



BAL BHARATI PUBLIC SCHOOL, PITAMPURA, DELHI – 110034
WEEKEND ACTIVITIES

Class – VII

SUBJECT: ART

Topic – Make a Project on the Veteran Artists of India

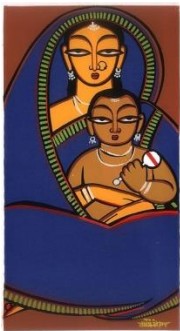
1. Jamini Roy
2. **Nicholas Roerich**
3. **Thota Vaikuntam**

NOTE: Copy one work of any of the above artists.

Material Required:

- Art file or A 4 Cartridge Sheet
- Pencil
- Eraser
- Colour Pencils or Oil Pastel.

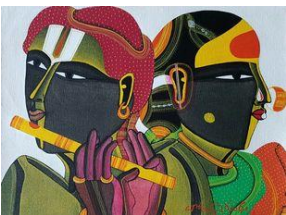
STEP 1: Write a brief account about the life of all the three artists and the period they belong to and the unique features of their art work or art style. You can take reference from the internet.



Jamini Roy



Nicholas Roerich



Thota Vaikuntam

SUBJECT: MEAL PLANNING

TOPIC:- Paneer Burfi

A **three** ingredient recipe for a nutritious and tasty sweet snack

Material required:-

- Homemade paneer.....2 cup
- Milk powder..... 1/2 cup
- Castor sugar.....1/4 cup
- Garnishes like cardamom seeds powder/soaked almonds /pistachios etc

STEP 1:- Crumble homemade paneer and mash it thoroughly until it is very smooth.

STEP 2:- Add castor sugar and mix to combine.

STEP 3:- Now add milk powder and keep kneading the mixture. If it is a little runny you may add 1 tbsp additional milk powder.

STEP 4:- Grease a square or rectangular container and spread the prepared mixture in it. You may use a spoon to press the mixture evenly.

STEP 5:- Garnish using cardamom seeds powder/soaked almonds /pistachios etc and cool it in the refrigerator for ½ an hour.

Slice and enjoy it with your loved ones.

TOPIC:- Idli Cupcakes

A healthy and tasty snack that can be served as a mini meal

Material required:-

- Sooji/semolina.....1 cup
- Curd..... 1/2 cup
- Chopped vegetables.....1/2 cup
- Chopped coriander leaves.....a few
- Grated ginger.....a small piece
- Eno/fruit salt..... 1tsp
- Salt..... 1tsp
- Red chilly powder....., 1/2tsp
- Water..... 1 cup

STEP 1:- Take a bowl and mix sooji, curd, chopped vegetables, coriander leaves, ginger, salt and red chilly powder. Let it stand for 30 minutes.

STEP 2:- Now add Eno / fruit salt and water. Mix gently till the batter is light and frothy.

STEP 3:- Grease the cupcake tray or lay cupcake liners in it and pour the prepared batter $\frac{3}{4}$ full.

STEP 4:- Bake in the centre of a preheated oven for five minutes and then cover the tray with foil and bake for another 15 minutes.

STEP 5:- Let these cool a little and serve with the chutney of your choice.

BBPS, PITAMPURA