

# Composition on Staple Food of Bangladesh

**Introduction:** rice is a staple food of the people of Bangladesh. It is also one of the main foodstuffs of the people of India, Burma, Japan, and some other countries. It is obtained from the seed of a plant called paddy.

**Where grown:** Rich grows well in hot and moist climate and in low-lying land where heavy rainfall occurs. Bangladesh is one of the largest producers of rice.

**Kinds of rice:** rice is mainly of four kinds, which grow in our country. They are Aus, Aman, Boro, and IRRI. Aus is grown in April and reaped in July or August. Aman is transplanted in between July and August and reaped in December. Boro is in winter and reaped in spring. Recently, IRRI is widely cultivated throughout the year for its high yield. It grows well where irrigation facilities are available.

**How to prepare:** when paddy ripens, grains are separated from husk by getting trodden upon by oxen. Rice from paddy is of two kinds. Atop and Siddha. When paddy is dried in the sun and husked for rice, it is called atop or un-boiled rice, when the paddy is first boiled and then dried and husked, it is called boiled rice. Husking is done either by a mill or by Dheki.

**Usefulness:** rice is the chief food of Bangladesh. Various kinds of food are prepared from rice. So rice is the most useful food grain of Bangladesh. The straw and the husks of paddy are not also left without uses. They are used as fuel.

**Conclusion:** no other cereal is as useful as rice in Bangladesh. So proper steps should be adopted for ample production of this most

vital foodstuff.