



# An aisle-by-aisle guide to grocery shopping

ZARIN RAYHANA

Grocery shopping is a Herculean task, but you don't realise that until you get to do it by yourself. It might be the time when you have to move away for college, or when your parents are too busy with work so they just heave the responsibility upon your shoulders. Of course, I'm no grocery shopping expert, but here are some of the things that I learned from my experiences.

## MAKE A LIST

Not only will it save your time, but ensures you have got everything you were supposed to buy. Trust me when you are shopping without a list, you might feel like you have bought everything that you needed, but then you'd return home to discover you missed something. Always happens to me.

## CHOOSE WHERE TO GO

Since the title mentions "aisle-by-aisle," I'm going to start from the very basic. I know most of us think of large departmental stores when we think of grocery shopping, but your local *kacha bazaar* counts too. If you are grocery shopping on a budget, then the *kacha bazaar* is a convenient choice to bargain for the freshest items, given that you're prepared to stream through the indescribable purgatory that it can be.

## RECOGNISING THE FRESHEST FOOD

There is no use in buying fruits and vegetables that will change colour and turn squishy in just two days. To get your hands on the freshest stock, it is a good idea to go grocery shopping in the morning. Check fruits if

they are mushy or seem weird; don't buy if they are because they might be too ripe or adulterated. If you want to figure out which fruit is juicier, heft them. The heavier they are, the more likely they are to be juicy. You might also want to buy seasonal fruits more since they tend to be tastier and cheaper. While buying fish, press your finger in its abdomen to check for firmness. If soft, it's likely the fish is not fresh.

## CUT UP YOUR POULTRY

*Kacha bazaars* and supermarkets will cut up your purchased chicken and duck if you ask them to, so neither you nor your mom will have to listen to the endless nagging of your domestic help. However, from what I have seen, supermarkets usually separate the liver and some other organs from the chicken and sell them separately. *Kacha bazaars* don't usually do that.

## KNOW YOUR SPICES

Even though the sales personnel and labels will help you, there is no harm in knowing. As for freshness, check the manufacturing dates if present.

## AVOID IMPULSE BUYING

At departmental stores, impulse buying will most probably end up as a waste of money. Hence, leave the store as soon as you are done checking and paying for items on your list, or you'll end up buying an over-priced and calorie-crammed chocolate bar, cracker, or fizzy drink, only to regret later.

*Zarin Rayhana likes to spend her time by pondering over alternative theories about the universe instead of studying for school. Send her your theories at [fb.com/zarinrayhana.n](https://fb.com/zarinrayhana.n)*

# SINGAPORE SCHOOL KINDERLAND CELEBRATES ITS GRADUATING CLASSES

MOHUA MOULI

On April 28, 2018, Singapore School Kinderland (SSK) celebrated the graduation of their Kindergarten-2 students and Primary-6 students at the auditorium of International School, Dhaka (ISD) in Bashundhara. The event was followed by a programme where children from the graduating grades took part in a musical performance.

The ISD auditorium was filled with parents and teachers as early as 4 PM, all there to proudly extol the children for their hard work and accomplishments. The ceremony began with a rendition of the national anthem. Then, the stage lit up and distinguished faculty members of the school, including Kanta Saadat, Director of Operations, SSK, were invited to the stage to commence the certificate awarding ceremony.

First up were the children of Kindergarten-2. As the names were called up one by one, students wearing their graduation gown walked on to the stage, received their certificate and stood in a line in front of parents who waved back, applauded, and clicked away photos with happy faces.

Next it was time for awarding the Primary-6 students, who would be moving onwards to secondary school. Once all the children were awarded, a group photo of both the graduating batches were taken with the teachers.

The lights soon dimmed down and after a short break, a spotlight fell on the stage, where kids dressed in colourful attire introduced the audience to the

theme of the show, "Connecting the World". The theme explored and took inspiration from different festivals around the world.

This was showcased through a diverse range of performances, starting from a choir act by all the graduating students to dance performances by kindergarteners with songs of each season. The children who danced, wore costumes particularly designed to depict the song they were dancing to.

The show also included students playing various musical instruments, including the piano. The whole show was choreographed by teachers from SSK and was enjoyed by both the performing students and the attending parents, who cheered their children from the seats.

We got a chance to talk about the school and its future plans with Kanta Saadat. She said, "We stand out because our curriculum has a holistic approach and our educational philosophy is based on a student-centred approach to learning. We have a very positive learning environment with theme-based programmes. Our teaching technique and methodology help build confidence in students, hence they become lifelong learners and are able to present themselves confidently. I want our school to be renowned not only in academic excellence, but also our students must inherit nationalistic feelings and represent our country globally with confidence and compassion."

The ceremony ended with the performances for "Connecting the World", making it a perfect day for all attendees.



PHOTOS: ORCHID CHAKMA