



**BAL BHARATI PUBLIC SCHOOL, PITAMPURA, DELHI – 110034**  
**NON ACADEMIC ACTIVITIES**

**Class – VII**

**SUBJECT: MEAL PLANNING (Thursday, Friday- 06:00 p.m. to 06:30 p.m.)**

**TOPIC:- Bread Dahi Vada (Thursday – 6:00 p.m. to 6:30 p.m.)**

A quick recipe for a yummy meal accompaniment or a savoury snack

**Material required:-**

- Bread.....4slices
- Chopped salad vegetables
- (Cucumber/tomato/onion/carrot).....1/2 cup
- Curd.....1cup
- Castor sugar.....2tsp
- Salt.....1tsp
- Roasted cumin seed powder. ....1/2tsp
- Red chilli/ pepper powder.....1/4tsp
- Coriander chutney.....to taste
- Tamarind chutney.....to taste
- Garnishes like chopped coriander leaves/pomegranate seeds

**STEP 1:-** Cut the bread slices into circles using a katori or a cookie cutter (you may use these leftover edges for making bread crumbs)

**STEP 2:-** Prepare the chopped salad vegetable filling by adding salt and pepper according to your taste.

**STEP 3:-** Prepare curd by sieving and adding castor sugar, salt, red chilli powder and roasted cumin seeds powder.

**STEP 4:-** Take two bread slice circles and place a portion of the prepared filling between them and press lightly using wet hands. Your vada is ready. Place it in a platter.

**STEP 5:-** Pour a generous amount of prepared curd over the vada and garnish using chutneys, chopped coriander leaves, pomegranate seeds etc.

Serve it as an accompaniment to your meal or as a savoury snack.

**TOPIC:- Cookie Sandwich(Friday – 6:00 pm to 6:30 pm)**

A light snack that can be quickly prepared using leftover vegetables

**Material required:**

- Plain or salted cookies.....1packet
- Leftover dry vegetable or
- Mashed boiled potato.....1/2 cup
- Ketchup or seasonal chutney....2-3 Tsp
- Namkeen mixture/ bhujija /sev...2-3 Tsp

**STEP 1:-** Prepare the filling by mashing the leftover vegetables lightly or you may use mashed boiled potato spiced with salt and pepper. Some freshly chopped coriander can be added for flavour.

**STEP 2:-** Put a portion of the prepared filling between two cookies. Our cookie sandwich is almost ready.

**STEP 3:-** Smear a thin layer of ketchup or chutney along the circular edge of our sandwich. You may use mayonnaise or any other sauce of your choice or as per availability.

**STEP 4 :-** Roll the cookie sandwich in namkeen mixture/bhujija/ sev taken in a plate.

Serve it as a snack to your elders as they enjoy their cup of tea . You can relish it with your milkshake or any other beverage of your choice.