

Dhaka Day by Day

Variety in Breakfast

by A S M Nurunnabi

In one's food regimen, breakfast occupies an important place. This is so far the nutritional point of view. After overnight abstention from food, the body becomes more receptive to food in the morning.

Over the years food habits including breakfast habits have undergone changes. They have evolved from an elaborate form to a skimpy one. Till the early part of the current century, breakfast for the well-to-do meant bread of different varieties, *chapati*, *parata* or *bakarkhani* and *babab* and several kinds of *halwa* and *firni*.

Breakfast habits differ among different classes of people, obviously on economic grounds. Today for the rural poor, the breakfast consists of fermented rice with a few slices of onion, chili and some grains of salt. This is also more or less true of lower sections of people in the city. Even at those levels a slow change has been taking place. The differences between prices of rice and atta becoming almost level, there is a tendency among them to turn to atta-made *chapati* whenever situation allows.

For the city dwellers mostly, the breakfast food is light and different from what one eats for mid-day meal. In the hectic pace of city life, for most of the city dwellers there is hardly any spare time for elaborate breakfast. They begin the day with a cup of tea or coffee gulped down with a piece of bread or *chapati*. It thus serves as an apology for breakfast for them. Only holidays provide breaks from such spartan regimen.

Since they make do with a frugal breakfast on weekdays, they tend to become hungry by lunchtime. But many of them can ill afford to compensate it by a good lunch. It is interesting to learn that some imaginative eaters in the city sensing the sufferings of office-goers, have started to supply a traditional breakfast of flattened rice, shredded coconut and banana and

brown sugar. For those whose taste in food has strong rural moorings, this is undoubtedly an improvement on toast and tea.

For those who can spend a little more money on breakfast, there are many roadside hotels and restaurants. It is observed that most of them do a roaring business in the morning selling *parata* or *tarduri roti*. Such items are usually taken with vegetable curry or thick lentil soup. Some customers prefer egg fry or omelette which is also supplied. Some restaurants offer an additional range of items such as beef curry, mutton curry, chicken curry, singara, samosa, etc. Biryani is also served as a breakfast item at some places, particularly in the old part

of the city.

In general, a characteristic feature of our breakfast dish, with exceptions for the well-to-do, is the absence of fruit items. The common items in the breakfast fare of those who can afford them are bananas, pineapples, apples, mangos — when they are in season.

In winter, an innovation is generally noticed as breakfast items. At that time, a kind of rice cake with brown sugar inside it is prepared through the process of steam passing through a perforated lid. This item is so popular in that season that it is exclusively taken at breakfast without any additional item.

On the whole, breakfast for most of the city dwellers does not represent a substantial fare. Culturally we are oriented to regard the mid-day meal as more important. However, in the opinion of doctors, breakfast should be balanced so that it can take care of the major part of a day's calorie needs.

There is no denying that breakfast in Bangladeshi homes, by and large, tend to become monotonous. In such a situation, the only relief lies in trying any of the good outside caterers for a change.



Metropolitan RAJUK exchanges 1400 plots: JS body told

Rajdhani Unnayan Kartrikaptha (RAJUK) yesterday told a parliamentary body that so far 1400 plots had been exchanged on request of the allottees under the Town Improvement Act 1953 and nothing illegal was done by RAJUK, reports UNB.

The statement was made by the RAJUK Chairman at the 20th meeting of the Standing Committee on Ministry of Works held at Sangsab Bhaban with Works Minister Barrister Rafiqul Islam Miah in the chair.

Among the allottees were government officials, politicians, lawyers, industrialists, journalists and members of the public.

Present at the meeting were among others MPs Keramat Ali Talukder and Shahjahan Chowdhury of BNP, RAJUK Chairman, Chief Engineer of PWD and Housing and senior officers of the concerned ministry.

BPC Parjatan Month begins October 16

By Staff Correspondent

Bangladesh Parjatan Corporation is launching a month-long programme on tourism to project the image of the country as an attractive tourist destination. The Tourist month will begin on October 16 and continue till November 11.

Briefing newsmen at Hotel Abakash, Chairman of the Corporation Col (retd) Patwari said, the month-long programme is aimed at highlighting the tourist attractions of the country with a view to encouraging foreign tourists and also to promote domestic tourism.

Patwari said, all out efforts were being made by the Parjatan Corporation to step up the quality of service and further extend promotional activities to highlight the image of Bangladesh as a country with unspoiled beauty and many scenic spots. Several new attractions for tourists are being developed, the Chairman said.

The tourist month will feature a number of programmes that include holding of rallies, tourist fairs, fashion shows and food festivals. The Parjatan Corporation will also organise seminars, essay contests and fun festivals.

Attack on Rajbari govt college Principal slated

By Staff Correspondent

BCS General Education Association in a statement yesterday strongly condemned the assault on Rajbari Government College Principal Mohammad Yehia Islam, his wife Prof. Rabeya Begum and other members of the family by the unidentified miscreants.

We had to spend not less than Taka one crore to import dictionaries, Harun-Ur-Rashid said.

Rashid firmly said, "There is no English-Bengali dictionary published until now which is comparable to the Bangla Academy English-Bengali Dictionary."

The press conference was also addressed by Professor Zillur Rahman Siddiqui and attended by Nurul Huda, Selina Hossain, Shamsuzzaman Khan and other senior academy officials.

Rashid, however, mentioned that the academy had given more subsidy for this publication than any other books published from the academy. The dictionary also has seven appendices which include abbreviations, numerical words, weight and measurement, chemical symbols.

Ban on Jamaat, Shibir politics demanded

By Staff Correspondent

Women chapter of Bangladesh Mukti Joddha Sangsab at a meeting yesterday demanded that the politicos by the anti-liberation and communal forces including the Jamaat-Shibir group be banned immediately.

Chaired by Seheli Alam, the meeting resolved that the rise of anti-liberation Jamaat-Shibir axis was threatening the spirit of the country's 1971 Liberation War.

Since the inception of Sandhoni, we have received only 10 corneas from our donors while the rest 500 were collected from unidentified bodies, said the Secretary General of Sandhoni Dr Tarik Reza Ali in his speech.

The artistes of the film Abul Hayat, Abul Khaer, Lata Nasiruddin, Upal, producer Nawazish Ali Khan, music director and script writer of the film Humayun Ahmed were awarded by the Sandhoni for their voluntary efforts in making the film.

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