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# OFFICE. chic

MAKEUP FOR THE GIRL ON THE GO  
OFFICE VERSION **PC**  
ICE CREAM IS FOR EVERY SEASON  
SWEET FREEZE **P9**  
DEALING WITH PUBERTY  
FOOD FOR GROWTH **P12**

PHOTO: SAZZAD IBNE SAYED  
MODEL: NIKI  
MAKEUP: NOYON AHAMED  
STYLING: SONIA YEASMIN ISHA



## সুরক্ষিত দেয়াল নিরাপদ পরিবার

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## Date palm juice and jaggery now available online

Kamal Agro Farm is now offering winter delicacies from their e-shop, e-Kamal. Prices for the juice ranges between Tk 120 and Tk 180. The jaggery is priced between Tk 250 and Tk 450.

Also available from the e-platform are organic honey, ghee, mustard oil, and spices. Conditions apply.

For more information, call 01713026525, 01920994243, or follow them on social media, facebook.com/ekamal; or visit, <https://ekamal.com.bd>

### #PRESS RELEASE

## Up to 50 percent discount at Cats Eye

Keeping the ongoing winter season in mind, renowned fashion brand Cats Eye is offering up to 50 percent off on

selected range of winter wear. Also on offer are formal wear, casual wear, and evening wear like sherwani, Mandarin

vests, and suits.

For more information, visit [www.catseye.com.bd](http://www.catseye.com.bd)



## Kericho Gold Tea

Kericho Gold tea is now available in Bangladesh. Customers can buy about 45 flavours of the premium tea from [www.livehealthybd.com](http://www.livehealthybd.com), and Unimart in Gulshan 2.

It will be available in the country's divisional cities and district cities in phases. A 10 percent discount is on offer for everyone shopping at their e-commerce site. Besides, it can also be purchased directly from this address — House No. 62, Road No. 20, Uttara-11, Dhaka. Phone # 0181 0063 501; 0181 0063 502.



us on /Sandalina

ঐতিহ্যের আর এক নাম আধুনিকতা  
ঠিক যেমন রূপচর্চায় আভিজাত্য মানেই

## স্যান্ডালিনা সোপ

রূপচর্চায় আভিজাত্য...



**KOHINOOR  
CHEMICAL**



#DECOR

## Greens for the office table

There is probably no lack of motivation to brighten up an office space, after all, most of us spend half our day rooted to the desks. One surefire way of doing that is with plants, with the greenery being a definite mood lifter too.



Snake plant. Its strappy leaves make a nice statement, complementing the monotone décor found at most offices.

It is one of the hardiest houseplants that can thrive in typical dry air, low lighting conditions while helping filter out air pollutants.

Fed up with annoying co-workers? Bring in the "bamboo" this time! Because The 'Lucky Bamboo' is known to repel evil spirits. This interesting cubicle plant enjoys filtered sunlight and can be grown in water and soil as well.

Lucky Bamboo could be a literal duck soup for the gardener newbies. All you have to do is to plunk down a stick of the stuff in some water, keeping the water level up and let it go. It will happily grow under regular office lights.

If your cubicle is in a sunlit corner, pick the plant of immortality, aka Aloe Vera. You can even try Cactus, where the usual small stature and low maintenance nature makes them apt for any corner of your office.

Take a break from work for watering or occasional trimming, one excuse your boss won't frown on. Breaks are proven to make you a more productive worker instead. Get these greens to add life to the office.



If this is your first foray into office plants, then buckle up! To help you, we have here some suggestions of easy-care plants. Even if you're not quite the gardening type, these planting projects are the perfect match for you since they require very little aftercare.

Even if you tend to neglect houseplants, you'll have a hard time killing the resilient Spider plant which never minds hard growing conditions of your home or office. As an added bonus, this plant enhances indoor air quality and is also considered

a safe houseplant if you have pets in the house.

The Philodendron is one tough house plant which looks and behaves just like the ideal office plant. It has big, decorative leaves that lend an aesthetic feel to space.

You can also go for the English Ivy, just like Philodendron they will grow up a trellis, up a hanger, or along a shelf, and they even thrive in areas that get little light.

The bad jokes summoning, 'Mother-in-law's tongue' is just another name for the

**By Tahmid Azad Sohan**

**Photo: LS Archive/Sazzad Ibne Sayed**

# Domestic help amid a pandemic – blessing or curse?

The dramatic turn of events we witnessed in the year 2020 was unlike any other. From having a hard time to figure out what a global pandemic is all about to quickly adjusting with the new normal, this year consisted of severe highs and lows.

While some days, we find ourselves bustling with activities and at other times, our everyday life seems humdrum and monotonous, life keeps going. The rapid and unprecedented spread of the novel coronavirus barely left any aspect of life untouched, and even house chores were not spared from this.

Our society is particularly habituated to the practice of seeking domestic helpers to complete chores with ease. To some extent, we are even dependent on such practices and this is seen as the norm.

With the growing number of nuclear families and working couples, the assistance these workers provide is crucial for a modern household, not to mention the general resistance towards the use of technology some of us retain. By creating a steady flow of income for the provider, it creates a win-win situation for both parties, after all.

However, along with several adjustments we were compelled to make in order to get acquainted to the current situation, we had to bid goodbye to this luxury as well, even if temporarily. Albeit it left a lingering impact on society as a whole, this of course, did not affect everyone in the same manner.

## The humble homemaker

In an attempt to maintain the house immaculate even under such dire circumstances, this situation took a heavy toll, especially on the women. Needless to say, this dawned a much-needed realisation upon other members of the family, making them more appreciative of the huge contribution our mothers pay that is often taken for granted.

In light of this matter, Insiya Khan, research associate at BIGD, shares her personal



experience, stating, "When the pandemic was at its peak, unfortunately my mother fell ill. Having no access to domestic help that we once took for granted, we divided house chores among ourselves. It is then that we realised how altruistically mum performs all these tasks on a daily basis."

## Tweaking our lifestyle

As for others who had no alternative helping hand, they were bound to find a way around this by bringing certain changes in their usual lifestyle, to the extent of developing unhealthy eating habits.

"Most days, I feel exhausted from completing all the housework and end up spontaneously ordering dinner online. My tendency to consume packed and processed food also increased during this time," says Sheuli Parvin, a homemaker.

Additionally, time management has also been a challenging issue. Struggling to complete house chores while adapting to the work-from-home regime, working couples were suddenly burdened with a frenzy of

tasks to accomplish. Being consumed with work throughout the day, only to become night owls later to finish remaining office work adversely affected productivity, as well as health.

## Dissolving the attribution of roles

Amid all the negativity lurking around, fortunately this entire scenario brought about some positive changes as well. With the men of the family also lending a helping hand in getting house chores done, the line between who performs what task is gradually beginning to blur.

For a society that mostly adheres to a patriarchal belief, this change was much needed to alter our perspective for the better.

"Previously, my dad was reluctant to help with house chores, even during the weekend. But now, he willingly contributes to the completion of household tasks, and seems happy to do so!" says Samiya Irshad, a student at NSU.

## Family bonding

Furthermore, accomplishing tasks together,

no matter how small, seems to improve family bonding. "It has become a norm in my family to prepare Friday lunch together. My mum cooks the meal with my dad shooting unwanted suggestions from the background, while my brother and I set the table and giggle at their affectionate altercation," laughs Sharose Islam, business intern at SELISE.

While most people acquired at least one new skill, many even discovered their true passion and zeal!

"Being thrown in at the deep end right after my graduation seems extremely unfair. However, I utilised the time to polish my baking skills and now I get regular orders from friends and acquaintances, with sufficient help and support from my family members to meet these demands," Armina Rahman, a fresh graduate, exclaims joyfully.

## On the opposite end

But the question remains – what about the other side of the story?

As much as we faced turbulences while dealing with it all, the domestic workers also faced equal trouble, if not more, as this caused interference with their primary source of income. Even the ones considered to be a malingerer eventually became desperate to re-join work.

On the other hand, many were waiting to grab this opportunity when the situation finally alleviates. Needless to say, we have unknowingly become interdependent on each other for everyday survival and this situation came tagged with the realisation of our helplessness in several ways.

Albeit all the pessimism this pandemic brought upon all of us, it has also successfully taught us new ways of survival as we alter our lifestyle in some way or the other and learn to adjust. Maybe after all, it is a beacon of hope for a more independent and self-sufficient society.

By Fariha Amber

Photo: Collected

## HOROSCOPE



**ARIES**  
(MAR. 21-APR. 20)

Make changes to your living quarters. Find ways to enjoy yourself. Your knowledge will enhance your reputation. Your lucky day this week will be Tuesday.



**TAURUS**  
(APR. 21-MAY 21)

Keep your temper in check. Travel should be on your agenda. Avoid making any changes this week. Your lucky day this week will be Monday.



**GEMINI**  
(MAY 22-JUN. 21)

Social events will be beneficial. Real estate decisions will be favourable. Work for some extra money. Your lucky day this week will be Monday.



**CANCER**  
(JUN. 22-JUL. 22)

No one will stand in your way. Look into moneymaking ventures. Avoid big residential moves. Your lucky day this week will be Saturday.



**LEO**  
(JUL. 23-AUG. 22)

Don't let anyone take advantage of you. Talk to someone you trust. Romantic encounters are likely. Your lucky day this week will be Monday.



**VIRGO**  
(AUG. 23-SEP. 23)

Don't start pointless arguments. Look into fitness programs. Loved ones may not understand your needs. Your lucky day this week will be Monday.



**LIBRA**  
(SEP. 24-OCT. 23)

Changes at home can be disruptive. Romantic relationships should stabilise. Find the root of your problems. Your lucky day this week will be Monday.



**SCORPIO**  
(OCT. 24-NOV. 21)

Time will make things better. Minor accidents may happen. Travel could be plagued with issues. Your lucky day this week will be Wednesday.



**SAGITTARIUS**  
(NOV. 22-DEC. 21)

Clear up any pending work. Ask for assistance. Take on home improvement projects. Your lucky day this week will be Sunday.



**CAPRICORN**  
(DEC. 22-JAN. 20)

Co-workers may deceive you. Don't pick problems with your partner. Don't get blindsided by others. Your lucky day this week will be Friday.



**AQUARIUS**  
(JAN. 21-FEB. 19)

Enemies may be holding a grudge. Work can lead to new romantic opportunities. Don't jump to conclusions. Your lucky day this week will be Saturday.



**PISCES**  
(FEB. 20-MAR. 20)

Spend quality time with your partner. Listen to other's problems. Help those less fortunate. Your lucky day this week will be Sunday.

#DECOR

# Wall paint for home decor

One of the major aspects of interior designing is the paint and art on the walls of the rooms. Wall art and paint can enhance the entire appearance and add aesthetic appeal to one's home. These parts of interior design allow one to express their lifestyle, personality and be creative with their household.

Although wall paint and wall art might seem to be at the bottom of the interior designing checklist, here are some ways that wall paints can bring life back into a house.

### Elevating an ordinary wall

A neutral colour throughout the entire house becomes dull and monotonous. Adding some colour on the walls can transform an ordinary and plain living space into a unique and lively part of the household. It adds vibrancy, movement and a pop of colour, adding dimension to one's home.

Painting a mural is one way to transform a wall. Being confined to four walls, a mural can transport one to another place. Be it hand-painted or as a wall covering, the motif will make a big impact in making a house a home.

### Brings the entire room together

Wall decor with a splash of colour and creativity, can give a house a holistic appearance. Apart from using neutral colours, the modern and fragmented



design achieved from using different yet complementary colours and shades, add movement and a sense of wholeness to the room. Such designs can highlight the centre-piece of the room and later become a lovely topic of conversation when entertaining guests.

### Accentuates wall accessories

Wall hangings, paintings, decorative

mirrors, wall lamps and such are decorative items that add freshness and liveliness.

However, these wall accessories need to be complemented with the proper wall colour. The right wall colour can add incredible effects and assist the accessories to fit into the room rather than overwhelming it. Rather than taking away from the room's beauty, the wall hangings

along with a harmonising background, add flair.

### Uplifts the mood

Being surrounded by mundane and static colours often leaves one feeling trapped, depressed and dull. A dash of colour never does any harm but only creates dynamic movements for the mind. Adding some subtle hues to the walls cater to improving one's mood and attitude and also serve as a recreational and mental rejuvenating space. Additionally, vibrant, bright or even a soothing pastel wall paint can be the perfect setting for creating memories, spending time with family and friends and filling the home with love and warmth.

By assessing and identifying the desired aesthetic of a room, a colour to complement the ambiance can alter the overall essence of the room. Starting from the decorative items and the lighting to the room purpose and utility, the colour palette of the walls can accentuate all. Wall paint and home decor has become an integral part of interior design which can enhance and complete the look of the entire house. It makes one's home more welcoming, embracing and ready to house all memories and joy.

By Puja Sarkar

Photo: Collected



**KANSAI PAINT**  
**NEROLAC**  
Colours that Care

অন্য প্লাস্টিক পেইন্ট কেনো? যখন প্রায় একই দামে এতোকিছু

**NEROLAC**  
এক্সেল ভাইরাস গার্ড-এ



SHIROYU-TECH JAPAN

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# GLAM *on* the go!

#FASHION

People worldwide can agree just how rewarding yet tedious wearing makeup can be. Having airbrushed skin and perfectly sharp winged eyeliners is great and all, but at the cost of several failed attempts, copious amounts of time consumed and possibly a few mental breakdowns.

Star **LIFE** Style



It gets even more challenging when you have to look presentable within a short span of time. Office goers, whether active job holders or desk job holders, making an effort to look good is a keystone habit.

It is safe to assume that getting ready for the day is a ritualistic process, but the real question is how long is the time spent on it. Over the years, as we have adapted, we prioritised speed. Fast food, fast cars, fast banking— but why not fast beauty? Makeup over the years has developed a barely-there aesthetic, sort of enhancing your natural beauty approach. It has become fast, easy and most importantly, user friendly.

You do not need the tricks of a professional to look good, you have your fingertips.

So, here are some makeup tips for the office goers, whether you are handling business meetings or acting as a proprietor, these nuggets of information will save you from looking groggy with a fraction of the effort.

**TINTED MOISTURISERS**  
Foundations can become extremely heavy-duty for anyone with their pore clogging properties, and the sludgy consistency can be overwhelming. Thin out coverage for comfort by mixing in your moisturiser with your foundation. The finish is natural but having your skin tone evened out as a perk is exciting.

**CREAM PRODUCTS**  
Swap out for your powder blushes, bronzers and highlighters with their cream counterparts, the smooth texture compliments your skin without looking cakey but adds a natural oomph that will not come off as overpowering. You can always

layer your products with powder for instance powder blush with matching cream blush to ensure longevity of the pigment.

**LOCK IT, SET IT, AND FORGET ALL ABOUT IT**

There comes a time where touch ups are considered a luxury and taking the time to make the trip to the restroom is a challenge. Using a setting spray ensure your makeup stays in place, removes cakey powdery feeling and melts the makeup on your skin for a smooth skin like finish. Having a misting spray on hand also feels rather refreshing. Be sure to look for skin nourishing ingredients.

**BOLD LIPS**

If you are embodying power into your persona, a clean look with bold lips just exudes confidence and poise without coming off as excessive. Whether it is a red, fuchsia, or even turquoise — these statement colours look chic and effortless.

**USE OF GELS**

Do not have the time to worry about eyebrows and using copious amounts of products? Using a clear brow gel eliminates unruly brow hairs for a clean natural look, it also looks rather elegant and put together. You can always use product after, to fill in sparse areas, but just running your eyebrows with generous coats of brow gel also provides a lifted look.

**PRIMERS**

Primers are another nice way of adding longevity to your look; there are several kinds in the market, however, a hydrating formula is ideal for dry skin, but it can be used for oily skin too for a healthy glow. With oil skin if you are using a hydrating primer be sure to use an oil control formula on problem areas that tend

to get oily.

**SKINCARE**

It is absolutely fundamental to have a proper skin care routine prior to using makeup — a good canvas provides a stellar painting!

It is important to cleanse to remove oil, dirt and impurities then tone to balance the pH level of the skin and finally, top of it off with moisturisers to hydrate the skin. You can also add serums and essences to boost the elasticity of the skin. Be sure to use SPF 20 minutes before your exposure to the sun.

**WATERPROOF IS BULLETPROOF**

Opt for water proof formulas, especially in mascaras because of their lasting power, water proof eyeliner. While you are a busy body getting work done it is nice to know that your eyelashes and liner are on point.

**MULTIPURPOSE**

A sure-shot way of getting the most out of your makeup routine is finding multiple use out of your makeup products. Using lipstick as cream blush is an excellent trick, you can use a cream highlighter on your eyelids, inner corners and all over your body for a lived-in glow. There are no rules in the art of wearing makeup.

At the end of the day, the best makeup for office goers is confidence. It takes consistency to show up to work with a positive attitude, sometimes it may be harder than ever but a smile is the best makeup a person can wear.

By **Ahmed A Raeeda**  
Photo: **Sazzad Ibne Sayed**  
Model: **Niki**  
Makeup: **Noyon Ahamed**  
Styling: **Sonia Yeasmin Isha**



**FUSION GALORE**

SHAHEDA YESMIN

Proprietor of Jewel's Kitchen  
boutique school**FUSION CROATIAN DALMATIAN BLACK RISOTO (CRNI RIZOT)****Ingredients**

1 tbsp olive oil  
2 tbsp onion, chopped  
2 tsp garlic, chopped  
½ cup black glutinous rice, soaked in water for 20 minutes  
2 tbsp tomato sieved (passasata)  
1 bay leaf  
½ tsp salt  
¼ tsp black pepper powder  
2 cups Tom-yum stock  
0.80g saffron  
¼ cup capsicum, diced  
200g squid, cleaned, washed and cut in rounds  
¼ cup parmesan cheese  
2 tbsp goat cheese (grana Padano cheese)  
2 tbsp grape juice  
2 tbsp coriander leaves, chopped

**Method**

Heat a pan with olive oil, sauté the onions and garlic until aroma develops. Add the rice and fry for 2 minutes and pour the tomato along with the bay leaves, salt, and pepper. Gradually add the stock and keep stirring the risotto until all the liquid has been used. Add the squid by pushing inside of the risotto, sprinkle with the cheese and grape juice. Serve with the coriander leaves.

**FUSION ARROZ CALDO (CHICKEN RICE PORRIDGE)****Ingredients**

¼ cup black glutinous rice  
¼ cup jasmine rice  
200g boneless chicken breasts  
4 cups of chicken stock  
2 tbsp clarified butter  
5 thumb sized garlic cloves (3 thinly sliced and 2 finely chopped)  
2 tbsp thinly sliced onions  
2 tsp ginger, Julian cut  
2 tsp fish sauce  
2 tsp spring onion, thinly sliced



1 egg  
Kalamansi (lemon wedges), to serve

**Method**

Place both of the rice varieties in a bowl, cover with cold water and set aside to soak. Place the chicken in a saucepan with 1 cup of chicken stock. Bring to the boil over medium heat, skimming any scum from the surface, then reduce the heat to low-medium and simmer for 15 minutes. There should be very little liquid left, remove the pan from the heat and set aside.

Put the clarified butter and sliced garlic in a saucepan over medium heat and stir continuously for 5 minutes, or until the garlic is golden. Remove with a slotted spoon and drain on a paper towel. Return the saucepan to the heat, add the onion and cook for 5 minutes, stirring until soft. Add the chopped garlic and ginger and stir for a further 2 minutes, or until fragrant.

Drain the rice, add to the pan with the onion and stir for 2 minutes, or until the



rice grains are well coated. Add the fish sauce and 3 cups of the stock, bring to a boil, then reduce the heat to medium and cook for 20 minutes, or until the rice is very soft and starting to break up, and the mixture has thickened. Thin with a little extra stock to a porridge-like consistency, adjust the taste.

Cut the chicken in thin slices. In a bowl, arrange the porridge and top up with the shredded chicken, then sprinkle with the fried garlic and spring onion. Serve with hard boiled eggs and Kalamansi (lemon wedges).

**STUFFED CAULIFLOWER****Ingredients**

1 whole large cauliflower head, stem trimmed  
2 tbsp clarified butter  
2 tsp ginger paste  
2 tsp garlic paste  
¼ tsp turmeric powder  
½ tsp coriander powder  
½ tsp green chili paste  
1 tsp salt  
200g minced chicken  
1½ cup béchamel sauce  
¼ cup freshly grated cheddar cheese

1 cup shredded mozzarella cheese  
4 pieces of capsicum slices  
Crushed red pepper flakes  
½ cup of shredded carrot

**Method**

Simmer water in a big pot with some salt. Add the whole cauliflower and simmer for 7-8 minutes. Remove from the water. Preheat the oven to 200°C.

Heat clarified butter and add all the ingredients from ginger to salt. Add a little water to prevent from burning, add in the minced chicken. Stir fry for 6-7 minutes and remove from the heat. Stuff the chicken mixture onto the boiled cauliflower. Arrange the capsicum on top of the cauliflower.

Arrange the stuffed cauliflower in a baking dish and golden, about 35 minutes (depending on the oven strength). Remove from the oven and top béchamel sauce. Sprinkle with cheddar and mozzarella.

Switch oven to broil, and broil cauliflower until cheese is bubbly and golden in spots, about 3 minutes. Serve with red pepper flakes and carrot.

**Food and Photo: Shaheda Yesmin**



#FOOD

# Nurturing warmth with sweet freeze

Gelatos has always been a favourite at our dinner tables serving as the prime dessert course. They pack a brilliant punch of intensified flavour, making it the perfect complement to have in any setting.

To bring the vibrancy and raw freshness of the ingredients of gelato, there is a new restaurant in town known as Sweet Freeze. The owner, Amani Mulk, carried out psychoanalytic research on the nature of milk, which is a food of nourishment for all of us.

From childhood all the way to adulthood, milk is something we all deeply crave given its texture and taste. Butterfat, the fatty portion of the milk, gives the tongue a refreshing sense of being nurtured and comfort.

A purposeful business decision, she



did considerable research to try to bring something new into the Bangladeshi ice cream market, and being a certified expert gelato-maker herself, using local and international ingredients, the foundation of Sweet Freeze as a home delivery service commenced in June 2020 during the raging pandemic.

"I had no expectations in the beginning," remarked Amani, when asked about the initial drive in sales. "Deliveries started to spike largely due to word of mouth as my friends loved it and slowly, the news spread very fast."

Using dry ice to deliver the orders to places near and far flung, she had 2-3 delivery cars at her disposal and even now, delivery services are available. Orders can

be customised at one's humble request. Using *deshi* flavours, her chocolate gelato was a large hit amongst her friends and acquaintances paving the road ahead for the brand. Her subsequent success led her to open up her own shop in October 2020.

Everyone loves sweetness and that is what Sweet Freeze relies on — the authenticity and freshness of sweetness. No artificial flavouring is used. Fresh fruits, fresh pasteurised farm milk, and fresh ingredients are used to deliver the raw sweetness that many of us deeply crave for in desserts.

Gelatos are always preferred and one of



the seasonal flavours, mango, has had a large dedicated following. More flavours will be launched, notably the vanilla bean gelato in February. It is derived from vanilla beans, the

second most expensive spice in the world, imported all the way from Madagascar.

Currently, there are three flavours, which are all highly popular. The one highest in demand with a dedicated and growing fan base is the Chocolate Honeycomb, which has a good chocolate undertone embedded in it. Bursting full of a festivity of refreshing flavours, it encourages everyone who loves chocolate into having more.

The pistachio flavour involving roasted pistachio and praline is derived from fresh pistachio nuts and is for those who have an inclination towards a lower range of sweetness. Intensified by its pure ingredients, the flavour has a denser and richer texture.

Cream gelato or Fiorre de latte, as it is called, is a wonderful dish, which delivers a clean and charmingly relaxing feeling after having it. Creamy and milky at the same time, it delivers the best blending of flavours.

Except for Sunday, Sweet Freeze is open throughout the week from 5PM to 12AM.

Address: Plot 48/49, Road 52, Gulshan 2, Dhaka 1212

Phone 01710239712, 01730340350

Facebook: <https://www.facebook.com/sweetfreeze20>

Instagram: sweetfreeze20

**By Israr Hasan**  
**Photo Courtesy: Sweet Freeze**





#FOOD

## The Fun Snack is a Good Snack

The roaring sound of the engine and few bumps every few minutes. That's a typical bus journey these days. Tedious and exhausting. Your only comfort is that when you get off the bus, eventually, you'll get some much-needed 'me' time in the form of an adda at the local tong. These late evening addas are no fun without a cup of steaming tea to wash off the lethargy that comes at the end of the day. And where there is tea, there is biscuit.

Tea and biscuit, as simple as it sounds, is nothing short of a rejuvenating potion and if you are going to do that whole ritual, do it right with a biscuit that's tasty and fun to munch on. This is where Bisk Club's Fruit Fun comes in.

How often do you take a bite from a large chunk of a bland biscuit and forget how long you've been chewing? Biscuits are crunchy bits of food that are supposed to be enjoyed and there's no other biscuit that does this job better than sandwich biscuits. And Fruit Fun, offers that deliciousness with a lush filling of cream in the middle.

Sandwich biscuits have always been popular because of the cream filling. And why not? Snacks are offerings to the tastebuds. Fruit Fun offers sandwich biscuits packed with cream that is sweetened with pineapple flavour, a taste that lingers after you've finished your pack and quite often are left wanting more.

You're on the road and forgot to pack some snacks? Pick a pack or two of Fruit Fun. They are conveniently available in



almost every tong and shop, hanging by the packs.

Need something delicious yet budget friendly for the weekly office meeting or your Book Club? They got you covered. While each pack is usually served for one person, you can get the family pack for your meetings and gatherings.

If you are not a fan of the pineapple flavour or just want something different, you can still pick Fruit Fun since it is also available in chocolate flavour. And it's hard to find someone who doesn't like chocolate.

The creams inside the sandwich biscuits ensures that the biscuits aren't just light crunchy morsels. Youngsters will appreciate the sandwich because of the rich cream filling. Thus, making it a good choice for afternoon snacks.

If worse comes to worse and you actually miss your lunch, two packs of Fruit Fun can easily act as a substitute to give you enough boost for the next few hours. With each pack available at only Tk 5, Fruit Fun is a very reasonable choice.



Maybe you were late for school and had no time to grab something for Tiffin. Or you were late to the canteen and there's nothing left for lunch. A pack of Fruit Fun can be very useful at times like this. A few biscuits, a bottle of water and you are settled.

Even if you need a quick meal in the middle of a long train or bus journey (we don't recommend it during a pandemic but sometimes there are no choices), Fruit Fun can be the ultimate choice. Think about it. It's lightweight, convenient to carry and available everywhere. You can even munch on one of the cream stuffed biscuits while you speak on the phone or even have a casual game of Candy Crush on your smartphone.

Journey snack, evening adda or late-night snack- whatever your need is, Fruit Fun is available at your nearest shop. Grab a pack and enjoy the comfort of the cream sandwich.

**By Ashif Ahmed Rudro**  
**Photo: Sazzad Ibne Sayed**

#HOBBY

# Board games for when you are bored

Lockdowns can take heavy toll on your mental health, especially so if you are in isolation. Being cooped up in your house with only the indoor as your playground, it can be challenging to pass your time. If you are bored out of your mind, perhaps you could try out one of the well-known board games that we have been playing for generations.



your phone these days, which you can play with friends and family but it just doesn't live up to the nostalgia and memories of the physical board.

Chitchats, snacks and capturing your sibling's piece has the right amount of emotional value that you need to get through these tough times. And if you are feeling reckless, there's always Sap-Ludo (Snakes and Ladders).

If you need a game with a little bit of drama to pass your time, play Monopoly. It's a bit challenging for new players but you will catch on soon. Owning a rail station

and building a hotel has never been more fun. Of course, there is the pair of dices but this game requires some thoughts and planning, which will occupy your time and get you through the day easily. Don't forget your snacks though, because a game of Monopoly usually goes on for hours.

But if you want something demanding your full attention and a proper challenge, chess is the go-to game. Originating from 'chaturanga,' an ancient Indian board game, chess is a game that truly makes you think. Unfortunately, unlike Ludo and Monopoly, only two players can play at a time. For matched opponents, a chess match can go on for hours and because there are so many possible outcomes in each game, it can be very dramatic.

If you need a trip down memory lane, there are some other games that you might have forgotten about. Even if you don't recall, your parents will remember games like — 'Bagh Bandi' (Trapping the tiger) or 'Sholo Gut' (Sixteen Soldiers).

These games are played on an Alquerque square with two players. One plays the pieces called the goats and the other plays the tiger. The objective is to eat all the goats or trap the tiger. Each goat is captured only by leaping over them. This means both sides are equally equipped to defeat the other if they act strategically.

Games like Ludo and Chess are so popular that even today you will see people sitting under a tree or at a tea stall and playing these games. Games like 'Bagh Bandi' are hardly seen these days, but they have been part of our culture and we should remember them. After all, these games have provided us with great family moments. Mind the pandemic, if you can help it, stay inside and try out these games. It's the better choice rather than going out and increasing the risk factor. Every little effort counts.

By Ashif Ahmed Rudro

Photo: LS Archive/ Sazzad Ibne Sayed



The most popular board game in Bangladesh is of course - Ludo. Nothing quite matches the feeling of sitting with family members and having a game of Ludo. There is the scope of playing Ludo on



সারাদিন ত্বকের অযত্ন, ফলে ব্রণের সমস্যা?  
ব্যবহার করুন

ফেস ওয়াশ

Healthy Glowing Skin - এ  
আত্মবিশ্বাসী আমি

এতে আছে  
নিম-এ্যালোভেরা,  
যার এ্যান্টি-ব্যাক্টেরিয়াল  
বৈশিষ্ট্য  
আপনার ত্বককে  
রাখবে সুরক্ষিত

**A NOTE ON NUTRITION**

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# Puberty — dietary needs at a special age

A surge in appetite around the age of 10 in girls, and 12 in boys, foretells the growth spurt of puberty. This paves the way for early adolescence when the human body needs more calories than any other time in life.

Puberty is the age or period where a boy or girl starts maturing into an adult. Their reproductive organs develop. For girls, these and other changes occur between ages 10 and 14. For boys, the process happens between 12 and 16.

As children move into their teen years, dramatic physical changes occur. They gain about 20 percent of their eventual adult height, and put on half of their adult weight. Bone remodeling occurs, and bone mass increases by 45 percent. These and other changes can increase appetite.

Typically, the ravenous hunger starts to wane once a child has stopped growing. Children who are big and tall or who participate in physical activity will still need increased amounts of energy into late adolescence.

During middle and late adolescence, girls eat roughly 25 percent fewer calories per day than boys do. Consequently, they are more likely to be deficient in vitamins and minerals

Unfortunately, many teens don't make smart food choices. Convenience plays a part here. So does peer pressure, which can influence what food teenagers choose. Fast food, processed foods, and sugar-sweetened beverages play a big part in the diets for many teens.

Getting the right nutrients during infancy, childhood, and around puberty can significantly impact growth and development. It's never too late to address these nutrient deficiencies to help a teen thrive.

Getting the right nutrients requires eating the right foods in healthy amounts. Obesity might create onset of puberty early in girls and delay it in boys. Being obese can also create hormonal



E, and K — the healthiest kind — found in olives and olive oil; peanuts, peanut oil and peanut butter; cashews; walnuts and walnut oil, and canola oil. So, nuts should be a compulsory snack every day. Saturated fat is found most abundantly in beef, lamb, butter, cheese, cream, egg yolks, coconut oil, and palm oil, which need to be restricted.

**Reading food labels:** Usually young children eat a lot of packaged and processed foods. Make a habit of reading the food labels. They may be surprised to see how much fat, sugar, and salt (sodium) is in the foods, which will have a great positive impact on their food habit.

**Enough protein:** With the race of changes in body structures good amount of 1st class protein is highly required. Daily an egg, 2 glasses of milk (or milk products) and 3 to 4 servings of meat or fish need to be ensured. Sea fish is required at least twice a week.

**Encourage regular exercise:** An hour of exercise a day can help teens keep healthy body weight. Find something that the teen enjoys and can commit to. Dancing, gymnastics, roller skating, and jumping rope are all fun activities that increase movement.

**Reduce environmental toxins:** Every day, teens are exposed to thousands of potentially harmful chemicals in food, drinking water, skincare products, and much more. BPA (found in plastic and canned bottles) can mimic the hormone estrogen, leading to early puberty. Among their damage, these endocrine disruptors can impair the normal course of puberty.

**Help them manage stress:** As their bodies change, teens can experience more stress. Family issues, problems with friends, negative thinking, school demands, and taking on too many activities can create more stress. All of these stressors can lead to behaviors including anxiety, aggression, and withdrawing and poor eating choices. Displaying good choices, eating well (low carb and high protein diet), exercising and taking enough amount of fluids can make a big impact on teens.

**Promote good sleep:** While teens need about 8 to 10 hours of sleep every night, most only get around 6.5 to 7.5 hours. The repercussions of sleep deprivation in teens include compromised mental wellbeing and academic performance. Even 30 minutes of extra sleep can make a big difference. A sleep ritual means turning off electronics a few hours before bed.

Helping teens create a healthy lifestyle means they are more likely to take those good habits into adulthood. With the right diet and lifestyle strategies, many factors can be addressed to ensure the teen moves through puberty healthy and happy. And lastly, we should keep in mind that adult family members are the role model for every teen. So, it is imperative that the adults lead a healthy lifestyle.

**Photo: LS Archive/ Sazzad Ibne Sayed**

imbalances, including high insulin levels that can increase risk of diabetes.

Under eating can also become a problem during puberty. Girls especially might feel pressured to control their diet or otherwise lose weight in an unhealthy way.

During puberty, boys need about 2,800 calories a day, while girls need about 2,200 calories per day, including plenty of protein and nutrients like zinc, to develop and grow.

Consider magnesium, a mineral that plays a role in over 300 essential metabolic reactions. Many teens don't get enough magnesium.

Vitamin D deficiencies, on the other hand, contribute to chronic diseases including diabetes and obesity and impact puberty. Many teens have low levels of vitamin D. Other nutrients that they potentially lack include calcium and iron.

While we cannot control how our teenager eats outside of the home, we

might have plenty of influence about what foods they choose.

**Make eating fun:** Keep the kitchen well-stocked with healthy meals and snacks, including fruits, vegetables, nuts, and seeds. Make healthy eating fun and convenient.

**Healthy breakfast:** The morning meal often gets low priority among busy teens. Make this important meal easy with a smoothie or any tasty items of their own choices containing dense calorie. Milk, eggs, and fruits must be a part of the recipe.

**Complex-carbohydrate:** In planning meals, push *complex-carbohydrate foods* which provide sustained energy. As a bonus, many starches deliver fibre and assorted nutrients too. Oat meal with honey, brown bread sandwich with eggs and vegetables etc. can be options.

**Healthy Fat:** Fat should make up no more than 30 percent of the diet. Fat supplies energy and assists the body in absorbing the fat-soluble vitamins: A, D,

