



Families of Afghanistan Teacher's Guide

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Families of Afghanistan Script

Rural Village (We have intentionally omitted the identity of the village.)

(Feeding cattle)

My name is Zamora and I'm 13 years old. I live in a village in Afghanistan.

My mother and father, three sisters, two brothers and two uncles live here with my grandpa and grandma.

I'm trying to get most of my work done before I leave for school this afternoon.

One of the first things I do each morning is take care of our cows. My mother milks them in the morning and evening, and it's my job to feed them. Both of our cows just had calves, so they're getting a special warm feed. We use their milk to make yogurt that we sell to the villagers.

(bringing water)

I'm bringing the cows water from one of the village's wells. This water is only for animals, not for our family, because it's not clean.

My little sister, Naheed, likes to follow me wherever she can.

(bringing hay)

The cows get hay twice a day. When my older sister got married, her husband's family gave one of these cows to our family. Our parents allowed her to choose her own husband and our brothers to choose their wives. Some of my friends were engaged by their families when they were young children, but the government has passed a law that young people aren't allowed to actually get married until they're 17.

(feeding chickens)

We feed our chickens grain, but they also like to look for kitchen scraps and insects in the courtyard. Right now we have eight baby chicks and four hens that lay eggs. By the end of summer, when the chicks are grown, we'll start to use them for meat.

Most rural families in Afghanistan have a few chickens for eggs, a cow or goat that can give milk, and a sheep or two for wool and meat.

(folding blankets and sweeping)

Our house has two rooms and a kitchen. Each morning we fold the pillows and blankets from the night before and clean up, so we can use the rooms during the day.

This broom is made from a bush that grows near the village.

You can see that we have a low platform around the room to sit on when we're drinking tea and visiting. The platform and floors are covered with felt, and then with soft carpets and rugs. We use the center of the floor for meals and prayer.

We take off our shoes before we come into the house, and the rugs protect our feet from the cold floor.

My father says Afghanistan is famous for our beautiful wool rugs. He says they're made by the women in nomadic tribes. Nomads move their herds from place to place looking for grass.

(washing clothes outside)

Most rural houses are built around courtyards like this.

The yard is protected from the wind, so it's a good place to grow things. We have apricot, walnut, and pomegranate trees and a grape vine.

Most of Afghanistan is dry and we like to use water carefully. See the raised paths around our yard? We'll plant vegetables between the paths. All the rain water from the roof and yard collects in the lower areas, where it can be used in the gardens.

(washing child's face outside)

Naheed hates to have her face and hands washed, especially when the water's cold.

(carding cotton)

This is cotton that Father bought at the market last month. When I have a little time, I comb it to fluff it up and to remove any seeds or leaves.

We'll use it to stuff pillows and make thick quilts. Our kitchen is warm when we're cooking, but the other rooms can get pretty cold on winter nights.

(looking for wood)

Mother has asked me to get more wood for cooking. It's springtime now, and it feels good to be outside. I'm really glad it's getting warmer, because I have to look for wood almost every day, and in winter that can be a cold job.

Afghanistan has a lot of mountains, but the valleys are good for growing things. The foothills around the mountains are used to graze sheep, goats and camels.

(carrying wood)

When I have enough wood, I carry it back to the village. Our courtyards are arranged so that every family's entrance opens onto paths inside the village walls. Many houses are clustered together for protection from the wind and cold.

(chopping leeks)

I'm chopping the leeks Father bought this morning at the market. I'm going to use them to fill bolani (bolani'), which is a flat bread filled with a vegetable. Sometimes we use pumpkin or spinach instead. We're also making flat bread called naan, which we have at every meal.

Mother does most of our cooking, but I know how to make some things, too, like rice, soup and meat.

(forming loaves and stuffing bolani)

We formed loaves with the dough Mother made earlier this morning. They've been sitting for awhile to rise. We want to bake the bread soon so it will be ready for dinner. The big loaves will be flattened into naan before they're baked. The smaller ones I'm making now are for bolani.

(filling dough)

See? I'm filling them with the leeks I chopped.

(baking naan)

Mother has heated the tandoor oven with the wood I collected, so we're ready to bake. We flatten each loaf and press the dough against the sides of the oven. It's so hot, the naan only takes about five minutes to bake.

(having dinner and cleaning up)

We're having dinner, which is our main meal. Today we're having the naan we made, rice, salad, noodle stew, and potatoes with yogurt and spices.

I'm helping my uncle eat, because he lost his arms and eyesight in the war.

Our country has been at war for more than 30 years. My uncle was part of a group of Afghans who fought against the Russians. His job was to show soldiers how to find bombs called land mines that are buried in the ground. He also taught them how to take apart the land mines, so they wouldn't explode. But one did accidentally explode, and this is what happened. Lots of land mines are still buried in the countryside, and people and animals sometimes step on them and are injured, or even killed.

(washing dishes)

After I clean up and wash the dishes, I'm going to go to my religion class. Every afternoon except today I go to a regular school. My father couldn't get permission for you to visit my school, but let me tell you about it.

We don't have enough schools in Afghanistan, so we go to classes in shifts. One group of students goes in the mornings and the other, including me, goes in the afternoon. We girls have women teachers, and boys are taught by men in a separate school. There are 1500 girls in our school, and most classes have about 60 kids.

For twenty years before I was born, Afghanistan was controlled by men who didn't believe education was important, especially for girls, and they destroyed most schools. So during that time children didn't get an education.

Now our government says all children have to go to school.

(girl at religious class)

It's time for my religion class. We're memorizing the holy Quran. It's the word of Allah that was brought to us through the prophet Mohammad, peace be upon him. Muslims believe education is important for both boys and girls.

(washing clothes)

When I get home from class I wash clothes. I'll hang them in the courtyard to dry.

(ironing clothes)

Then I do some ironing. We wash and iron clothes every day. I heat the iron on the gas burner. When it gets hot enough it will take wrinkles out for a minute or so until it cools off. Then I have to heat it again. I have to be careful not to let the iron get too hot, because if it does, it will leave burn marks on the clothes.

(washing herself)

It's time for prayers. Muslims pray five times a day, and before we pray, we wash our hands, face and feet.

Islam teaches us that hatred and killing are wrong. We learn that everyone is equal before Allah, and that means we must treat everyone as equals and respect their beliefs. My teacher says the words 'Muslim' and 'Islam' come from an Arab word that means 'peace'.

That's what we want.....peace.

I've laid down my prayer rug and I'm wearing my large prayer scarf that covers my head and arms.

My prayers will take about five minutes, so I'll say good bye now.

Please come to visit us again.

Peace!

Families of Afghanistan Urban - Kabul

(Wakes up).

It's 6:30 and I'm getting up so I can get ready for school.

(Brushes teeth, washes face,)

My name is Madina and I'm 12 years old. I live here in Kabul (Kab.ul') with my mother and father, 2 sisters, an uncle, and his son, Tameem.

Kabul is Afghanistan's capital and has about 3 million people. Our teacher says it's one of the oldest cities in the world.

(combs hair)

I usually wear my hair down when I'm at school and in a pony tail when I'm home. We're not allowed to wear make up at school, but we can wear hair clips and head bands.

(Puts on lotion)

We use lotion on our skin every day because the air here is so dry.

(Makes bed)

I share a room with my sister, Miriam, who's fourteen. I have the top bunk. Miriam wanted the bottom bunk and she got to choose, because she's older. We respect older people and do what our older brothers and sisters tell us to do.

(breakfast)

Mother has made breakfast for our uncle, Miriam and me.

Dad and my older sister, Shabnam, have already left. My father is an engineer, and my sister teaches at a high school near our home.

Miriam and I are drinking black tea with milk, but our uncle always has green tea.

We're having bread and butter, hard-boiled eggs, and cheese.

Our main meal is at noon.

(photo)

This is me and our grandfather. He died when our family was in Pakistan.

(Washes)

I'm going to change into my school uniform.

Every week the school headmaster checks our clothes, shoes, fingernails and hair to be sure they're clean and neat. We'll be sent home if they're not.

(riding in car)

My uncle is going to drive me to school, which is 10 kilometers away. Miriam goes to a different school that's for 10th, 11th and 12th grades. My uncle will take her to school later today, after her dental appointment. Most of the students in my school live close enough to walk. Otherwise they can take city buses, but we don't have a bus in our neighborhood.

(school footage)

Our teacher is taking attendance, which takes awhile when there are 52 students in our class.

I go to the morning session of a public school that has 3000 students. Each class has a 'captain', who is the student with the best grades.

When the teacher comes into a class, the captain asks the class to stand, and the teacher says, "Ladies, in the name of Allah the merciful, let us begin our class".

We each share a desk with another student, and our teacher has divided the class so that one of us is an "A" and one a "B". She's giving us a test where she asks group A one question and group B a different question. Then we don't have to worry about our desk partner seeing our answers.

Now she is asking Group A, "How does blood circulate in the body?"
Group B's question is to name the kind of food that provides the most energy.

You may have noticed today's date on the blackboard. Islamic calendars start from the year that Mohammad made his pilgrimage from Mecca to Medina, whereas Christian calendars are figured from the year Christ was born.

Our teacher is asking Group A, “What is an enzyme?” She is asking Group B, “Name the senses that are used when you do an activity.”

Our school year runs from March until December. Boys and girls can be in class together in primary school, but after that we’re in separate classes.

(Madina with student)

Twice a week I tutor this student who needs extra help using a computer. He just moved here, so he’s getting a late start.

(Madina at computer)

I’m doing research in our library for a geography project. My paper is on the old “Silk Road”, which connected China and India to the Middle East. Kabul was a trading center for thousands of years before sea trade became important, because our valley was on a crossroads between different parts of Asia

This school is for 7th, 8th and 9th grades. We take math, history, geography, biology, chemistry, the Holy Quran, sports, computer, geometry, geology, physics, and home economics. We also study English, as well as the official languages of Dari and Pashto.

Fade to black

(market)

After my uncle drops us off at school, he stops at the central food market to buy groceries for the family. He goes about once a week.

(mother at computer)

While we’re at school, Mother is working at home. She is the director of a resource center for a big high school nearby. She is also a medical doctor, but working at a hospital would take a lot of time, and she wants to have more time at home now, while my sister and I are in school.

(fade to black)

(greet grandmother)

When I get home, I find that Grandmother has come for a visit. My grandfather died in Pakistan, and Grandma lives with our uncle and his family, who live a ten-minute walk from us.

(changes clothes)

After I change clothes, I hang up things I've left on the floor of my room. Then I need to help clean the house before we have dinner.

(Vacuums)

My sisters and I take turns washing the dishes and doing housework. Today it's my turn to vacuum. This stove uses wood and charcoal for heating. We can cook on it, but we don't need to because we have a stove in the kitchen. We do keep a pot with water on the top of the stove so it will evaporate to make the air less dry.

We hang heavy curtains at the door to keep cold air from coming in.

(shovels snow)

I shovel the walk so it won't get icy if we have freezing temperatures tonight. This should be one of the last snows of the winter. Usually it's too cold for the snow to stick together, but today it's great for making snowballs.

(family eating)

It's one o'clock and we're having dinner. We have supper at around 7 o'clock. Today we're having rice with carrots, chicken, raisins and almonds, soda, pickled vegetables and of course, naan.

(sisters at computer)

After dinner Miriam and I do our homework. Younger students like me usually have about an hour of homework a day. Miriam often has two hours of work, and sometimes more. She's finished her work already and wants to watch TV.

(putting nuts in bags)

My cousin Sima is getting married next week, and I'm making little bags of nuts to give to each of the two hundred guests. Sima met Saleem while they were in college. After they graduated 2 years ago, they got engaged. I've been looking forward to their wedding ever since then, because I love all the music and dancing.

I'm also putting together bowls of pine nuts, raisins and almonds coated with sugar for the center of each table.

(ironing)

While I'm ironing I'm watching an Indian movie. I need to iron my clothes for school tomorrow, and Mother asked me to do some for the family, too. To save room, we store some clean clothes in suitcases under the bed.

(playing chess with uncle)

Father gets home from work at about 5 o'clock. My uncle taught me how to play chess, so now I can play with both him and Father.

(watching TV)

After we have supper, we have some time together.

(four kids play board game)

We're playing a board game. Sometimes when Father watches us, he says he's thankful to Allah that we're together, here in our home. That's because during the war, when the Mujahidin were fighting each other, most of the homes and buildings in Kabul were destroyed by all the shooting and rockets that were fired. No one could go to work or school, and the city had no electricity or water. Many people died. Our family left the country and went to Pakistan.

Some of my uncles stayed here in Afghanistan, and often the family in Pakistan didn't know whether they were alive or not. Our family waited in Pakistan for about 10 years until they decided it was safe enough to come back. So we're thankful for every day that we can be together.

(gets in bed)

And that's what I'm thinking about when I go to sleep.

Goodnight.

Glossary

Biology - the study of living things

Caravans - groups of people traveling together for safety and convenience

Chemistry - the study of things and how they act upon each other such as metals, chemicals

Engineers - people who use math and science to solve practical problems

Enzyme - chemicals such as in yeast that help speed up chemical processes

Felt - a cloth made by pressing woolen fibers together

Geography - the study of the earth, people and cultures

Geology - the study of the soils, rocks, minerals and how they were formed

Home economics - the study of the management of the home and community including, cooking, money management, and child development

Kilometer - a metric measure of distance equal to 0.621 of a mile

Leeks - a kind of vegetable related to green onions and onions

Lotions - an oil and water mixture applied to the skin

Nomads - people who do not live in houses, but move their homes often during the year usually with their grazing animals

Physics - the study of things such as atoms and stars

Pomegranate - a kind of fruit the size of an orange with many seeds

Quilts - blankets made by joining many layers of material together

Yogurt - a milk product that is softer and more liquid than cheese

Discussion and Activities After Viewing

- Ask each child to list some of the similarities and differences between their family and school and those in the video.
- Invite someone from Afghanistan to talk with the class about growing up in Afghanistan and to play Afghani music or tell an Afghani story.
- Ask the class what things in the video tell us about the climate in Afghanistan.
- Discuss how Islam shapes the lives of each child
- Discuss the similarities between the US and Afghanistan in both belonging to the Indo-European family of languages.

Questions

1. What languages do Afghans speak?
2. What is the geography of Afghanistan?
3. Who are Afghanistan's nearest neighbors?
4. Where do the Afghan people come from?
5. Why has Afghanistan been in the news?
6. Why do the mothers not appear in the videos?
7. What is the Islamic calendar?

Answers to Questions

1. What languages do Afghans speak?

The languages spoken in Afghanistan include Dari and Pashto

2. What is the geography of Afghanistan?

The country is very mountainous, the northern plains have the most fertile soil and there are deserts in southwestern plateaus and in the south.

3. Who are Afghanistan's nearest neighbors?

China, Pakistan, Iran, Tajikistan, Turkmenistan, Uzbekistan

4. Where do the Afghan people come from?

Afghanistan sits in the center of the old world between Europe, Africa, India and China. Peoples from all over have passed through the area from the Persians, Alexander the Great, to the Mongols, the Arabs and the Turks.

5. Why has Afghanistan been in the US news?

Afghanistan was invaded by the Soviet Union in 1979. The resistance was supported by the US. After the Soviet Union left in 1989, a civil war ensued with the Taliban gaining power in 2000. After the Sept 11 2001 al-Qaeda attack on the US, the US intervened in Afghanistan to remove the Taliban who allowed the extremist Al-Qaeda group to train in Afghanistan. The United States has been in Afghanistan since.

6. Why are the mothers not seen in the videos?

It is considered immodest for married women to be filmed.

7. What is the Islamic calendar?

The Islamic calendar is based on the moon and begins in the year 622 when Muhammad moved from Mecca to Medina. The beginning of the month is when there is a thin crescent moon after the new moon.

Some Things We've Learned About Afghanistan

(Please circle the correct answer).

1. T F Dari is the only national language of Afghanistan
2. T F Weather in most parts of Afghanistan is wet.
3. T F Afghanistan is on the continent of North America.
4. T F There has been many wars in Afghanistan recently.
5. T F Very few Afghans use technology.
6. T F Kabul is the largest city in Afghanistan.
7. T F Iran and China are neighbors of Afghanistan.
8. T F Afghanistan is very mountainous.
9. T F Afghanistan is an underdeveloped country.
10. Draw a series of pictures telling Zamora or Madina's story. Try to include as much detail as you can remember from each part of the story.

Introduction

Afghanistan is famous for being the setting of the book, the Kite Runner. Afghanistan is in the news today because the United States and some of its NATO allies are trying to support a liberal democracy in a very poor and isolated country.

The Land and Climate

Afghanistan is about the size of the Texas, France or Burma.

The country can be divided into three parts: two thirds of the country is mountainous, part of the western Himalayans, a quarter is composed of the dry southwestern plateaus and northern plains where the most fertile soil lie. Approximately 14% of the land is arable.

The land is dry, the summers hot and the winters cold. The limits of the monsoons are in the extreme eastern part of the country. The annual precipitation is 30 centimeters or 12 inches; this is slightly more than some desert countries such as Jordan and slightly less than Greece.

The Amu Darya River forms a part of the northern border with Tajikistan, Uzbekistan and Turkmenistan. The Helmand River flows from the central mountains to marshes on the western border with Iran. The Kabul River is one of the few rivers that flow to the sea as it flows into the Indus River.

In 2010, reports showed that Afghanistan had a lot of mineral wealth, particularly, gold, iron ore, copper and lithium.

Plant and Animal Life

Only 1.3% of Afghanistan is forested. Most of the trees are in the high mountains. Many areas of Afghanistan are devoid of any trees. In a recent 15 year period the country lost 35% of its forest cover as trees are cut down for firewood. The loss of habitat is threatening the large animals such as the tiger, the snow leopard, the Asiatic black bear, the boar, Central Asian red deer and the Siberian ibex.

People

The majority of the people of Afghanistan are Pashtuns, Tajiks and Turks. The Pashtuns dominate in the south and the southwest; they also make up a substantial portion of the Pakistani population. Their language, Pashto, is an Eastern Iranian dialect but is not intelligible to the other main group the Tajiks who are Persian Dari speakers. The Tajiks dominate the central, northeast and western parts of the country. The Hazaras, an ethnic group with Mongol heritage who also speak Dari, live in the central mountains. The Turks who include Turkmen and Uzbeks are scattered in the center and the north of the country.

Less than 10% of the land is arable and much of the irrigation infrastructure was damaged in the many decades of war. Largely subsistence crops include wheat and other grains, fruits, and nuts. Some small-scale manufactures produce cotton and other fabrics, soap, furniture, shoes, fertilizer, cement, and processed agricultural goods.

History

Evidence suggested that humans have inhabited the area that is today Afghanistan for over 50,000 years. Archeological finds indicate that some of the cities were connected to the Indus Valley civilization of 2500 BCE. Around 2000 BCE groups of Indo-European speakers from Central Asia passed through the area and on to India and Iran. The Persian Empire under king Darius I (c.500 BCE) conquered these areas. Later, Alexander the Great conquered (329–327 BC) the area on his way to India.

A series of people assumed control of the area: Greeks, Mauryans from India, Persians, and various Central Asian peoples, including the Buddhist Kushan Empire. There are many temples on the Buddhist pilgrimage route that runs from India through Afghanistan to China. These include the statues of the Buddha that were recently destroyed in Bamyan. The Muslim conquest of Afghanistan began in the 7th century. Several short-lived Muslim dynasties were founded, the most powerful of them being the Ghazni. Mongols conquered the area on their way to the conquest of Iran and India. Babur, a descendant of Timur, used Kabul as the base for his conquest of India and the establishment of the Mughal Empire in the 16th century. In the 18th century, the Persian Nadir Shah extended his rule to North of the Hindu Kush. After his death (1747) his lieutenant, Ahmad Shah, an Afghan tribal leader, established a

united state covering most of present-day Afghanistan. His dynasty, the Durrani, gave the Afghans the name (Durrani), which they themselves frequently use. This was followed by the native Barakzai dynasty that lasted to the twentieth century.

While all this was going on the British invaded a couple of times and created a border that divided the Pashtuns into those in Afghanistan and those in British India. In 1973 Afghanistan became a republic. A coup in 1978 put in a socialist government. A civil war ensued between the socialist and the conservative factions. The Soviet Union intervened in 1979 at the request of the socialist government. A ten year war followed, the Soviets retreated in 1989, as US, Saudi, Iranian and Pakistani assistance to the conservative mujahideen factions led to increasing losses. The civil war continued with the socialist government forces fighting many different mujahideen factions. The socialist government fell in 1992. The mujahideen factions then fell to fighting amongst themselves. The state of warlordism led to the rise of the Taliban, a Muslim fundamentalist, Pakistani supported group originally from the Pashtun areas of Afghanistan and Pakistan. The Taliban quickly conquered Kabul in 1996 and controlled most of the country by 2000.

After the September 11, 2001 bombings the US asked the Taliban government to turn over the Al-Qaeda members in Afghanistan. Following their refusal the US sent commandos who together with factions from the north of the country defeated the Taliban. NATO forces took over the support of the new Afghan government of President Hamid Karzai. The weak government was not able to contain a resurgence of the Taliban. By 2008 the Taliban were again threatening in many parts of the country. In 2009 President Obama of the United States sent an additional 30,000 troops to help stabilize the situation.

Flag of Afghanistan



Three equal vertical bands of black (hoist side), red, and green, with the national emblem in white centered on the red band and slightly overlapping the other two bands; the center of the emblem features a mosque with pulpit and flags on either side, below the mosque are numerals for the solar year 1298 (1919 in the Gregorian calendar, the year of Afghan independence from the UK); this central image is circled by a border consisting of sheaves of wheat on the left and right, in the upper-center is an Arabic inscription of the Shahada (Muslim creed) below which are rays of the rising sun over the Takbir (Arabic expression meaning "God is great"), and at bottom center is a scroll bearing the name Afghanistan.

Map of Afghanistan



Suggested Activities

Kite Flying

Afghan children enjoy kite flying.

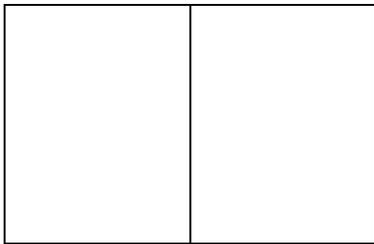
Go to a large space without power lines and show kids the pleasure of flying a kite. Buy a simple kite and also show them how to make a kite.

Materials:

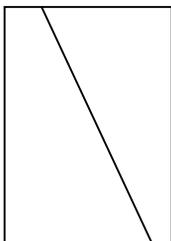
1. Letter sized papers – brightly colored ones are optional
2. 8 inch bamboo sticks for grilling
3. Plastic bag cut out in strips to make a tail
4. ½ inch masking tape or any plastic tapes
5. 1 roll of strings (6-10 ft per students)
6. folded index card to roll the string
7. Scissors
8. Hole puncher (optional)

Instruction

1. Fold a sheet of 8 1/2" x 11" paper in half to 8 1/2" x 5 1/2".



2. Fold again along the diagonal line as shown below. On both sides so they flap out.



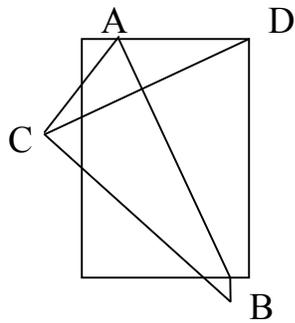
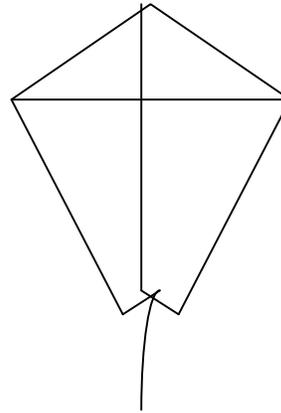


Fig.3



3. Fold back one side forming kite shape in Fig.3 and place tape firmly along fold line AB.(No stick is needed here because the fold stiffens the paper and acts like a spine.)

4. Place bamboo stick from point C to D and tape it down firmly.

5. Cut off 6 to 10 feet of plastic ribbon and tape it to the bottom of the kite at B.

6. Flip kite over onto its back and fold the front flap back and forth until it stands straight up. If it is not straight, your kite will be spinning and goes around in circle.

7. Punch a hole in the flap at E, about 1/3 down from the top point A. (Optional)

Now, you are ready to fly the kite!

How to wear a hijab.

Hijab or Hijaab is head covering worn by Muslim women. In general, it is part of dressing modestly.

There is no one way to wear hijab. You can consult many resources on the internet for videos.

<http://howtowearhijab.net/>

Pull all the hair away from the face and around the ears. Wear a hair bonnet or pony tail.

Place the fabric (3' x 3' or more) over the head so that the edges come down by the cheeks. You can use a scarf for this activity.

Throw one end over the left shoulder and pin it and the other end under the chin with a safety pin

Wrap the other and longer ends of the fabric around the neck once with a fold and tuck. This is so that it is loose enough to rest around the neck and shoulders. The longer ends should be loose and not too snug because the hijab will be uncomfortable to wear when too tight.

How to make Naan

Naan is a flatbread found in Afghanistan and many surrounding countries. Naan is served for dipping, or as a wrap with a variety of meats and vegetables. Usually very hot oven is used. This recipe has been modified for home oven or grill..

10-12 servings.

Ingredients:

- * 1 package active dry yeast
- * 2 teaspoons sugar
- * 3 tablespoons milk
- * 3 tablespoons of yogurt
- * 3/4 cup warm water
- * 1 egg beaten
- * 1 1/2 cup all purpose flour
- * 1 teaspoon salt
- * 1/4 cup butter melted or vegetable shortening.

Preparation:

Directions

1. In a large bowl, dissolve yeast in warm water. Let stand about 10 minutes, until frothy. Stir in sugar, milk, yogurt, egg, salt, and enough flour to make a soft dough. Knead for 6 to 8 minutes on a lightly floured surface, or until smooth. Place dough in a well oiled bowl, cover with a damp cloth, and set aside to rise. Let it rise 1 hour, until the dough has doubled in volume.
2. Punch down dough. Pinch off small handfuls of dough about the size of a golf ball. Roll into balls, and place on a tray. Cover with a towel, and allow to rise until doubled in size, about 30 minutes.
3. Preheat oven to 400 degrees.
4. Roll out dough flat into a thin circle and put it on a cookie sheet or pizza stone. Bake until puffy and lightly browned. Brush uncooked side with butter/oil, and turn over. Should take about 8 minutes.
5. Enjoy and you can store unused naan in freezer.

Sample Dari phrases

Welcome	(khosh amadid)
Hello	(dorood) or (salâm)
How are you?	(hale shoma chetor ast?) (haletun chetore?) (halet chetore?)
Fine thanks, and you?	(man khubam mamnun, shoma chetorid?)

Sample Pashto phrases

Welcome	(pikheyr)
Hello	(salaam) or (as-salaamu' alaykum) †
How are you?	(tsenga yee?)
I'm fine thanks, and you?	(za kha yam, manana, tatsenga yee?)
I am well	(sheh yem)

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Appendix

Geography

Area: Total: 652,230 sq km
Country comparison to the world: 41

Area Comparison: Slightly smaller than Texas

Land boundaries: Total: 5,529 km

Border countries: China 76 km, Iran 936 km, Pakistan 2,430 km, Tajikistan 1,206 km, Turkmenistan 744 km, Uzbekistan 137 km

Elevation extremes:
Lowest point: Amu Darya 258 m
Highest point: Noshak 7,485 m

Natural resources:
Natural gas, petroleum, coal, copper, chromite, talc, barites, sulfur, lead, zinc, iron ore, salt, precious and semiprecious stones

People

Population: 29,121,286
Country comparison to the world: 42

Note: this is a significantly revised figure; the previous estimate of 33,609,937 was extrapolated from the last Afghan census held in 1979, which was never completed because of the Soviet invasion; a new Afghan census is scheduled to take place in 2010 (July 2010 est.)

Age structure: 0-14 years: 42.9%
15-64 years: 54.6%
65 years and over: 2.4% (2010 est.)

Median age: Total: 18 years
Male: 17.9 years
Female: 18 years (2010 est.)

Growth rate: 2.471% (2010 est.)
Country comparison to the world: 31

Birth rate: 38.11 births/1,000 population (2010 est.)
Country comparison to the world: 19

Death rate: 17.65 deaths/1,000 population (July 2010 est.)
Country comparison to the world: 4

Urbanization: 24% of total population (2008)
Rate of urbanization: 5.4% annual rate of change (2005-10 est.)

Infant mortality: 151.5 deaths/1,000 live births
Country comparison to the world: 2

Life expectancy at birth:
Total population: 44.65 years
Country comparison to the world: 221

Male: 44.45 years
Female: 44.87 years (2010 est.)

Total fertility rate: 5.5 children born/woman (2010 est.)
Country comparison to the world: 12

Ethnic groups: Pashtun 42%, Tajik 27%, Hazara 9%, Uzbek 9%, Aimak 4%,
Turkmen 3%, Baloch 2%, other 4%

Religions: Sunni Muslim 80%, Shia Muslim 19%, other 1%

Languages: Afghan Persian or Dari (official) 50%, Pashto (official) 35%,
Turkic languages (primarily Uzbek and Turkmen) 11%, 30
minor languages (primarily Balochi and Pashai) 4%, much
bilingualism

Literacy: Total population: 28.1% (age 15 and over can read and write)
Male: 43.1%
Female: 12.6% (2000 est.)

School life expectancy (primary to tertiary education):
Total: 8 years
Male: 11 years
Female: 4 years (2004)

Economy

GDP (at purchasing power parity): \$23.35 billion (2009 est.)
Country comparison to the world: 113

(at official exchange rate): \$13.47 billion (2009 est.)

GDP real growth rate:
3.4% (2009 est.)

GDP per capita (PPP):
\$800 (2009 est.)
Country comparison to the world: 219

GDP - composition by sector:
Agriculture: 31%
Industry: 26%
Services: 43%
Note: data exclude opium production (2008 est.)

Labor force: 15 million (2004 est.)

Labor force - by occupation:
Agriculture: 78.6%
Industry: 5.7%
Services: 15.7% (FY08/09 est.)

Unemployment rate:
35% (2008 est.)
Country comparison to the world: 181

Population below poverty line: 36% (FY08/09)

Government Budget:
Revenues: \$1 billion
Expenditures: \$3.3 billion

Inflation rate:
(Consumer prices): 30.5% (2009 est.)
Country comparison to the world: 221

Agriculture - products:

Opium, wheat, fruits, nuts; wool, mutton, sheepskins, lambskins

Industries:

Small-scale production of textiles, soap, furniture, shoes, fertilizer, apparel, food-products, non-alcoholic beverages, mineral water, cement; handwoven carpets; natural gas, coal, copper

Exports:

\$547 million (2009 est.)
Country comparison to the world: 163

Exports:

Opium, fruits and nuts, handwoven carpets, wool, cotton, hides and pelts, precious and semi-precious gems

Exports - partners: India 23.5%, Pakistan 17.7%, US 16.5%, Tajikistan 12.8%, Netherlands 6.9% (2008)

Imports:

\$5.3 billion (2008 est.)
Country comparison to the world: 108

Imports:

Machinery and other capital goods, food, textiles, petroleum products

Imports - partners: Pakistan 36%, US 9.3%, Germany 7.5%, India 6.9% (2008)

Exchange rates: Afghanis (AFA) per US dollar - 50.25 (2008)