



WEEKEND ACTIVITIES

Class 7

Subject: ART

Topic: Folk Art Forms

Aipan (Uttanchal) folk art form

Warli (Madhya Pradesh) folk art form

Task:

- Design a **Coaster** choosing any of the given art forms.
- Your **Coaster** can either be a Square or Circle.

Material required

- A Piece of Cardboard (it can be the cover of any hardbound note book)
- Pencil, Scale, Eraser
- Pencil Colours/Crayons/Sketch Pens

Method

- Cut the cardboard piece into the desired shape.
- Design and decorate your coaster.
- Sample designs are given below.
- You can assemble these designs and draw on the **Coaster**
- The references given below will help you identify the difference between Aipan art form and Warli art form.

You may take reference from the internet.



Aipan (Uttaranchal) folk art



Warli (Madhya Pradesh) folk art

BBPS, PITAMPUR

SUBJECT:- MEAL PLANNING

TOPIC:- Cheesy Pockets

Material required :-

For the dough:

1.5 cups Whole Wheat Flour
1 teaspoon Ghee
3/4 cup Water (adjust)
Salt to taste

For the filling:

3/4 cup Mixed Vegetables (chopped and/or grated)
1/4 cup grated Mozzarella Cheese (adjust according to taste)
1/2 teaspoon seasoning of your choice (dry Italian or Mexican seasoning)
1/4 teaspoon Chilli Flakes (optional)
Salt to taste (add just before you start filling the pockets)

Other Ingredients:

2 tablespoons Butter (salted) or Ghee/Clarified Butter
1-2 tablespoon Flour for dusting

STEP 1: Preparation of dough:

In a wide bowl, add flour and salt. Rub in ghee and using sufficient amount of water knead a soft dough. You may take help from the elders to assist you in bringing the dough together. Leave it aside as you prepare the filling.

STEP 2:- Preparation of filling:

Take a small bowl .Put chopped vegetables, grated cheese and flavourings of your choice in it.

STEP 3:- Now dust some flour on the work-area and roll the prepared dough flat to approximately 1cm thickness. Then slice it into rectangles of suitable size.

STEP 4 :- Put a portion of the prepared filling on each of the rectangles cut and fold these into squares. Secure the edges by pressing them using a fork. Also, make a few indents on the top of each pocket.

You may deep fry these cheesy pockets or use an air fryer to cook these. These may also be brushed with a little butter and baked at 180 degrees for 8-10 min in a preheated oven. Kindly do this with the support of adults or under parental supervision.

Enjoy these pockets as a light snack with your loved ones. Relish them with fresh chutney or ketchup.



Banana Walnut Cake

Ingredients:

1 cup Wheat Flour/ Atta

$\frac{3}{4}$ cup Sugar/ Brown sugar

$\frac{1}{4}$ cup Olive Oil (or any other flavourless oil)

1 cup Milk

2 ripe Bananas (mashed)

Handful of Walnuts

$\frac{3}{4}$ teaspoon Baking Powder

$\frac{1}{4}$ teaspoon Baking Soda

$\frac{1}{2}$ teaspoon Cinnamon Powder

A Pinch of salt

Method:

- Mash the bananas well. Add sugar, olive oil and whisk well. Put ground walnuts also.
- Add baking powder and baking soda to the flour and sift.
- Pour warm milk into this flour and keep mixing in one direction. Add banana mixture to this. Batter should be smooth and in flowing consistency. You may add a little more milk to achieve the same.
- Preheat oven at 180 degrees for 5 minutes.
- Grease a baking pan with olive oil and dust a little flour. Pour the prepared batter into it and bake for 20 minutes in oven or microwave for 10 minutes.

You can enjoy this delicious bake with your loved ones. Serve it with hot or cold beverages.



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Critical Thinking-Answer key(Shared on 25 April 2020)

Puzzle 1 Science Picture Riddle

2 As we know the gears in contact are always going to rotate in the opposite directions

Puzzle 2 Change in Water Level

When the boat is floating on the water, it contains all the apples. Therefore, the apples have already displaced the water equal to their own volume. Now, it does not matter if they eat two or four dozen of apples, the water level will remain the same.

Puzzle 3

BARE (or BEAR) & SHARE(or SHEAR),

WONDER & THUNDER,

TAUGHT & BOUGHT,

COULD & GOOD

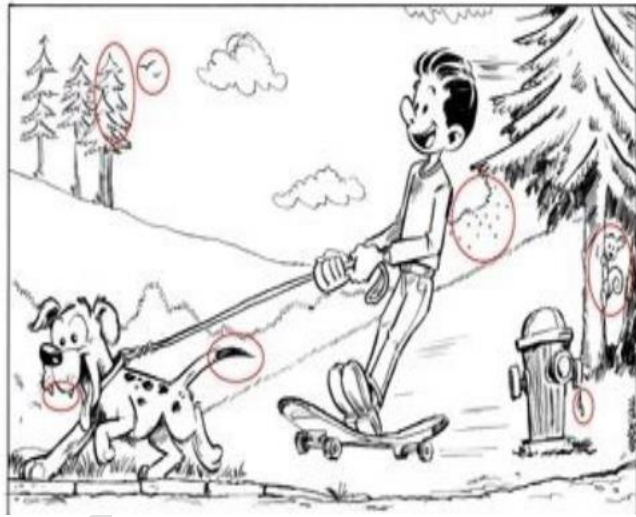
Puzzle 4

73 ($5 \times 5 - 4 = 21$, $6 \times 6 - 5 = 31$, $3 \times 3 - 2 = 7$, $7 \times 7 - 6 = 43$, $9 \times 9 - 8 = 73$)

Puzzle 5

This is pretty simple as the magnet has its magnetic field at poles in general. Then you can just keep one rod on the surface and bring the tip of the other rod towards the centre. If the rod which is lying down gets attracted towards your rod, then the one you are holding is the magnet and if it does not then the one lying down is the magnet.

Puzzle 6



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