gradually, clocks began to be popular. They still did not keep correct time but they were unusual and they could be beautifully decorated. When clocks became small enough to be carried, watches came into use. These also did not always tell the correct time. However, they were often put

into beautiful watchcases. Later, they were made to look like anything the owner wanted. In 1657, the pendulum clock was invented and it was also known as the Grandfather clock. Grandfather clocks were enclosed in tall, wooden boxes and they showed the hours more exactly than earlier clocks. They could do this because the weight on the pendulum could be moved up or down to make it go faster or slower. Today, grandfather clocks are very much in demand again. However, they are expensive and they require more space than other styles of clocks. Nowadays, we have electric clocks. They can tell the correct time till they are unplugged or the electricity goes off. Digital clocks are the most modern clocks. They have no faces or hands and they tell the time with a set of numerals which appear in a little window. The seconds are counted off like the tenths of a mile on the odometer of a car. Many electric clocks are combined with radios which can be set to turn on automatically. The most modern ones can even start the coffee maker!

This is how people measure time today. Different types of clocks and watches are used. Each year, different types are invented because they play an important part in people's lives in industrialized countries. However, in some parts of the world, it is still regarded in different ways.

### Words and Phrases

(စကားလုံးများနှင့် စကားစုများ)

hard work	= ခက်ခဲတဲ့လုပ်ငန်း
discipline	= စည်းကမ်း
in many ways	= နည်းလမ်းအမျိုးမျိုးနဲ့
concentrate	= အာရုံစိုက်သည်၊ ဇောက်ချလုပ်သည်။

reopen	= ပြန်လည်ဖွင့်လှစ်သည်၊ ပြန်စသည်။
without disturbance	= အနှောင့်အယှက်မရှိဘဲ
biological	= ဇီဝဗေဒ (ဆိုင်ရာ)
remind	= သတိပေးသည်၊ သတိရစေသည်။
pile up	= စုပြုံလာသည်၊ ပုံလာသည်။
cramming	= (စာမေးပွဲနီးမှ) တွန်းသင်ပေးသည်၊ ရိုက်သွင်းသည်။
digest	= စဉ်းစားသည်၊ မှတ်သားသည်၊ ကျေညက်သည်။
repetition	= ပြန်ကျော့ခြင်း၊ ထပ်မံပြောဆိုပြုမူခြင်း။
at the last minute	= နောက်ဆုံးမိနစ်မှာ
with the help of	= အကူအညီဖြင့်
types of	= အများအစားများ၊ အုပ်စုများ၊ ပုံစံများ။
stuff	= အစွမ်းအစ၊ အရင်းခံ၊ အရာဟာ၊ ဥစ္စာ၊ ကိစ္စ။
on the odometer	= မိုင်နှုန်းပြ ကိရိယာပေါ်မှာ
turn on	= လှည့်သည်၊ ဖွင့်သည်။
automatically	= အလိုအလျောက်
the coffee maker	= ကော်ဖီဖျော်စက်။
different types of	= ပုံစံအမျိုးမျိုး
industrialized	= စက်မှုထွန်းကားသော
regard	= မှတ်သားသည်၊ မှတ်ယူသည်၊ ယူဆသည်။
in different ways	= နည်းလမ်းအမျိုးမျိုးနဲ့





## Money Cannot Buy True Friends

Some say money makes the world go round. Some even say that it can make it stop. This is not so because there are so many things that money cannot buy. Material goods can all be bought with money and it is true that we live in a material world. But aren't the best things in life free? We can't buy true friends, a happy family, good health and love. Moreover, we also cannot buy a rainbow, moonlight blue skies, the stars and a sunny day.

A friend is a person who understands us and who is always there for us. Some are fair weather friends but some are true. As the saying goes, "A friend in need is a friend indeed". We are lucky if we find a few. Fair-weather friends are there for us when the weather is fair but they disappear at once when they have a glimpse of grey sky in the horizon. That is why I believe that books and friends should be few and good. Moreover, a friend should not be chosen by its outward appearance just as a book should not be chosen by looking at its colourful cover. A person may wear a smile at all times and treat you politely. But it could all be false pretences. In fact, he may not even like you. However, true friends are there for you when you need help,



they understand your shortcomings, they ignore your weaknesses and they forgive your faults. A false friend will enlarge your faults, spread rumors about you, destroy your reputation and take revenge on you. Some will even destroy your whole life. A true friend is someone you can trust but a false one will turn your whole life upside down. In addition, true friend wishes for the good of his friend but false one will make him fall. Moreover, a true friend cannot be bought or sold.

As money cannot buy true friends, we must know how to acquire them. Life is like a mirror. It reflects our own image. To have a friend who is true, we must be true to others first of all. That is why we should be someone who can be trusted, who is helpful and who is understanding. And if we should find them, we should hook into them because all the money in the world cannot buy true friends.

### Words and Phrases

(တကားသုံးစွဲရန်အတွက်)

go round	= လျှောက်သွားသည်၊ လျှောက်၍ ... သည်။
fair-weather friends	= မိတ်ဆွေတု မိတ်ဆွေယောင်များ
disappear	= ပျောက်ကွယ်သွားသည်။
glimpse	= ဖျတ်ခနဲကြည့်သည်၊ ရိပ်ခနဲမြင်သည်။
outward	= အပြင်ဘက်သို့
appearance	= ရောက်ရှိလာခြင်း၊ ပေါ်လာခြင်း။
just as	= အတိုင်း၊ အတိုက်၊ လိုပင်။
at all times	= တစ်ချိန်လုံး
pretence	= ဟန်ဆောင်မှု
enlarge	= တိုးချဲ့သည်၊ ကြီးလာသည်။

- reputation = နာမည်၊ ဂုဏ်သတင်း။  
 take revenge on = ရာဇဝင်ကြွေးဆပ်သည်။  
 upside down seed = ထက်အောက်ပြောင်းပြန်၊  
 ဇောက်ထိုးမိုးမျှော်။





## Some Delicious Myanmar Traditional Food

Everyone likes his own traditional food. No matter what we choose to eat, we all cannot resist the temptation of eating our own traditional food. The smells and tastes of these various food have been in our blood for generations and we find them irresistible. Our mouths water when we get the smell of something we like. As we eat a lot of spicy food, the very smell tickles our nostril and the temptation is too much.

Among the Myanmar traditional food, "Mohingha" is the most popular. It is cooked simply by boiling fish with lemon grass, ginger, pepper and garlic. The bones are picked from the fish and the gravy is eaten with a sort of rice vermicelli. There is no Myanmar, who does not like "Mohingha". The very smell of the gravy makes our mouths water. For breakfast, we sometimes eat glutinous rice with beans, usually sprinkled with coconut shreds and seshamum. Another popular snack is "Mont-lone-yay-paw." Grounded glutinous rice is first mixed with some water into dough and a small piece of jaggery is put and rolled in the centre. Then, it is put in the boiling water. True to its name, it comes up to the surface when it is cooked. We sprinkle

coconut shreds on them and eat them. We like it so much that we share them with our neighbours and passers by during the Thingyan Festival. When a "Zat Pwe" is held, there are endless food shops in a row near the "Zat Yone". All sorts of traditional food can be found there. Glutinous rice is put into bamboo sticks and baked in an open fire. Its smell spreads the whole fair and people buy them to take them home. This, too, is eaten with shredded coconuts and sugar. Paper thin rice cakes called "Yay Mont" are favourites too. "Yay Mont" or water cakes are best eaten with fried gourd fritters. On its paper thin surface, a few baked beans are thrown to add to the taste.

These are just a few of our Myanmar traditional food. Most Myanmar food or cakes are made of rice or glutinous rice. We usually use a lot of coconut and jaggery in making our food. We like our traditional food and we eat them as a snack whether we are hungry or not. Sometimes we ever say we eat them just to pass our time. This is just the way we are and we love our traditional food whether it is hot, spicy, too sweet or dripping with oil.

### Words and Phrases

(ကောသလ်ပုဒ်ကောသလ်ပုဒ်)

traditional	= အစဉ်အလာ၊ ရိုးရာ၊ ထုံးစံ။
resist	= ခုခံသည်။ ခံနိုင်စွမ်းရှိသည်။
temptation	= ဖြားယောင်းမှု၊ ဆွဲဆောင်ခြင်း။
irresistible	= မအောင့်အည်းနိုင်သော၊ မထိန်းနိုင်သော။
a lot of spicy food	= အနံ့အရသာစူးသော အစားအစာ အများအပြား
tickle	= ကလိထိုးသည်။ ကလိသည်။
nostril	= နှာခေါင်းပေါက်

pepper	= ငရုတ်ကောင်း
garlic	= ကြက်သွန်ဖြူ
gravy	= ဟင်းအနှစ်
with a sort of rice vermicelli	= ဆန်ကြာင်အမျိုးအစားနဲ့
glutinous rice	= ကောက်ညှင်းဆန်
sprinkled	= ဖြူးထားသော
coconut shreds	= အုန်းသီးမှန်
sessamum	= နမ်း
grounded glutinous rice	= ကြိတ်ထားသော ကောက်ညှင်းဆန်
dough	= ဂျုံမှန်ညက်
jaggery	= ထန်းလျက်





## **The Advantages of Shopping at Supermarkets**

Shopping at supermarkets has many advantages. It is a one stop shopping centre, which provides facilities for self-service, so we can get everything conveniently in one place. As the prices are fixed, there is no need to bargain and we don't need to be doubtful whether we have paid more or less than other shoppers.

Many shoppers come and shop at supermarket so the first problem they face is the parking space for their cars. It is arranged in such a way that there is a large parking space either at the back or underground. In addition, the whole place is air conditioned and so shoppers can shop to their heart's delight without getting tired easily. Goods of every description are provided attractively, hygienically and in perfect condition. Everything is displayed without being covered up. These goods attract shoppers and the best and latest goods take the centre to catch the eyes of shoppers. Another way to lure shoppers to buy is the sales promotion. Varieties of goods are promoted very often and shoppers often grab this chance. Various sizes of packs are displayed on long lengths of adjustable shelves, stands and stalls. Baskets or carts are provided in every corner so that

shoppers can pick their choice and drop them into the cart one by one. Perishable foodstuffs and, quick frozen fruit, vegetables and meat are kept in refrigerated self-service cabinets. They are all kept at the required temperatures so they are always fresh. Moreover, they are all prepacked and so they are hygienic. Finally, after buying all you want, you don't need to wait long at the cash registers. Modern cash registers are used so the problem of quick payment is solved. Neatly uniformed salesgirls, are polite and ready to help you. The whole supermarket as well as the goods are clean, neat and tidy. It is well-lit and shoppers can go in one aisle and out another, pushing their carts till they get what they want. If shoppers feel tired and hungry after a long shopping they can drop in at the food centres for a heavy meal or just refreshments.

The advantages of shopping at supermarkets is being able to shop conveniently in one place, getting vegetables, fruit and meat, which are hygienic and not having to wait to be served. These are the advantages of shopping at supermarkets.

**Words and Phrases**

(စကားထုံးများနှင့် စကားစုများ)

conveniently	= အဆင်ပြေစွာ၊ နီးနီးနားနား။
fixed	= (ဈေးနှုန်း၊ ရက်စွဲ စသည်ကို) သတ်မှတ်သည်။
bargain	= ဈေးဆစ်သည်။
shopper	= ဈေးဝယ်
the parking space	= ယာဉ်ရပ်နားရန်နေရာ
underground	= မြေအောက်
lure	= သွေးဆောင်သည်၊ ဖြားယောင်းသည်၊ ဆွဲဆောင်သည်။

grab	= လုယူသည်၊ ဖမ်းဆုပ်သည်။
neatly	= သပ်ရပ်စွာ၊ သေသပ်စွာ။
drop in	= ကြိုခိုက် ဝင်သည်၊ ဝင်လည်သည်၊ လှည့်ဝင်သည်။
refreshment	= အစားအသောက်







## How I Usually Spend My Weekends

Weekends are days at the end of the week. Saturdays and Sundays are weekends. They are public holidays and offices, schools and some shops are closed. As a matriculation student, I have a simple but busy life. So, I look forward to the weekends when I have no school. On school days, I am as busy as a bee but at weekends, I am as free as a bird.

Being an early riser by habit, I get up early on Saturday morning and I go to the swimming pool to swim. When I come home, I help my mother by doing odd jobs like pounding chillies, ginger, onion and garlic or peeling the potatoes or snipping the vegetables. Then, I sit and watch T.V until lunch. After lunch, I sometimes visit supermarkets with my mother to buy some stationery, new clothes and shoes. If not, I play computer games or sleep like a log. I am allowed to play computer games at weekends if my progress is good. Sometimes, I mend my clothes or wash my school uniform. At night, I work out some difficult sums with the help of my sister or watch a Korean soap opera. On Sunday my grandparents come and take me home with them and I have lunch with them. It is usually a Sunday

specialty because my grandmother is a very good cook. After lunch, we all sit and exchange the week's events. I ask them about some things that puzzle or confuse me and my grandparents would explain them to me patiently. They are like human encyclopedias and I get a lot of knowledge from them. I feel safe, secure and loved when I am with them. After tea, my father comes and takes me home. When I get home, I help my father in the garden, iron the clothes that were washed the previous day and clean and tidy the house. We all have dinner at six. After dinner, I read the comics and magazines that are not allowed to be read during the week. After watching T.V for a while, I check to see if all my homework has been done, arrange my books according to my time-table and go to bed.

My weekends are spent usefully and wisely because I visit my grandparents, get a lot of knowledge from them, help my mother in the kitchen and my father in the garden. What's more, I get some exercise by swimming, too. I also do not neglect my homework. So, after spending my weekend in this way, I start a new week relaxed and recharged with new energy to meet the difficulties in my schoolboy days.

### Words and Phrases

(စကားလုံးများနှင့် စကားစုများ)

as a bee	= ပျားတစ်ကောင်ကဲ့သို့
as a bird	= ငှက်တစ်ကောင်ကဲ့သို့
by doing odd jobs	= တောက်တိုမယ်ရအလုပ်တွေလုပ်ခြင်းဖြင့်
pounding chillies	= ငရုတ်သီးထောင်း
snipping the vegetables	= ဟင်းသီးဟင်းရွက်လှီးဖြတ်ခြင်း
stationery	= စက္ကူနှင့် စာရေးကိရိယာပစ္စည်း

like a log	= သစ်တုံးတစ်တုံးကဲ့သို့
speciality	= အထူးလုပ်ငန်း၊ အထူးထုတ်ကုန်၊ အထူးပြုမှု။
puzzle	= ပဟေဠိ၊ ဉာဏ်စမ်း၊ ပုစ္ဆာ။
confuse	= စိတ်ရှုပ်စေသည်၊ ခေါင်းနောက်စေသည်။
encyclopedia	= စွယ်စုံကျမ်း
wisely	= ဉာဏ်ရှိစွာ၊ အမြော်အမြင်ရှိစွာ
neglect	= လျစ်လျူရှုသည်၊ ပစ်ထားသည်။





## **The rainy season is pleasanter than the hot season**

Myanmar enjoys hot, wet climate and there are three main seasons in our country. They are the hot season, the rainy season and the cold season. Each season lasts for about four months. Every season has its own natural beauty and they all are of great importance for our motherland.

Summer begins with sweet songs of cuckoos in the middle of February and ends with the monsoon in the middle of June. The weather is extremely hot and most of the trees become leafless. Lakes and ponds are dried up and there is a scarcity of water. Moreover, there is a danger of fire outbreak and terrible diseases. The most popular "Water Festival" is held in this season. Summer vacation may be super for students and the seasonal flowers like padauk, gantgaw and ngu are in full bloom. The rainy season begins from the middle of June and ends in the middle of October. It is very important to our country as it is an agricultural country. We need plenty of rain to grow rice and other crops. The weather is dark, wet and gloomy. Because of the heavy rainfall, it is difficult to go from one

place to another. However, the songs of the frogs and the rhythmic music of the raindrops make the whole environment fresh and pleasant.

As a result, I think that the rainy season is pleasanter than the hot season because it brings the rain for plants and vegetation and the rain is of great help to the farmers growing paddy.

Words and Phrases

(စကားလုံးများနှင့် စကားစုများ)

- climate = ရာသီဥတု
- last = ကြာမြင့်သည်။
- motherland = အမိနိုင်ငံ
- cuckoo = ဥသြငှက်
- extremely = အလွန်အမင်း
- leafless = အရွက်ကင်းမဲ့သော
- scarcity = ရှားပါးမှု
- gloominess = မှောင်ရိပ်သန်းသော၊ မှုန်မှိုင်းနေသော





## The importance of being healthy

Everybody wants to be healthy but may or may not take care of health. People usually give a prior to business or wealth, and health does not come first. When they suffer from an illness or a disease, they come to realise importance of being health.

As they say, "Health is wealth," we need to be healthy. Only when we are in good health, shall we work and progress in life. If we are not healthy, we cannot learn our lessons, cannot do regular studies, and may lead to fail examination. Likewise, the sick teachers may be absent from school. Many absent teaching days or taking frequent leaves may affect the students' education as well as their fortune. To promote the production of the country, to protect the country and to build up a modern, developed country; the workers, the farmers the soldiers, the engineers, the doctors, the scientists and all of the intellectuals and intelligentsias need to be healthy.

In conclusion, a wealthy person can buy what he wants but he cannot buy health by money. On the contrary, a healthy person has the opportunities to possess happi-

ness and longevity. We, therefore, not only know importance of being healthy but also should obey the good ways to health.

**Words and Phrases**

(ကောလုံးများနှင့်ကောရုများ)

- prior to = မတိုင်မီက
- progress = တိုးတက်မှု
- lead = ဦးဆောင်လမ်းပြသည်။
- likewise = အလားတူ ထိုနည်းတူစွာ
- affect = အကျိုးသက်ရောက်မှုရှိသည်။
- intellectual = ပညာတတ်၊ ပညာရှင်။
- intelligentsia = ပညာတတ်လူတန်းစား
- on the contrary = (အမှန်တော့ အဲဒါနဲ့) တခြားစီ၊ ပြောင်းပြန်
- longevity = အသက်ရှည်ခြင်း





## **Time and tide waits for no man**

A proverb is a well-known short saying that gives good advice. As there are many languages in the world, there are also many proverbs. But some of them are similar to one another. For example, "Time and tide waits for no man" is the same as "Make hay while the sun shines."

This is a proverb accepted by all. It points out the importance of time which is the most precious thing in life. We have to struggle with time all our lives, so the main purpose of this proverb is not to waste time. According to our belief, there are three stages in a person's life. In the first stage, we must seek education. In the second stage, we must try to thrive, and in the third stage, we must be religious. As for us, we should study our lessons regularly several hours a day. Then only may we pass the examinations easily and reach our goal. We should not postpone our work now and then, but finish our work in time. There are many examples of success due to this proverb. Under the leadership of Bogyoke Aung San, our country gained independence from the British as we had tried very hard while there was time. We must be very careful with time



because the secret of success in life is the correct use of time.

This proverb is of great importance to everyone. We cannot get back the time that has gone by. No one can stop a tide which is the regular rise and fall in the level of the sea. It means that we should do our work without delay. Anyone who wishes to be successful in life must have diligence and effort while there is still time.

**Words and Phrases**

(စကားလုံးများနှင့် စကားစုများ)

- well-known = လူတကာသိသော၊ လူသိများသော။
- proverb = စကားပုံ
- point out = ညွှန်ပြသည်၊ ထောက်ပြသည်။
- seek = ရှာဖွေသည်။
- postpone = အချိန်ရွှေ့ဆိုင်းသည်။
- secret = လျှို့ဝှက်သော
- delay = နှောင့်နှေးသည်၊ ကြန့်ကြာသည်။
- diligence = လုံ့လဝီရိယ၊ ကြိုးစားခြင်း။





## How do you intend to serve your country?

I am a graduate. So, I want to serve my country. My purpose is also to become an English teacher. I always try to fulfill my purpose in the following ways. I also want to serve my country as an English teacher because I think that it is the best profession.

The salary of this profession is low, but it is the noblest one. I am very interested in this profession. To become the English teacher is not easy. First, I must be proficient in English teaching. In order to be proficient in English, I must study English grammar. I must watch the international news on television daily. This can make me improve in listening English. In addition, I must study English vocabularies, words, sentence constructions, sample essays and letters, etc. I must write both an essay and a letter once a week in order to improve my writing ability of English. I must read both the Myanmar and English daily newspapers. Moreover, I must read some books written in English as available as I can to improve my reading ability.

To sum up, the more I study English, the more I like it. Finally, I will become a teacher of English my pur-

pose will be successful one day. These facts are how I intend to serve my country.

**Words and Phrases**  
(ကောသုံးများနှင့်ကောစုများ)

- proficient = ကျွမ်းကျင်သော
- in addition = ထို့အပြင်၊ ဒါ့အပြင်
- sample = နမူနာ
- available = ရနိုင်သော၊ သုံးနိုင်သော။
- fact = အချက်အလက်
- intend = ရည်ရွယ်သည်။
- profession = အလုပ်အကိုင်
- fulfill = ဖြည့်စွမ်းသည်၊ ဖြည့်ဆည်းသည်။







## My home town

My home town is Yangon, which lies on the mouth of the Hlaing River. It used to be the capital of Myanmar. According to a legend, it was founded over 2500 years ago. At first, it was known as Oakkala, but later it was called Dagon. The present name of Yangon was given by King Alaungphaya. My home town enjoys a good climate as it is only a few miles away from the sea.

Naturally, it is the biggest city in the country with a population of over six million. It is also the centre of trade and industry. Most of the Yangonnites are Myanmars but there are also a large number of foreigners such as Indians, Chinese, Europeans and Americans. The most distinguished landmark of Yangon is the Shwedagon Pagoda. It can be seen from various parts of the town since it stands on a hillock. Others famous pagodas are Bohtahtaung, Sulay, Kobaaye, Kyauk Taw Gyi and Tooth Relic Pagoda.

There are many interesting and fascinating places in Yangon. They are the national Museum, the Natural History Museum, the Defence Services Museum, the Martyrs' Mausoleum, the Zoological Garden, the Karaweik Hall, the

Town Hall, the Maha Bandoola Park and the Independence Monument and so on. Moreover, there are supermarkets, cinema halls, recreation places, amusement parks, plazas, beautiful tall buildings, universities and colleges in my home town. All of these places make Yangon more prominent and famous. My home town has a good transport. We can go anywhere in convenience. So, I prefer living in Yangon.


**Words and Phrases**


(စကားလုံးများနှင့် စကားစုများ)

mouth	=	ပါးစပ်၊ အဝ
legend	=	ဒဏ္ဍာရီ
naturally	=	ပင်ကိုအားဖြင့်၊ သဘာဝအလျောက်။
distinguish	=	ခွဲခြားသိမြင်သည်၊ ခွဲခြားတတ်သည်။
landmark	=	အထင်ကရ၊ အဓိကရ အဆောက်အအုံ။
hillock	=	တောင်ပူစာ
tooth relic pagoda	=	စွယ်တော်မြတ်စေတီ
fascinating	=	အလွန်စွဲမက်စရာ၊ စိတ်ဝင်စားစရာကောင်းသော။





## My ambition

Man's ambition has caused many wars and human misery in the past. The ambitions of Napoleon and Hitler provide ample evidence of this. Yet, those who seek progress should have an ambition — an aim in life. My ambition is to be a lawyer.

Through the years lawyers have played an important role in human affairs. They have been well-known for their wisdom and command of language. It is because of them that the common man can expect to protect himself from injustice. Their faith in the liberty of the individual has made them leaders among people. Whenever a government become too oppressive in the past, lawyers became the champions of the people's cause. Lawyers also help to protect the weaker individual from the greed and power of the stronger, and bring criminals to justice, as a result of which, people in the various other professions are able to pursue their own affairs. If I become a lawyer, I too can play my part in promoting the welfare of society.

Many of the leading prime ministers and other ministers in most countries and lawyers. This shows that law-

yers are closely associated with the affairs of the state. Their sense of duty to the citizens of the state and their knowledge of governments and constitutions impe many lawyers to take a keen interest in the administration of their respective countries. All this make lawyers the natural leaders of the people. Therefore, if I become a lawyer, I could be proud of my career.

Though I am still in school, yet my ambition to be a lawyer some day, often makes me imitate the attitudes of a lawyer. When I speak with my classmates, I try to speak with the wisdom and clarity that come from the keen intellect of a well-trained lawyer. As a lawyer must have some knowledge of man's struggle for freedom in the past, I read as many history books as possible. I also read some of the law reports found in the law courts in my state. Whenever an interesting case is argued in the High Court by well-known lawyers. I listen to the various arguments and try to remember them. I also read the leading cases reported in the newspapers.

All this I do in the believe that I will be better prepared to commence my studies to become a lawyer some day, and it is my earnest hope that my ambition will be fulfilled.

### Words and Phrases

(ဝကားလုံးများနှင့် ဝကားစုများ)

misery	=	ဝေဒနာ၊ နာကျင်မှု၊ ဒုက္ခ။
ample	=	လုံလောက်သော၊ ပိုလှသော။
injustive	=	တရားမမှုတမှုမရှိခြင်း၊ မတရားမှု။
oppressive	=	ဖိနှိပ်ချုပ်ခြယ်သော၊ ကြမ်းတမ်းသော။
affair	=	အရေး၊ ကိစ္စ၊ အလုပ်။

- welfare = ကောင်းကျိုးချမ်းသာ၊ ကောင်းကျိုး။
- constitution = ဖွဲ့စည်းပုံအခြေခံဥပဒေ
- clarity = ကြည်လင်ပြတ်သားခြင်း
- argument = အငြင်းအခုံ၊ စကားများခြင်း။
- commence = စတင်သည်၊ စသည်။



[A large, faint, illegible block of text, possibly a title or a large heading, is present in the lower middle section of the page.]

[A large, faint, illegible block of text is present at the bottom of the page, likely bleed-through from the reverse side.]





## My Favourite Person

Of all the persons in the world, I like my dear mother the most. Not all the wealth in the world can convert my love for her to any feelings of hatred or enmity.

That maternal love is the tenderest and the best in the world cannot be denied. When I observe my mother's attitude towards my father, brothers and sisters, I am filled with pride. In everything she does, there is a touch of love for her family. Even when she washes the dishes, she makes sure that they are clean so that no one in her family will become ill.

Though she sometimes shouts at me when she is out of patience, I realise that she does so not because she is cruel but because she is tired working all day and night for the happiness of her family. I, therefore, do not hate her for scolding me but feel sorry for her. I keep quiet while she expresses her anger, so that she may feel a little relieved.

That she loves me and all the others in the family is proved everybody. When my youngest brother is very hungry in the middle of the night and cries for milk, she wakes up at once to attend to him, even though she is unwell or

tired. In the same way, she wakes up before all the others and goes to bed last so that everyone in the family can receive all the comfort and convenience that she can give. For the sake of the happiness of the family, she is always prepared to sacrifice all her pleasures.

Further, if anyone in my family is ill, she is the person most concerned about the comfort and health of the one who is ill. Even my father does not pay so much attention as she does. Once when I was seriously ill, she kept awake for the whole night to look after me.

Such concern and love, no one in the world can have for me. It is, therefore, natural that I should like my mother the most in the world.

### Words and Phrases

(စကားလုံးများနှင့် စကားစုများ)

convert	=	ပြောင်းသည်။ လဲသည်။
hatred	=	အမုန်း။ မုန်းတီးခြင်း။
enmity	=	မလိုမုန်းထားစိတ်။ ရန်လိုမှု။
tenderest	=	ကြင်နာသနားတတ်သော၊ ယုယသော။
observe	=	ကြည့်သည်။ လေ့လာသည်။ သတိပြုမိသည်။
touch	=	ထိသည်။ တို့သည်။ ထိခိုက်သည်။
sacrifice	=	စွန့်လွှတ်သည်။ စွန့်သည်။
further	=	ထိုးပြင်။





## My Ideal Home

One of our basic needs is shelter. People live in different kinds of houses for protection and shelter. According to their living standards, the kinds of houses may be different. It is true that "home is where the heart is". It doesn't matter whether they are grand or shabby, they all can provide warmth and security to the family members.

My present house is not grand. It is so small that my family cannot live in it comfortably. The surrounding is too noisy for me to study properly and most of my neighbours are inquisitive. I do not want to be very close with them. Thus, I always dream of owning an ideal home in my imagination. The kind of house I would like to live in will be located in a quiet environment. My grand house must be in a separate large compound with many shady trees in it. It must be a three-storied building with many rooms such as a shrine room, a well-furnished living room, bed rooms with both and toilet attached, a tidy dining room and a neat kitchen. My study room will be air-conditioned. A spacious verandah above the portico will be the best feature of the house. The garage will be on the right side of my house. In

front of the house, there will be a lovely lawn surrounded by a small garden in which various kinds of colourful flowers will be grown. The doors at the gate will be made of steel which seems to be stiff and safe. My ideal home is perfect. Even thinking such a kind of house makes me happy and satisfied.

I am not quite sure whether I will own such a big house or not. If fortune favours me, my dreams will come true some day, some time. However, I realize that I need to work hard with might and main in order to fulfill my wishes.

### Words and Phrases

(စကားလုံးများနှင့် စကားစုများ)

shelter	=	အရိပ်အာဝါသ
comfortably	=	သက်သောင့်သက်သာဖြစ်အောင်
properly	=	သင့်တင့်လျောက်ပတ်စွာ
inquisitive	=	စပ်စုတတ်သော
imagination	=	စိတ်ကူးနိုင်စွမ်း၊ စိတ်ကူးစိတ်သန်း။
attach	=	တွဲချည်သည်။ ပူးတွဲသည်။
fortune	=	အခွင့်အလမ်း၊ ကံ၊ ကံကြမ္မာ။
fulfill	=	ဖြည့်စွမ်းသည်။ ကျေပွန်အောင်ဆောင်ရွက်သည်။
wish	=	ဆန္ဒ၊ အာသီသ၊ လိုရာစု။





## Fire and its Uses

That fire today is an indispensable thing to man cannot be denied. Yet, how man first learnt to use fire still remains a mystery.

The advantages of using fire were discovered very early in man's struggle for survival and a better life on the earth. Primitive men, in the twilight of history, used it to brighten up their dark caves and to discourage wild animals from coming too close to their homes and endangering their lives. They used it to keep themselves warm during cold weather and at night. They also learned quickly how to use fire for cooking their food in order to make it more palatable and digestible. Thus, the discovery of fire in those early days began to cause many changes in the lives and habits of the early inhabitants of the earth. Life was soon becoming more and more comfortable.

Since this remote period, men in all parts of the world have continued to use fire as a diversity of purposes.

A great result of the discovery of fire is that it has helped to increase human activity. Men can now work in the darkness hours of the day to produce the goods they

need and do whatever they wish for the benefit of themselves as well as for others. They can even remain in dense forests in the remote regions of the earth and work day and night to obtain the things that the forests possess. With the use of light, produced by fire, they can hunt or catch fish or work in the mines even when it is dark. Travel in the dark, too, has become easy.

In addition, men have learnt to use fire's tremendous energy to propel vehicles, and to move huge machines for the production of important goods. Men also use fire to clear areas of vegetation for the purpose of building homes and factories and for growing crops on such regions. The use of fire for such a variety of purposes has indeed enabled men every where to live in greater comfort and luxury than their forefathers who had no knowledge of its uses.

Fire, however, is also a great destructive agent. Men who are stirred by evil motives have used it to destroy their enemies and cause untold misery and hardship. In the numerous battles and wars that have fought through the centuries, fire has been used recklessly for the purpose of victory. As a result, millions of innocent lives have been lost.

It is fortunate, however, that today men are more eager to use fire for progress of humanity than for the purposes of destruction. They are, therefore, working with great energy to find more and more ways of using it for the benefit of the whole human race.

### Words and Phrases

(စကားလုံးများနှင့် စကားစုများ)

- |             |   |                                 |
|-------------|---|---------------------------------|
| hamanity    | = | လူ၊ လူသား၊ လူ့လောက၊ လူသဘောသဘာဝ။ |
| destruction | = | ဖျက်ဆီးခြင်း၊ ပျက်စီးခြင်း။     |

- indispensable = မရှိမဖြစ်သော
- mystery = ဉာဏ်မမီသောအရာ၊ နားမလည်နိုင်သောအရာ။
- palatable = အရသာရှိသော၊ နားဝင်ချိုဖွယ်၊ နှစ်လိုဖွယ်။
- diversity = ထွေပြားခြင်း၊ အမျိုးအစား။
- in addition = ဒါ့အပြင်
- stir = မွှေသည်၊ ခေါက်သည်၊ လှုံ့ဆော်သည်။
- battle = တိုက်ပွဲ
- recklessly = နမော်နမဲ့နိုင်စွာ





## **The advantages and disadvantages of using Internet**

Internet is the biggest computer system in the world. It is an enormous treasure bank. It consists of thousands of network which is a system to provide information to computers. Definite devices and programmes are needed to connect the internet.

There is nearly no one, among computer uses, who does not use an internet. During the last few years, the number of internet uses has suddenly increased. There are many interesting information on the internet such as various kinds of sports, games, books, magazines, films, music, arts and science subjects, weather reports, medicines, job vacancies, airline schedules colleges, universities and so on. We can get many facts about them free of charge. News on the internet can be spread all over the world within seconds. The most popular function of the internet is the electronic mail. We can send and receive e-mails among friends, relatives, colleagues and even strangers. We can also get many programmes from the internet which include games, spread-sheet, and desktop-publishing (DTP). We can watch cur-



rent news, TV programmes, films, teleplays and live interviews with famous people. Without going anywhere, many services are available. We can just sit at the computer and buy anything we like such as books, flowers, CDs, DVDs and even pizzas.

Internet is the combination of ideas and thoughts of talented people, and as a result it has become a very precious source. It is improving at an irregular rate and, in the future, there will be various ways in connecting the internet and finding information.

Words and Phrases

(စကားလုံးများနှင့် စကားစုများ)

- enormous = အလွန်ကြီးမားသော၊ ဧရာမ။
- treasure = ရတနာသိုက်
- network = ကွန်ချာ၊ ကွန်ရက်။
- internet = ကွန်ပျူတာဖြင့် အပြည်ပြည်အနှံ့ ဆက်သွယ်ထားသော ကွန်ရက်၊ နိုင်ငံတကာ ကွန်ပျူတာကွန်ရက်။
- schedule = အစီအစဉ်၊ လုပ်ငန်းစဉ်။
- function = လုပ်ငန်း၊ တာဝန်။
- spreadsheet = စာရင်းကိန်းဂဏန်း အချက်အလက်တို့ကို ဇယား၊ စာတိုင်တို့တွင် အလွယ်တကူ ဖြည့်သွင်းတွက်ချက် ပြင်ဆင်ပြောင်းရွှေ့ပေးနိုင်သော ကွန်ပျူတာလုပ်ငန်း အစီအစဉ်။
- combination = ပေါင်းစပ်ခြင်း၊ ဖက်စပ်ခြင်း။





- (1) You are Nyi Nyi and you live at No. 60, Thukha Road, Mayangone, Yangon. Write a letter to your father, who is in Monywa, asking his permission to go to Chaungthar with your classmates and telling him why you want to do so.

No. 60, Thukha Road,  
Mayangone, Yangon.  
March 15, 2017.

Dear Phay Phay,

Thank you for sending me some money to spend after the examination. I shall use it wisely and I will not spend it foolishly. Everyone at home is fine. As Pho Pho has given up smoking, his health is so much better. His coughing has stopped, too.

I am writing this letter to ask your permission to go to Chaungthar with my classmates. I will tell you why I want to do so. I have worked hard the whole year and so I want to rest and relax. All my classmates seem to think Chaungthar is a nice place to relax. Our class teacher Saya Chit is leading our group of ten boys so please don't worry. We'll put up at a hotel for only three nights. We are all looking forward to swimming, playing volleyball and cycling

there. On the last night, Saya Chit has promised to make a bonfire for us on the beach. We'll barbecue fish and prawns under the moon and stars. I'll also take my guitar and we'll sing songs all night long. We'll surely have a great time. To feel the cool sea breeze on my face, to see the lovely waves and palm trees swaying in the wind and to eat seafood is what I have always dreamed of.

I promise you that I will behave myself and I won't be a nuisance to anyone. Please do say "Yes" Phay Phay.

Your loving son,  
Nyi Nyi.

**Words and Phrases**

(စကားလုံးများနှင့် စကားစုများ)

coughing	=	ချောင်းဆိုးခြင်း
work hard	=	ကြိုးစားသည်။
the whole year	=	တစ်နှစ်လုံး
put up	=	တည်းခိုသည်။
look forward to	=	စောင့်စားသည်၊ မျှော်လင့်သည်။
to make a bonfire	=	မီးပုံပွဲပြုလုပ်ဖို့
a great time	=	ခမ်းနားကြီးကျယ်တဲ့အချိန်
prawn	=	ပုစွန်တုပ်
sway	=	ယိမ်းထိုးသည်၊ လှုပ်ယမ်းသည်။
seafood	=	ပင်လယ်အစားအစာ
nuisance	=	စိတ်အနှောင့်အယှက်ဖြစ်စရာ၊ စိတ်ငြိုငြင်စရာ၊ ကရိုကထ။



- (2) You are Mar Mar. Your address is No. 55, Inya Road, Yangon. Write a letter to your uncle, who lives in Taunggyi, thanking for the cassette recorder he sent and telling him how you're using it.

No. 55, Inya Road,  
Yangon.  
March 20, 2017.

Dear Lay Lay,

I'm so glad to hear that all of you are fine. As for us in Yangon, we're all in the pink of health, too.

I also want to thank you for the cassette recorder you sent. As soon as I saw it, I was so happy that I could barely speak. Most of my friends have cassette recorders and I have always envied them. Now, I'm over the moon because of you. I'll tell you how I'm using it. I record the lectures that I don't understand. Chemistry is the subject I fear most. Saya Chit, who teaches us Chemistry, is well-experienced and kind. But it's me. I don't understand some chapters and they go round in circles. The harder I try, the more confused I become. So, I record his lectures and listen repeatedly. I can now understand this subject well. I am also trying my best to pass the examination with flying

colours. I also use it to record the songs that I like. I listen to them and relax in my free time. So, this cassette recorder is useful for work as well as pleasure.

Once again, thank you, Lay Lay. Please tell Daw Lay, Ar Loo and Toke Toke that Phwar Phwar and I will come to Taunggyi as soon as the examination is over. We both make wonderful plans for the holidays whenever we are free.

Your loving niece,  
Mar Mar.

**Words and Phrases**

(စကားလုံးများနှင့် စကားစုများ)

- in the pink of health = နေကောင်းသော၊ ကျန်းမာသော။
- barely = မျှသာ၊ ရုံမျှသာ။
- envy = မနာလို၊ မရှုစိတ်၊ အားကျသည်။
- confuse = စိတ်ရှုပ်စေသည်၊ ခေါင်းနောက်စေသည်။
- with flying colours = ထူးထူးချွန်ချွန်ဖြင့်
- once again = နောက်ထပ်တစ်ကြိမ်
- wonderful plans = အံ့ဩဖွယ်ကောင်းတဲ့ အစီအစဉ်များ၊  
နစ်သက်ပျော်ရွှင်ဖွယ်ကောင်းတဲ့ အစီအစဉ်များ။





- (3) You are Thet Htar. You live at No. 1, Pine Road, Kalaw. Write a letter to your aunt in Mandalay, asking her about her health after a successful operation and telling her that you will come and look after her during the coming holidays.

No. 1, Pine Road,  
Kalaw.

March 20, 2017.

Dear Daw Lay,

I was so worried when I heard about your operation. Then, I was quite relieved because May May told me that it was successful. How are you now, Daw Lay?

I am sure you are still very weak. Please rest and take good care of yourself. Soon, my examination will be over. I will come to Mandalay and look after you during the holidays. You will not have to bother with the housework at all. I'll do all the washing and ironing for you. I am used to helping May May with them and I shall be glad to do so for you. Although I cannot cook, I can peel onions, pound chillies and slice vegetables. I'll also dust and sweep the whole house, too. By the time I come, you'll be strong enough to walk around your compound. So, we'll talk a

walk every morning, and evening. If you don't want to, you don't need to read small prints yet. I'll read to you as many magazines and books as you like. I'll also help you do some exercises to make your muscle strong once again.

These are the promises I give you. I will catch the first train and come to you after the examination.

Your loving niece,  
Thet Htar.

**Words and Phrases**

(ကောားသုံးပျားနဲ့စကားစုပျား)

- operation = ခွဲစိတ်ကုသခြင်း
- relieve = သက်သာရာရစေသည်။
- take good care of = ကောင်းကောင်းဂရုစိုက်သည်။
- look after = ကြည့်ရှုစောင့်ရှောက်သည်။
- slice = လှီးဖြတ်သည်။
- compound = ခြံဝင်း
- small print = သေးငယ်တဲ့ ပုံနှိပ်စာလုံး
- bother = စိတ်အနှောင့်အယှက်ပေးသည်၊  
စိတ်ရှုပ်စေသည်။





- (4) You are Kyaw Zin. You live at No. 10, Main Road, Taungoo. Write to your aunt Daw Ngwe, asking her to find you a job during the summer holidays and explain why you want it.

No. 10, Main Road,  
Taungoo.

March 20, 2017.

Dear Daw Lay Ngwe,

Thank you for your letter and the medicines that you sent from Yangon. We are glad to know that you are all in the pink of health. As for us, Phay Phay is recovering from his operation. May May is busy taking care of him and the twins Aung Aye and Tar Tee are as mischievous as monkeys.

As for me, the examination is over and I am as free as a bird. I sleep like a log and at like a log for the whole week. I feel as if my battery is recharged and I am as strong as an ox now. But things at home are not running very smoothly. Business is not very good at our grocery store nowadays. As the prices are all high, people cannot spend as much as they used to. It's very difficult for May May to make ends meet. I can't bear to see her struggling alone.



We're going to have long summer holidays and I want to help her. So, please find me a job, Daw Lay Ngwe. Yangon is a big city and more jobs are available there than in Taungoo. I have also attended a computer course and I can use it very well. Any job will do because I'm not afraid of hard work. I shall be glad to earn some money to help my parents.

I promise you that I will do my best so that not only Phay Phay and May May but also you will be proud of me. I shall be looking forward to your reply.

Your loving nephew,  
Kyaw Zin.

### Words and Phrases

(ဝကားလုံးများနှင့် ဝကားစုများ)

recover	= နှာလန်ထူသည်။
twins	= အမြွှာ
mischievous	= ကျီစယ်တတ်သော၊ ဆော့သော။
for the whole week	= တစ်ပတ်လုံး
battery	= ဘက်ထရီအို
recharge	= ပြန်ဖြည့်သည်၊ အားပြန်သွင်းသည်။
smoothly	= ချောမွေ့၊ ချောမော၊ ညက်ညော၊ ပြေပြစ်စွာ။
grocery	= ကုန်စုံဆိုင်လုပ်ငန်း
to make ends meet	= အလျဉ်မီဖို့
struggling	= ရုန်းကန်လှုပ်ရှားခြင်း၊ အပြင်းအထန်ကြိုးပမ်းခြင်း။
available	= ရရှိနိုင်သော၊ သုံးနိုင်သော။
afraid of	= ကြောက်သည်၊ ဝန်လေးသည်။
hard work	= ပင်ပန်းတဲ့အလုပ်



- (5) You are Khin Khin Gyi. Your address is No. 14, Thazin Street, Khayan. Write a letter to your brother scolding him for getting low marks in the monthly test.

No. 14, Thazin Street,  
Khayan.

March 20, 2017.

Dear Tut Pi,

Yesterday, I received a letter from May May. She poured out her troubles to me. How could you be so naughty? I was shocked to see the marks you got in the monthly test.

When you were younger, you were always among the top ten students in your class. We were all so proud of you. Phay Phay was especially proud because he wanted you to be an engineer like him. As you know, both our parents are retired government workers and it is very difficult to make end meet. Soon, it will be our turn to look after them. Do I need to tell you all this? You are not a young boy any more. You must know what is right and what is wrong. Sitting at the tea-shops every now and then and playing computer games at the net-stations every day are the reasons why you get low marks. You know that you reap

what you sow, don't you? You can do all that you like during the holidays. But not now. Then, only you will get to the top once again.

So, be a good boy and take my advice. May May will be happy once again and you will be a feather in her cap. Take care of yourself and write to us often.

Your loving sister,  
Khin Khin Gyi

Words and Phrases

(စကားလုံးများနှင့် စကားစုများ)

pour out	= ပွင့်အံထွက်လာသည်၊ ရင်ဖွင့်သည်။
naughty	= ဆိုးသော
in the monthly test	= လပတ်စာမေးပွဲမှာ
retired	= အငြိမ်းစား၊ ပင်စင်စား။
turn	= အလှည့်အပြောင်း၊ အလှည့်။
now and then	= မကြာခဏ
once again	= နောက်ထပ်
cap	= ကက်ဦးထုပ်





- (6) You are Sabai-Phoo. You live at No. 52, Mingalar Road, Myoma Quarter, Magway. Write to your mother, asking her to send you 5,000 kyats, as you want to buy your friend a birthday present.

No. 52, Mingalar Road,  
Myoma Quarter,  
Magway.  
March 20, 2017.

Dear May May,

I am glad to know that all of you at home are well. As for Phwar Phwar, Daw Lay and me, we are all fine, too. But it is hot as an oven here so we stay indoors most of the time. We don't go out unless we have to.

Thank you for asking what I need, May May. Kindly send me 5,000 kyats as I want to buy my friend a birthday present. It's for my friend Mee Mee Lay. She is my best friend, May May. She helps me with the lessons that I don't understand because she's very clever and she always stands first in class. She's the one who got the first prize in an essay competition. I saw something, that she'd like, in a store near our house. It's a small hard cover book. It can also be used as a diary because it has a lock, too. My friend

Mee Mee dreams of being a writer one day and she writes anything and everything she sees on scraps of paper. So, she often loses them often. I think that this will be the perfect gift for her. It contains about four hundred pages and she can write to her heart's content.

I hope you understand why I need this money. Please send it soon because her birthday falls in two weeks' time.

Your loving daughter,  
Sabai Phoo

### Words and Phrases

(ကားထုံးများနှင့် ကားစုများ)

indoors	= အိမ်တွင်း၊ အမိုးအောက်။
stand first	= ပထမရသည်။
competition	= ပြိုင်ပွဲ
scrap	= အစအန
to her heart's content	= သူမစိတ်ကြိုက်
fall	= ကျရောက်သည်။





- (7) Your name is May May and your address is No. 44, Kwet Thit Road, Pa-an. Write to your uncle in Yangon, telling him that you want to work part-time to earn some pocket-money. Ask him to find a suitable job for you.

No. 44, Kwet Thit Road,  
Pa-an.

March 20, 2017.

Dear Ba Ba Gyi,

How are you? How are Kye Kye Su, Pho Thar and Nge Nge? I hope all of you are well. As for us, Phay Phay has recovered from his operation and May May is fine. Tun Tun and Aung Aung are as playful as monkeys and Thida is as talkative as a parrot. Being the eldest, I help May May with the housework. So I am busy but happy.

Although I am happy, I know that May May has to work hard at the store as well as to home to put food on the table now that Phay Phay has retired. Thank you for asking me to come and stay in Yangon before I attend the university. I want to work part time to earn some pocket-money while I stay with you in Yangon. Please find a suitable job for me. I am neither qualified nor experienced for a highly

paid job. So, any job will do. I am young and strong so I can work hard. I am not afraid of hard work. So, please find a job for me, Ba Ba Gyi. As you are the eldest member in our family, I know that you are wise and you will know what is suitable for me. By earning my own pocket money and staying with your family in Yangon, May May will not have to worry about me and she will have one month less to feed.

Thank you once again for asking me to come and stay with you. I have sent you your favourite coconut-jaggery along with this letter.

Your loving niece,  
Mya Mya.

### Words and Phrases

(စကားလုံးများနှင့် စကားစုများ)

recover	= ပြန်လည်သက်သာလာသည်။
operation	= ခွဲစိတ်ကုသမှု
talkative	= စကားများသော
retired	= အငြိမ်းစား
part time	= အချိန်ပိုင်းအလုပ်
suitable	= သင့်တော်သော
for a highly paid job	= လစာမြင့်မားစွာပေးတဲ့ အလုပ်အတွက်
worry about	= စိုးရိမ်ပူပန်သည်။
jaggery	= ထန်းလျက်





- (8) You are Thara-Phee living at No. 30, Sanpya Road, Kyauk-Se. Write to your cousin, Ponnyet in Yangon asking her to buy you a sling bag and a pair of Sandals to match.

No. 39, Sanpya Road,  
Kyauk-Se.  
March 20, 2017.

Dear Ponnyet,

I received your wonderful letter giving me all the news in Yangon. I was so interesting. Life here is peaceful and quiet. In other words it's rather dull for a teenager like me.

I also want to thank you for asking me what I want from Yangon. I would like to ask a few things but the two things go I want most are a sling bag and a pair of sandals to match. After the Thingyan Festival, one of my friends will have a birthday party. She has invited me. I want to go to her party and want a new sling bag to show off on that day. My old one is rather old and small. I would like to have a really big one like the ones they use in Korean soap operas. As white goes well with any colour that I wear, please buy a white bag. It doesn't have to be genuine leather be-



cause I can't afford much. So, a fancy one will do. Also buy a pair of sandals to match. A two inch heel will do because I don't know how to walk properly if the heels are too high. I want to look my best at my friend's birthday party. So, please buy them for me when you come and spend the Thingyan Holidays with us.

I shall be looking forward to seeing you. Please give my love to all at home in Yangon.

Your loving cousin,  
Thara-phee.

**Words and Phrases**

(စကားလုံးများနှင့် စကားစုများ)

- rather = တော်တော်
- dull = ပျင်းစရာကောင်းသော၊ စိတ်ဝင်စားစရာမကောင်းသော။
- teenager = ဆယ်ကျော်သက်
- match = လိုက်ဖက်သည်။
- show off = ကြွားသည်။
- genuine = အစစ်အမှန်ဖြစ်သော၊ အစစ်။
- afford = တတ်နိုင်သည်၊ အကုန်အကျခံနိုင်သည်။
- fancy = ဆန်းပြားသောဝတ်စုံ
- a pair of = တစ်စုံ





- (9) You are Myo Win. Your address is No. 18, Min Road, Sagaing. Write to your friend, Ne Kyaw, inviting him to your birthday party and telling him how you are going to celebrate it.

No. 18, Min Road,  
Sagaing.  
March 20, 2017.

Dear Ne Kyaw,

Did you do well in the examination? I am sure you did as you are the clever one in our class. As for me, I did well, too. Let's hope and pray for the best.

By the way, next Sunday March 27, is my birthday. I am writing this to invite you to come to my birthday party. It will not be a very big party so only a few close friends are invited. There will be altogether fifteen of us. The party will begin at three o'clock. We will have prata and chicken curry. For the dessert, we'll have Shwe-yin-aye. Everything will be home-made as you know how much my mother and my sisters love to cook. We'll also play games such as musical chairs, the winking game and the parcel game. Mother has promised to give nice prizes to the winners. My father, the amateur phtographer, has promised to capture every

moment on video. He will also burn them on CD's and give them to you afterwards so that you can watch them and have fun all over again. They have also ordered a huge chocolate birthday cake. Well, don't you think it's going to be great fun?

Once again, please come to my birthday party without fail. All our mutual friends and invited. Even the twins Di Di and Ki Ki will come and help me with the decorations. I shall be looking forward to seeing you.

Your sincerely,  
Myo Win.

**Words and Phrases**  
(စကားလုံးများနှင့် စကားစုများ)

- only a few close friends = ရင်းနှီးတဲ့ သူငယ်ချင်းအချို့သာ
- altogether = အားလုံးပေါင်း
- for the dessert = အချိုပွဲအတွက်
- musical chairs = သီချင်းဖြင့် အချက်ပေးသော ကုလားထိုင်လု ကစားပွဲ
- the winking game = မျက်စိတစ်ဖက်မိတ်၍ ကစားခြင်း
- the amateur photographer = အပျော်တမ်းဓာတ်ပုံဆရာ
- capture = အမိအရ ရိုက်ကူးသည်။
- afterwards = နောက်မှ
- without fail = မပျက်မကွက်
- with the decorations = အလှအပတန်ဆာဆင်မှုတွေနဲ့





- (10) You are Myo Ko Ko. You live at No. 72, Zwe-Ka-Pin Road, Pa-an. Write to your friend, Tun Tun Oo, whose health hasn't been good this school year. Tell him not to be down-hearted as you'll send him all the notes you've prepared.

No. 72, Zwe-Ka-Pin Road,  
Pa-an.

March 20, 2017.

Dear Tun Tun Oo,

I am glad to know that you are as fit as a fiddle. I am also worried as you say that you are down-hearted because your health has not been good for the whole year.

Please don't be down-hearted. Though you missed some classes because of your health. I will help you. I have prepared some very good notes not only from all the lessons that my teachers have taught me but from the journals published from various departments. I am sure they are very reliable because the explanations are easy and clear. All the notes were given by experienced and well-qualified teachers. Moreover you are a smart boy and I'm sure you will understand them without any difficulty. Even if you don't, you can write to me anytime and ask for help. May I also

invite you to come and spend a few weeks. With me after the examination. The clean and fresh air, the lovely view of the Zwe-Ka-Pin mountain and playing football with all your old friends will help you regain your health.

To sum up, please don't be down-hearted and keep your chin up. I'll always be ready to help you.

Yours sincerely,  
Myo Ko Ko.

**Words and Phrases**

(စကားလုံးများနှင့်စကားစုများ)

- |                        |                                     |
|------------------------|-------------------------------------|
| as fit as fiddle       | = ဒေါင်ဒေါင်မြည်အောင် မာချာသည်။     |
| down-hearted           | = စိတ်ပျက်အားငယ်သော၊ ညှိုးငယ်သော။   |
| miss                   | = သတိရသည်၊ အောက်မေ့သည်၊ လွမ်းသည်။   |
| publish                | = ပုံနှိပ်ထုတ်ဝေသည်။                |
| reliable               | = ယုံကြည်အားထားရသော                 |
| well-qualified         | = ကောင်းစွာအရည်အချင်းပြည့်မီသော     |
| without any difficulty | = အခက်အခဲမရှိဘဲ                     |
| to sum up              | = နိဂုံးချုပ်ရရင်တော့               |
| keep one's chin up     | = ခေါင်းမော့သည်၊ ပန်းပန်လျက်ရှိသည်။ |





- (11) You are Myo Khin Maung. Your address is No. 34, Yoma Road, Bago. Write a letter to your friend, Yan Paing, telling him how you keep fit and advising him to do the same.

No. 34, Yoma Road,  
Bago.

March 20, 2017.

Dear Yan Paing,

Your letter was like a bolt from of the blue. It was a pleasant surprise. I know how you feel because you get sick so often. I was once in the same boat with you but now I'm different.

I am as fit as a fiddle now. I am fit and strong and I try my best to keep fit. I want to advise you to do the same. It's not difficult when you know how. First of all, I study regularly so I don't have to stay up late and lose sleep. I wake up fresh and full of energy the next morning. I rush to school after a healthy breakfast. I am not choosy anymore. I eat fried rice at breakfast. At school, during recess I have stopped eating junk food. Healthy and whole some food like fruits and milk have taken their place. The result is, I don't have stomach aches so often and I have put on some weight. At lunch and dinner, I eat vegetables like a

rabbit. Mother is happy because I don't refuse to have her balanced meals anymore. Every evening, I play badminton which makes me sweat a lot. It also makes my muscles strong. Sometimes at weekends, I go for a swim with my friends. Even my brother has stopped calling me "Nga Pein". So, let me advise you to be physically active at all times and eat a balanced diet. Soon, you will be fit and strong like me.

Well, my letter is rather long. Please write and tell me about my old friends in Pathein. I miss all of you so much.

Yours sincerely,  
Myo Min Maung.

Words and Phrases

(စကားလုံးများနှင့် စကားစုများ)

- |                           |   |
|---------------------------|---|
| like a bolt from the blue | = လုံးဝမထင်မှတ်တဲ့ ဖြစ်ရပ်နဲ့လူ                 |
| a pleasant surprise       | = နှစ်လိုဖွယ်အံ့သြမှု                           |
| sick                      | = ဖျားနာသော                                     |
| so often                  | = မကြာခဏ  |
| in the same boat          | = တစ်လှေထဲစီး                                   |
| choosy                    | = ရွေးချယ်ရာ၌ စေ့စပ်သေချာသော၊<br>ဇီဇာကြောင်သော။ |
| during recess             | = မုန့်စားဆင်းချိန်                             |
| eating junk food          | = အာဟာရမမြောက်တဲ့ အစားအစာလျက်                   |
| stomach aches             | = ဝမ်းကိုက်                                     |
| put on                    | = (အလေးချိန်) တက်သည်။                           |
| refuse                    | = ငြင်းသည်။                                     |
| a balanced diet           | = မျှတတဲ့ အစားအစာ                               |



- (12) You are Myo Thu. you live at No. 4, Pagoda Road, Pyin-Oo-Lwin. Write a letter to your parents asking them to send you 10,000 kyats and explain why you want the money.

No. 4, Pagoda Road,  
Pyin-Oo-Lwin.  
March 10, 2017.

Dear Phay Phay and May May,

I am glad to know that all of you at home are fine. I am fine too and I look forward to coming home after the examination. I burn the midnight oil to pass with flying colours.

I know that you have to spend a lot of money for my education. However, there is one more request I would like to make. Please send me 10,000 kyats. I need the money to buy some journals and notes to study for the examination. I don't mean to say that the notes, which my teachers give at school, are incomplete. I just want to learn more and get high marks. Most of the subjects are taught in English and my English is not good enough to understand some of them. Some books are translated so they will be of great help. Moreover, all the students have arranged to pay our



respects to our teachers before the examination. They have taught us with their heart and soul throughout the whole year. I owe them a lot and I want to contribute some money to buy presents for them, too.

Grandma has knitted a sweater for Mee Nge and she will send it to her when Daw Lay comes to Yangon next month. It has a picture of a big strawberry in front and it is her favourite colour green.

Your loving son,  
Moe Thu.

**Words and Phrases**

(စကားလုံးများနှင့် စကားစုများ)

- |                           |                                   |
|---------------------------|-----------------------------------|
| with flying colours       | = ထူးထူးချွန်ချွန်ဖြင့်           |
| incomplete                | = မပြည့်စုံသော                    |
| high marks                | = အမှတ်မြင့်မြင့်                 |
| translate                 | = ဘာသာပြန်သည်။                    |
| heart and soul            | = စိတ်ရောကိုယ်ပါ၊ စိတ်ပါလက်ပါ။    |
| throughout the whole year | = တစ်နှစ်ပတ်လုံးတောက်လျှောက်      |
| contribute                | = ဖြည့်ဆည်းပေးသည်၊ ပံ့ပိုးပေးသည်။ |
| knit                      | = သိုးမွေးထိုးသည်၊ ဇာထိုးသည်။     |





- (13) You are Moe Moe. You live at No. 2, Pyi-daw-thar Road, Monywa. Write a letter to your sister, asking her to come and stay with you and tell her why you need her.

No. 2, Pyi-daw-thar Road,  
Monywa.  
March 10, 2017.

Dear Ma Ma Gyi,

I am so glad to know that you are fine. We are all fine, too. We all miss you, Ma Ma Gyi.

Can I ask you a favour, Ma Ma Gyi? Can you ask for leave for one month and come home to Monywa? Please come and stay with us because I need you I will tell you why I have to send you this S.O.S. I simply find great difficulty to study my lessons. As you know Phay Phay goes to work and May May has to mind our grocery store. So, I am left at home with Tar Tee and Mi Mon, the twins. And believe me, Tar Tee is as mischievous a monkey and Mi Mon is as talkative as a parrot. When we all come home, I have to help May May when she needs me, look after the twins and keep house. I rarely have time to study my lessons. What's more, I can't rely on tuition because I know how

hard Phay Phay and May May have to work to make ends meet. So, there are lots of chapters that I don't understand. You are a graduate and you are the smart one in our family so I'm sure they are all a piece of cake for you.

So, Ma Ma Gyi, you know why I need you. Please catch the first train and come home.

Your loving sister,  
Moe Moe.

**Words and Phrases**

(ကောင်းလုံးများနှင့် ကောင်းစုများ)

- |                  |  |
|------------------|--|
| favour           | = အကူအညီ                               |
| great difficulty | = ကြီးမားသောခက်ခဲမှု                   |
| grocery          | = ကုန်စုံဆိုင်လုပ်ငန်း                 |
| twins            | = အမြွှာ                               |
| mischievous      | = ကျီစယ်တတ်သော၊ ဆော့သော။               |
| rarely           | = ရံဖန်ရံခါမျှသာ၊ ကြုံတောင့်ကြုံခဲ။    |
| rely on          | = အမှီပြုသည်၊ အားထားသည်၊ အားကိုးသည်။   |
| graduate         | = တက္ကသိုလ် (သို့) ကောလိပ်မှ ဘွဲ့ရသည်။ |





- (14) You are Thapyay. Your address is No. 100, Main Road, Insein. Write a letter to Khine Khine, apologizing to her for not attending her birthday party and telling her why you could not.

No. 100, Main Road,  
Insein.

March 10, 2017.

Dear Khine Khine,

Thank you for inviting me to come to your birthday party. Please forgive me for not attending it although it was something that I had looked forward to.

It was a sad coincidence but my grandmother had to have an operation on that day. Mon had to accompany her to hospital. Being the eldest daughter, I was left at home with my younger sisters, Aye Ei and Lay Mi. It was a holiday and they were both home. I had to take care of them and you know how playful they are. Moreover, I had to mind our bookshop, too. It is our only income and so I couldn't leave it, of course. You might think that running a bookshop is not difficult, but it is not as easy as it seems. My younger brother Tun Tun had to go and buy the latest publications in town. Then, we had to catalog the new

books, display them so that they will catch the customers' eyes and keep the accounts. I am sure you will understand why I could not come.

I have sent you a little present that will make you happy. It is a small diary with a small lock and key to lock your secrets. I hope you like it, I also hope you will invite me next year and I can come without fail.

Your loving friend,  
Thapyay.

**Words and Phrases**  
(စကားလုံးများနှင့် စကားစုများ)

- |                     |   |                                       |
|---------------------|---|---------------------------------------|
| forgive             | = | ခွင့်လွှတ်သည်။                        |
| coincidence         | = | တိုက်ဆိုင်မှု၊ တစ်ထပ်တည်းကျမှု        |
| accompany           | = | လိုက်ပါသည်။ ... နှင့်အတူ ပါရှိသည်။    |
| latest              | = | နောက်ဆုံးပေါ်၊ နောက်ဆုံး              |
| publication         | = | စာအုပ်၊ စာနယ်ဇင်း ပုံနှိပ်ထုတ်ဝေခြင်း |
| catalog             | = | စာရင်းပြုစုသည်။                       |
| display             | = | ခင်းကျင်းပြသသည်။                      |
| the customers' eyes | = | ဖောက်သည်၏ မျက်လုံး                    |
| accounts            | = | ငွေစာရင်း                             |





- (15) You are Khwar Nyo. You live at No. 15, Main Road, Maubin. Write a letter to your friend, Sabai, telling her about an English grammar book you are sending her and why you are doing so.

No. 15, Main Road,  
Maubin.  
March 20, 2017.

Dear Sabai,



I'm glad to know that you are in the pink of health. But I'm sick and tired of hearing you tell me about your low marks in English. Don't worry because as I've said before I'll be a good Samaritan and I'll help you.

The key to your troubles is the English Grammar book I am sending you. It solved my problems, too. It is a book by a famous teacher and writer "Betty Azar". Don't be downhearted because it is thick it is as easy as ABC. All the grammatical rules are explained clearly. After explaining a rule, it gives you lots of exercise to improve your skills and not to forget them. What's more, a key is given at the back so you don't need anyone's help. At first, my English was poor, too. Because of this book, I have learnt a lot about English Grammar. It has helped me a lot and now

my classmates are all green with envy because I got the highest marks. So, don't despair. We still have a lot of time left. Open the book and begin chapter one today and you will find that it's great fun.

Just keep your promise and come and visit me after the examination. I'll be looking forward to seeing you soon.

Your loving friend,  
Khwar Nyo.

 **Words and Phrases**   
(စကားလုံးများနှင့် စကားစုများ)

- trouble = ဒုက္ခ၊ ပြဿနာ
- downhearted = စိတ်ပျက်အားငယ်သော၊ ညှိုးငယ်သော
- grammatical = သဒ္ဒါနည်းကျသော
- rule = စည်းမျဉ်းစည်းကမ်း
- improve = တိုးတက်ကောင်းမွန်လာသည်။
- envy = မနာလိုမှု
- despair = စိတ်ပျက်သည်။
- great fun = ကြီးမားတဲ့ပျော်ရွှင်မှု
- look forward to = မျှော်လင့်စောင့်စားသည်။

□



- (16) You are Ye Chan. You live at No. 32, Pine Road, Taunggyi. Write a letter to your uncle, asking him to visit you during the summer holidays and telling him why you want him to do so.

No. 32, Pine Road,  
Taunggyi.  
March 10, 2017.

Dear Oo Lay Tun,

How are you? I am sure it is as hot as oven in Magway now. As the university is also closed for the summer holidays, I am sure you are free. May I ask you to come and spend the holidays with me?

I'll give you many reasons why I want you to do so. First of all, escape the heat of Magway and come and enjoy the cool and pleasant weather in Taunggyi. On some days, it is so cold that you might even have to wear a sweater. You can go shopping in the market and see various goods, sold here at a very cheap price. As for the Shan food, which is your favourite, it is so enjoyable that you will never forget it. Father has been transferred here for two years and you have not visited us yet. Mother misses you and wants to see you as you are the only brother she has. She is mak-



ing plans to take us to Inlay lake as you have never been there before. Not only the famous leg rowers but also the rosy cheeked Shan girls will take your breath away.

Well, Lay Lay, there are the reasons why I want you to visit us. Please say "Yes" and come to us during the summer holidays.

Your loving nephew,  
Ye Chan.

**Words and Phrases**  
(စကားလုံးများနှင့် စကားစုများ)

- oven = ဝို
- close = (အချိန်၊ နေရာ) နီးသော၊  
နီးကပ်သော။
- sure = ကျိန်းသေသော။
- first of all = ပထမဦးဆုံး
- escape = လွတ်မြောက်သည်။
- pleasant = သာယာသော
- cheap = ဈေးသက်သာသော
- transfer = ပြောင်းသည်၊ ရွှေ့သည်။
- leg-rowers = ခြေထောက်ဖြင့် လှေလှော်ခတ်သူများ
- the rosy cheeked Shan girls = နှစ်ဆီရောင်ပါးမိုရိတဲ့ ရှမ်းမလေးများ
- breath away = အသက်ရှူမှားသည်။





- (17) You are Thet Mar. You live at No. 14, Sanpya Road, Kyauk-Se. Write a letter to your friend Thin Zar in Yangon, asking her to buy you an English Pronouncing Dictionary and tell her why you want one.

No. 14, Sanpya Road,  
Kyauk-Se.

March 10, 2017.

Dear Thin Zar,

Thank you for sending me the journals published by various Department of Yangon University. They were all so useful. I am also glad to know that you like the coconut jaggery and roasted groundnuts that I sent. They are all local goods and this is all we have here. I wish I could send you more.

I want to make one more request. Please buy me an English Pronouncing Dictionary. Kyauk-Se is a very small town and such kind of things are not sold in the shops here. Although the teachers and well-experienced and kind, I don't have a friend like you to tell me the pronunciation of every new word I want to learn. A friend of mine has this dictionary and she told me that her father had bought it for her when he went to Yangon. She even told me that it

was bought at "Capital Hyper mart". If this supermarket is not very far from your house, can you buy it and send it to me? As usual, I will send the money by post. I really do need it to correct my pronunciations and learn new ones.

If there is anything that I can send you from here, please let me know. I'll be so glad to send it to you.

Your loving friend,  
Thin Zar.

### Words and Phrases

(စကားလုံးများနှင့် စကားစုများ)

publish	= ထုတ်ဝေသည်။
jaggery	= ထန်းလျက်
groundnut	= မြေပဲ
local goods	= ဒေသထွက်ကုန်များ
pronouncing	= အသံထွက်
as usual	= ထုံးစံအတိုင်း
by post	= စာတိုက်မှ
correct	= မှန်ကန်သော၊ သင့်တော်သော။
glad	= ဝမ်းသာသော





- (18) You are Zin Zin. You live at No. 24, Kanbawza Street, Yangon. Write a letter to your cousin in Pyin-Oo-Lwin, telling her about the present you bought her from a supermarket that you visited last week and why you bought it for her.

No. 24, Kanbawza Road,  
Yangon.

March 10, 2017.

Dear Cherry,

Thank you for your letter and the lovely sweater. It is my favourite colour red and everyone admired it. I am also glad to know that Lay Lay and Daw Lay are in good health. Everyone at home is fine, too. As you have guessed, it is as hot as an oven here.



Last week, I went to a supermarket with Ma Ma Khin. She thought it would be nice for a change after sitting at my desk continuously. She took me to a shop where fancy goods are sold. The whole shop was filled with teenagers. Nowadays, everyone wears fancy things, as you know. Suddenly, something caught my eye. It was a necklace. I found myself imagining you wearing it. It was just perfect. It was neither too short nor too long. Moreover, it was a

necklace of flowers with imitation sparkling crystals like dew drops on the petals. It would be like wearing a colourful garland around your neck. I know you love flowers and I just couldn't take my eyes off it. I kept seeing you. So, I bought it and I will bring it to you when I come to Pyin-Oo-Lwin after the examination.

Please let me know if there is anything else you want from Yangon. I shall be looking forward to seeing you.

Thank you for the medications, Ovallni and the stud walking stick you sent from Yangon. Grandfather uses it when he takes a walk morning.

Your loving cousin,  
Zin Zin.

 **Words and Phrases**   
(စကားလုံးများနှင့် စကားစုများ)

lovely	= လှသော၊ ချစ်စရာကောင်းသော။
admire	= အားကျရှုစားသည်။ သဘောကျသည်။
in good health	= ကျန်းမာသော၊ နေကောင်းသော။
guess	= ခန့်မှန်းသည်။
desk	= စာရေးစားပွဲ၊ စာရေးခုံ။
continuously	= အဆက်မပြတ်၊ ဆက်တိုက်။
fancy goods	= ဆန်ပြားတဲ့ကုန်စည်များ
fill with	= ပြည့်နှက်နေသည်။
teenager	= ဆယ်ကျော်သက်
imagining	= စိတ်ကူးခြင်း၊ တွေးခြင်း။
imitation	= အတုအယောင်ပစ္စည်း၊ အတု။
sparkling	= ဝင်းလက်တောက်ပနေသော
crystal	= ပုံဆောင်ခဲ





- (19) You are Kyaw Ye Khaung. You live at No. 39, Pagoda Road, Magway. Write a letter to your aunt, telling her about your grandfather whose health has not been good this year and asking her advice on how you should take care of him.

No. 39, Pagoda Road,  
Magway.

March 10, 2017.

Dear Daw Lay,

We are all happy to know that you, Lay Lay Tun and Mee Nge are all fine. As for all of us at home, we are all fine, too. Grandfather is fine, too. Thank you for the steel walking stick, Ovaltine and the medications that you sent from Yangon. He uses the walking stick when he takes a walk in the morning.

Although I say that grandfather is fine, he is not his usual self this year. After tripping on the cat and falling from the stairs, his back hurts every now and then. In fact, it hurts very much because he has to take pain killers regularly. This has been going on for a whole year. Will talking too much pain killers hurt him? As you are a doctor, you know about these things more than we do. Please tell us

how we should take care of him. Daw Lay, sometimes, he has stomach aches, too. That's why we are worried. He can't work for long in the garden and you know how he loves the flowers in his garden. He bends and weeds the flower beds although we all tell him not to. As you are a doctor, we're sure he'll listen to you.

So, please advice us on how we should take care of him. We have also sent some peanut butter from here.

Your loving nephew,  
Kyaw Ye Khaung.

### Words and Phrases

(ကားလုံးများနှင့် ကားစုများ)

walking stick	= လမ်းလျှောက်တုတ်
medication	= ဆေးဝါး
tripping on the cat	= ကြောင်လမ်းလျှောက်သလို
every now and then	= မကြာမကြာ
pain killers	= အကိုက်အခဲပျောက်ဆေးများ
bend	= ကွေးသည်၊ ကိုင်းသည်၊ ညွတ်သည်။
weed	= ပေါင်းသင်သည်။
the flower beds	= ပန်းခင်း
some peanut butter	= မြေပဲထောပတ်







- (20) You are Ni Ni and you live at No. 23, Mya Road, Bago. Write a letter to your friend, Su Yi, thanking her for the books she sent you and telling her how much you have enjoyed reading them.

No. 23, Mya Road,  
Bago.

March 10, 2017.

Dear Su Yi,

I'm glad to hear that you and your family are fine. We are all fine, too.

Thank you for the lovely books that you sent from Yangon. Although there are a few book shops here, we don't have much choice. Some are for grown ups and some are for young children. Now that the examination is over. I we're not under pressure anymore, I want to read books that give me fun. I enjoyed reading all the books that you sent me. Among them, "Harry Potter" is my favourite. I don't understand every word, of course, so I look them up in the stationary. It gives me knowledge as well as pleasure. It is so interesting, too. I even want to be a wizard like Harry Potter. The other story books are also very interesting. I want to like the book of jokes. I was in stitches when I read

them. Moreover don't feel because I have them. They are like my companions.

So, once again thank you for the books. I'll come to Yangon after the Thingyan festival and we can browse all the bookshops together. What more can a bookworm like me ask for?

Your loving friend,  
Ni Ni.

### Words and Phrases

(စကားလုံးများနှင့် စကားစုများ)

lovely	= လှသော၊ ချစ်စရာကောင်းသော။
choice	= ရွေးချယ်မှု၊ ရွေးရန်အခွင့်အလမ်း။
grown ups	= အရွယ်ရောက်ပြီးသော
fun	= ပျော်ရွှင်ခြင်း၊ အပျော်။
wizard	= မှော်ဆရာ၊ စုန်းထီး။
joke	= ရယ်စရာ၊ ဟာသ၊ ပျက်လုံး။
in stitches	= အူတက်မတတ်
companion	= အဖော်အလှော်
once again	= နောက်ထပ်တစ်ကြိမ်
bookworm	= စာကြမ်းပိုး





- (21) You are Swe Swe. Your address is No. 10, Kantharyar Street, Pathein. Write to your grandfather in Mandalay, telling him about your ambition and how you are preparing for the examination.

No. 10, Kantharyar Street,  
Pathein.

March 10, 2017.

Dear Pho Pho,

We are happy to know that you and Phwar Phwar are fine. As for all of us in Pathein, we are fine, too.

I could not write to you as often as I would like to because I am very busy, Pho Pho. I am sure that you know why I'm busy. This is the most important year of my life. I must work to the best of my ability to achieve my goal in life. My ambition is to be a doctor like you. I want to cure the sick without caring for money like you do. You are my hero and I want to be exactly like you. I'll tell you how I am preparing for the examination. As my school is a two-shift school. I come home at noon. After having lunch, I grab about forty winks. Then, I do my homework or study my lessons from three o'clock to five o'clock. Then, I have tea, help mother and play with my dogs Di Di and Ki Ki. At six

o'clock, we have dinner. After dinner, we talk or watch T.V till seven. From then onwards, I study my lessons till eleven o'clock. I never fail to do my homework or study my lessons. Even at weekends, I revise the lessons taught during the week.

This is how I am preparing, Pho Pho. As soon as the examination is over, I will catch the first train and come to Mandalay.

Your loving granddaughter,  
Swe Swe.

### Words and Phrases

(စကားလုံးများနှင့် စကားစုများ)

busy	= အလုပ်များသော၊ အလုပ်ရှုပ်သော။
ability	= စွမ်းရည်၊ အရည်အချင်း။
cure	= ကုသသည်။
hero	= လူ့စွမ်းကောင်း၊ သူရဲကောင်း။
a two-shift school	= နှစ်ချိန်ကျောင်း
grab	= လုယူသည်၊ သုတ်သည်။
about forty winks	= မျက်စိတစ်ဖက်မှိတ်ခြင်း အကြိမ် ၄၀ ခန့်
from then onwards	= ရှေ့ဆက်ပြီး
revise	= သင်ယူပြီးသင်ခန်းစာ ပြန်နွှေးသည်။





- (22) You are Thin Thin. Your address is No. 387, Pan Hlaing Street, Hinthada. Write to your sister, Phyu Pyar, thanking her for the watch she sent and telling her how much you appreciate the gift.

No. 387, Pan Hlaing Street,  
Hinthada.

March 10, 2017.

Dear Ma Ma Phyu Pyar,

We are all glad to know that you and your family are fine. As for all of us here, we are fine, too. Phay Phay and May May are on cloud nine because you will come home to Hinthada when school closes for the summer holidays. They miss their grandchildren, Wuti and Linn Linn so much.

Thank you for the watch you sent me for my birthday. I like it so much. It is also my favourite brand 'Q and Q'. It is quite a popular brand among my friends and most of us wear a 'Q and Q' watch. When I come home from school, I am often caught in the heavy rain and my old one has been worn since I was in the Fifth Standard. So, maybe it's not watertight anymore and it has to be repaired often. Luckily, I have a new watch now. This new watch even has a date to remind me how fast time flies. Moreover, the dial

is my favourite shape, a perfect square. You are so thoughtful, Ma Ma. You always think of others and I'm lucky to have a sister like you. This is an important year for me and I must use my time wisely. So a watch is exactly the thing I need.

Thank you once again, Ma Ma. I shall be looking forward to seeing you during the holidays.

Your loving sister,  
Thin Thin.

### Words and Phrases

(ဝကားလုံးများနှင့် ဝကားစုများ)

glad	=	ဝမ်းသာသော၊ ဝမ်းမြောက်သော။
on cloud nine	=	အရူးအမူးဝမ်းသာသည်။
miss	=	သတိရသည်၊ အောက်မေ့သည်၊ လွမ်းသည်။
brand	=	အမျိုးအစား၊ ကုန်အမှတ်တံဆိပ်။
in the heavy rain	=	မိုးသည်းထဲမှာ
watertight	=	ရေလုံသော
remind	=	သတိပေးသည်၊ သတိရစေသည်။
how fast time flies	=	အချိန်ကုန် ဘယ်လောက်မြန်တယ်ဆိုတာ
dial	=	နာရီခိုင်ခွက်
shape	=	ပုံသဏ္ဍာန်
a perfect square	=	လေးထောင့်စပ်စပ်
wisely	=	ဉာဏ်ရှိစွာ၊ အမြော်အမြင်ရှိစွာ





- (23) You are Zaw Mg Mg. You live at No. 5, Myoma Street, Minhla. Write a letter to your friend, Myo Myint, telling him about your pet and why you find it so lovable.

No. 5, Myoma Street,  
Minhla.

March 10, 2017.

Dear Myo Myint,

Thank you for your interesting letter. I received it last Sunday. I was glad to read about your pet dog. It is a coincidence but my parents bought me a puppy for my birthday, too.

I wanted to tell you about my puppy but I was under a lot of pressure before the examination and I couldn't do so. Now I am free and I can write to you as much as I want. Moreover, you also have a dog so you will be interested, too. My puppy is an Alsatian. It is only three months old. It is so furry that it looks like a brown ball. As it is only a young pup, we give it milk, dog food and rice. It loves meat more than anything. However, sweets, chocolates and biscuits are never refused. It's so active and loves to play with me. It follows me everywhere and looks at me with

those big, loving eyes. It barks whenever someone comes near our house. When I study, it sits under my chair and licks my feet. I feel so ticklish that I burst out laughing.

I'm so happy because I have a pet who is not only my companion but also my friend. Come and visit me and see how lovable it is. My parents gave it to me as I am the only son and I'm home alone when they both go to work. Now, it has become my best friend. It sleeps in a basket near the entrance of our house. It stays indoors with us because it is still a pup. When it gets older, we'll build a kennel for him in the compound. As it has brown fur, it is called "brownie".

Yours sincerely,  
Zaw Maung.

### Words and Phrases

(စကားလုံးများနှင့် စကားစုများ)

receive	= လက်ခံရရှိသည်။
coincidence	= တိုက်ဆိုင်မှု၊ တစ်ထပ်တည်းကျမှု။
puppy	= ခွေးကလေး
furry	= အမွေးထူသော
refuse	= ငြင်းသည်။
everywhere	= နေရာတကာ
lick	= လျှာဖြင့်လျက်သည်။
companion	= အပေါင်းအဖော်
lovable	= ချစ်စဖွယ်ကောင်းသော
entrance	= ဝင်ပေါက်
indoors	= အိမ်တွင်း၊ အမိုးအောက်
kennel	= ခွေးလှောင်အိမ်





- (24) Imagine you are Bo Bo. You live at No. 43, Pyi-dawtha Road, Magway. Write to your grandmother, thanking her for the parcel of food.

No. 42, Pyidawtha Road,  
Magway.  
March 10, 2017.

Dear Phwar Phwar,

Thank you so much for the parcel of food that you sent. The whole family was over the moon as soon as it arrived.

How lucky I am to have a grandmother like you! You think of everything for everyone. You never miss a thing. Sometimes, I feel so indebted to you because you are always ready to help us but we are not near you to take care of you. I will tell you how happy everyone was. Dad liked the packet of roast duck, fried mutton cocktail sticks, the sausages and ham. Mom was glad to receive the "Cho Mya" mango pickle, dried prawns and dried fish. She was so happy to get a whole box of "Yum Yum" noodles, too. Before we go to school, a boot of instant noodles is the best breakfast for us. It saves time and money. We all like it. As for the twins, Ki Ki and Di Di, and me, we loved the chocolate

cookies, the J-Cup jellies and the wafers. You really are an angel, Phwar Phwar.

Once again, thank you for the parcel of food. May I pay my respects to you before I end my letter. I will catch the first train and come to you as soon as the examination is over.

Your loving grandson,  
Bo Bo.

### Words and Phrases

(စကားလုံးများနှင့်စကားစုများ)

arrive	= ရောက်ရှိသည်။
miss	= သတိရသည်၊ အောက်မေ့သည်၊ လွမ်းသည်။
indebt	= အကြွေး
take care of	= ဂရုစိုက်သည်။
roast duck	= ဘဲကင်
fried mutton cocktail sticks	= ကြော်ထားတဲ့ ဆိတ်သားသီတံ
sausage	= ဝက်အူချောင်း၊ ကြက်အူချောင်း
စသည်	
ham	= ဝက်ပေါင်ခြောက်
Mom	= မေမေ
dried prawns	= ပုစွန်ခြောက်
dried fish	= ငါးခြောက်
noodle	= ခေါက်ဆွဲ
a boot of instant noodles	= အရန်သင့်ခေါက်ဆွဲဘူး
twins	= အမြွှာ
angel	= နတ်မိမယ်



- (25) You are Aye Aye. You live at No. 2, Adipadi Road, Pyay. Write a letter to your teacher, who taught you English when you were in Grade 8, asking her how she is and telling her how the English she taught you has become very useful to you at present.

No. 2, Adipadi Road,  
Pyay.  
March 10, 2017.

Dear Teacher,

Please forgive me for not writing to you earlier. As everything is new to me, I am trying my best to adapt here in my new school. How are you, teacher? How is your family? I really hope you and your family are in the pink of health.

I am doing quite well here. The teachers are all kind and understanding. They teach us patiently just like the teachers in Yangon. My favourite subject is English. Are you surprised? Yes, it has become my favourite subject because of you. I remember that when I was in Grade (8) you were my English teacher. My English was so poor that you had to call me to your house at weekends and give me private lessons free of charge. My parents couldn't send me to

a private tuition because they simply could not afford it. You taught me grammar and composition like no one else would. Then only did I know how important the four skills were. The English you taught me then has become very useful to me at present. You were so kind to me and all I could give you was a single rose from my garden to wear in your hair.

Thank you, teacher. Because of you, I had the highest marks in English. May I pay you my respects and end here.

Your obedient pupil,  
Aye Aye.

### Words and Phrases

(စကားလုံးများနှင့်စကားစုများ)

- forgive = ခွင့်လွှတ်သည်။  
 adapt = အသားကျသည်။  
 charge = အဖိုးအခ  
 else = ထိုအပြင်၊ ဒါ့အပြင်၊ နောက်ထပ်  
 single = တစ် .... တည်းသော  
 end = အဆုံးသတ်သည်။





- (26) You are Sandar. You live at No. 69, Bo Myat Tun Road, Maubin. Your cousin, Thinzar sent you a birthday present for your 16<sup>th</sup> birthday. Write a letter to her, thanking her for remembering your birthday and telling her how much you like her present.

No. 69, Bo Myat Tun Road,  
Maubin.

March 20, 2017.

Dear Thinzar,

Thank you for the present that you sent me for my birthday. I simply jumped with joy as soon as I saw what it was.

I thought that you had forgotten my birthday. It was so sweet of you to show me that you still remembered my birthday. Thank you for remembering it. I know that it must have cost a lot. Moreover, I can imagine the sacrifice you have made to save your pocket money. An MP3 player is something that is beyond my wildest dreams. I could never buy that. As Phay Phay and May May are struggling so hard to make ends meet, I could never ask them to buy it for me, too. Ma Ma was green with envy when I told her that it could also be used as a recorder. I can record the lectures

of my teachers and listen to them again at home. On my birthday, we offered "Soon" to five "Sanghas" and invited a few close friends. I received a few presents but yours was the one I liked most.

I will treasure it and use it with care. Please give my love and remembrance to U Lay, Daw Daw and Tar Tee. Once again, thank you, Thinzar. My sweet sixteen birthday has become unforgettable because of you and your present.

Your loving cousin,  
Thinzar.

### Words and Phrases

(စကားလုံးများနှင့် စကားစုများ)

jump	= ထခုန်သည်။
sweet	= သာယာချမ်းမြေ့သော
imagine	= စိတ်ကူးသည်။
sacrifice	= စွန့်လွှတ်သည်။
wildest	= အပြင်းထန်ဆုံး
envy	= မနာလိုမှု
treasure	= တန်ဖိုးထားသည်။
remembrance	= အမှတ်တရဖြစ်ခြင်း





- (27) You are Kyaw Kyaw. You live at No. 2, Main Road, Pyay. Write a letter to your friend, Ko Lin, who lives in Yangon, telling him about your plan to visit a village after the examination and asking him to accompany you.

No. 2, Main Road,  
Pyay.  
March 19, 2017.

Dear Ko Lin,

Thank you for the journals published from various departments and the book of old questions that you sent from Yangon. They are so useful to me and I burn the midnight oil by studying all the exercise in them.

Have you done your revisions? I'm sure you have as you are smartest one among us. All of us are under a lot of pressure and we have decided to do something to relieve the stress. We have made a plan to visit a village after the examination. We know that you are coming back to Pyay after the examination. So why don't you accompany us? We will go to "Kokko Taw", a small village near Pyay. Pho Htoo will take us there as his parents live there and he is now staying in Pyay with his aunt. His parents own a

livestock farm and they have acres of land where they sow groundnuts. The village life is peaceful and quiet and I'm sure it will be a big change after the hustle and bustle of city life. We can fish in the pond near his house, ride a bullock cart to the nearby villages, and sing under the moonlight. I'll bring my guitar, of course.

Do you like my plan? I hope you do because we are looking forward to going there with you.

Yours sincerely,  
Kyaw Kyaw.

**Words and Phrases**  
(စကားလုံးများနှင့် စကားစုများ)

burn the midnight oil	=	ညဉ့်နက်သန်းခေါင်အထိ စာကျက်သည်။
revision	=	သင်ခန်းစာပြန်နှေးခြင်း
relieve	=	သက်သာရာရစေသည်။
livestock	=	နွား၊ ဝက် စသည့် ခြံမွေးတိရစ္ဆာန်
sow	=	မျိုးကြဲသည်၊ စိုက်သည်။
bullock cart	=	နွားလှည်း
under the moonlight	=	လရောင်အောက်မှာ







- (28) You are Nilar. You live at No. 56, Main Road, Sagaing. Write a letter to your friend, Thazin, who lives in Mandalay, telling her why and how you are trying to improve your English.

No. 56, Main Road,  
Sagaing.  
March 10, 2017.

Dear Thazin,

How are you? I have not heard from you for a long time and I have not written to you for a long time, too. So, we have a lot of catching up to do. I'll tell you why I have been so silent these days.

I am trying to improve my English. Yes, indeed, I am. Do you know why I have changed all of a sudden? It's because of my English teacher Saya Chit. He is my role model. He sets a very good example to us all by being kind, patient and understanding. Because of this altruism, all the pupils in our class work hard. So, all of us have improved a lot. I'll tell you what I do. I read my taxi aloud every single day to know it thoroughly so that all the text based questions will be a piece of cake for me. I recite the poems aloud to be imprinted in my memory. Grammar exercises

are my favourite and I often practise them. Every week, I write a letter and an essay to improve my composition skills. This is how I am trying to improve my English. I want to pass the examination with a distinction in English to be an English teacher like Saya Chit. I want to be a kind and patient teacher like him.

Now, you know why and how I am trying to improve my English. Please write and tell me what you are doing and your future plans. I will write a longer letter after the examination.

Your loving friend,  
Nilar.

### Words and Phrases

(စကားလုံးများနှင့် စကားစုများ)

for a long time	=	အချိန်အတော်ကြာအထိ
silent	=	တိတ်ဆိတ်သော
indeed	=	တကယ့်ကို
role	=	အတုယူရန် စံနမူနာထားထိုက်သူ
altruism	=	ကိုယ်ကျိုးမငဲ့ခြင်း
aloud	=	ကျယ်လောင်စွာ
recite	=	အာဂုံဆောင်သည်။



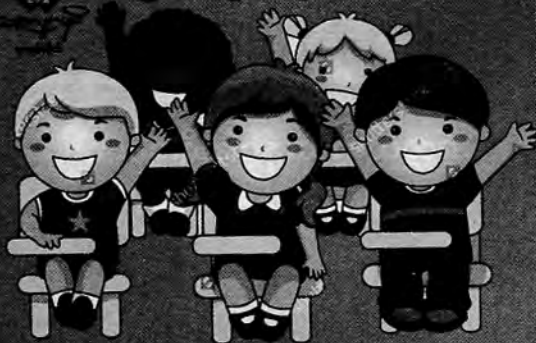
# BASIC GRAMMAR

for  
PRIMARY, MIDDLE  
AND  
HIGH SCHOOL LEARNERS

ပျံ့နှံ့ထိန်းသိမ်းရေးအဖွဲ့

အင်္ဂလိပ်စာရေးနည်း  
အင်္ဂလိပ်သဒ္ဒါနှင့် ဝါကျဖွဲ့နည်း

ဒေါက်တာအောင်



Designed by the Design