



**BAL BHARATI PUBLIC SCHOOL, PITAMPURA, DELHI – 110034**

**NON ACADEMIC ACTIVITIES**

**Class – VII**

**SUBJECT: ART (Monday- Wednesday, 6:00 p.m. to 6:30 p.m.)**

**Note: This art activity is meant for two weeks.**

**Topic – Calligramme**

Compose a Calligramme on any current issue.

**Materials Required:**

- Paper (Cartridge Sheet)
- Pencil
- Rubber
- Coloured sketch pen
- A3 sheet/ a page from Art file

**STEP 1:** Draw a Calligramme on any current issue.

**STEP 2:** Use coloured sketch pens for typography, do not outline your drawing.

**STEP 3:** Write in brief about the relevance of this art.  
(You can take reference from the internet.)

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

**TOPIC:- Hung Curd Pudding (Thursday – 6:00 pm to 6:30 pm)**

A light dessert or sweet snack full of freshness and nutrition of seasonal fruits, hung curd with crunchiness of your favourite cookies and nuts.

**Material required-**

- Hung curd.....1cup
- Sweetener( castor sugar/ honey)....2-3Tbsp
- Chopped fruits of your choice.....1cup
- Cookies.....1 small packet
- Suggested garnishes.....cornflakes/nuts/ granola
- Cups/ glasses for serving.....2

**STEP 1:-** For making hung curd, leave a little more than a cup of regular curd in a strainer or a muslin cloth for ½ hour. Also, you would be needing chopped/ sliced fruits like banana, apple, papaya or pomegranate seeds etc. as per your taste and availability. Please take help of your parents and perform it under their supervision.

**STEP 2:-** Add desirable sweetener to the hung curd.

**STEP 3:-** Now take a cup or small glass and put a layer of a few crumbled cookies at the bottom.

**STEP 4:-** Top it with a layer of fresh fruits followed by a lavish helping of hung curd. You may alternate more such layers for your pudding. Garnish with some cornflakes, granola or roasted nuts of your choice.

Serve it to all your family members and relish it as a light dessert.

**TOPIC:- Mug Cake (Friday – 6:00 pm to 6:30 pm)**

A quick one mug whisk recipe for a yummy cake

**Material required-**

- Coffee mug(for preparation/serving).....1
- Flour/ Atta.....3Tbsp
- Castor sugar.....3Tbsp
- Cocoa powder..... 2Tbsp
- Milk.....3Tbsp
- Baking powder.....1/4tsp
- Oil/butter.....3Tbsp
- Vanilla essence.....1/4tsp

- Garnishes like nuts/Choco chips/ other sprinkles

**STEP 1:-** Take all the above mentioned ingredients in a coffee mug and whisk using a fork. Blend until smooth. For plain vanilla flavour, avoid adding cocoa powder and reduce castor sugar to 2.5 tbsps.

**STEP 2:-** Microwave for 1minute and 30 seconds.

**STEP 3:-** Let it cool for 2 minutes and it would be ready to eat.

Relish it with your siblings and other family members.

BBPS, PITAMPURA