



BAL BHARATI PUBLIC SCHOOL, PITAMPURA, DELHI – 110034

Weekend Activities

Class - VII

Subject: Art

TOPIC: CALLIGRAPHY AND DOODLING

TASK:

Write your name in a beautiful Calligraphic font and Doodle around it accordingly.

MATERIAL REQUIRED

- Art file or A4 Cartridge sheet.
- Eraser/Pencil/Scale
- Black sketch pen/Black pilot pen
- Crayons, Colour pencils or Brush colour

You can use colour to fill in your name. Doodling to be done in black only.

Write in brief about Calligraphy and Doodling.

You may take reference from the internet.

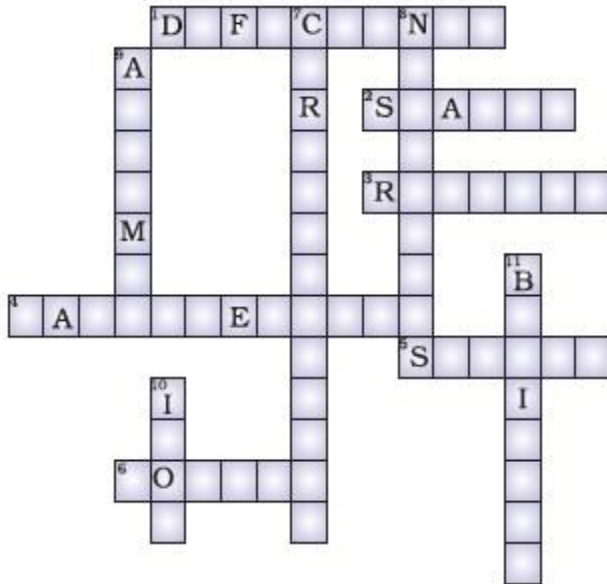
Sample Images for reference are given below:



BHUJO TOH जानें
Subject: Critical Thinking

Puzzle 1

Solve the crossword puzzle from the clues given below.



1. Across

- 1. Lack of nutrients in our diet over a long period causes these diseases (10)
- 2. Rice and potato are rich in this type of carbohydrate (6)
- 3. Deficiency disease in bones making it become soft and bent (7)
- 4. The diet that provides all the nutrients that our body needs, in right quantities, along with adequate amount of roughage and water (8, 4)
- 5. Deficiency disease with bleeding gums (6)
- 6. Disease caused due to deficiency of iodine (6)

Down

- 7. Starch and sugar in our food are rich in this type of energy giving nutrient (13)
- 8. The term given to the useful components of food (9)
- 9. The disease caused by deficiency of iron in diet (7)
- 10. Green leafy vegetables, liver and apples are rich in this mineral (4)
- 11. Deficiency disease caused due to lack of Vitamin B 1 in the diet (8)

Puzzle 2

Solve the riddle based on food: -

Food Riddles

I am made of flour. You can make sandwiches with me. I am a grain. Who am I?

I am made of bread, chicken or beef; you can put all kinds of vegetables inside me like lettuce and tomatoes. Who am I?

I am a vegetable that is brown on the outside and white on the inside. I grow underground. You can call me "chips" or "fries". Who am I?

I live in the sea. You can cook and eat me. You eat me with rice or chips. Cats like to eat me. Who am I?

Puzzle 3

Here are five picture puzzle images containing riddles. In all these riddles, you have to tell "What am I"? which is being talked in the riddle. You must answer these riddles as quickly as possible.

What am I?

WHEN YOU HAVE ME, YOU IMMEDIATELY FEEL LIKE SHARING ME. BUT, IF YOU DO SHARE ME, YOU DO NOT HAVE ME.

What am I?

WHAT HAS A MOUTH, BUT CANNOT EAT; MOVES, BUT HAS NO LEGS; AND HAS A BANK, BUT CANNOT PUT MONEY IN IT?

What am I?

WHAT MAKES MORE AS YOU TAKE THEM?

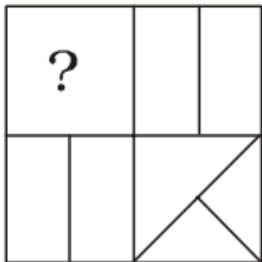
What am I?
WHAT IS BLACK WHEN YOU GET
IT, RED WHEN YOU USE IT, AND
WHITE WHEN YOU ARE ALL
THROUGH WITH IT?

What am I?
GIVE ME FOOD, AND I
WILL LIVE. GIVE ME
WATER, AND I WILL DIE.
WHAT AM I?

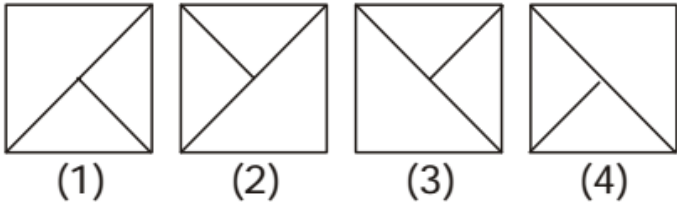
Puzzle 4

Complete the incomplete question figure by choosing the correct answer figure :

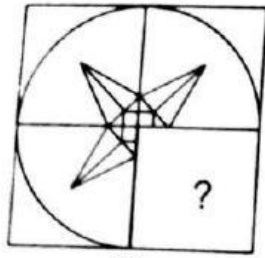
Question Figure :



Answer Figures :

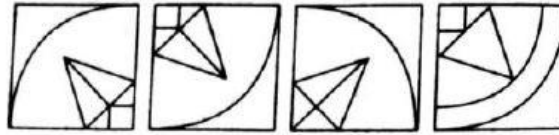


Problem Figure



(X)

Answer Figures



(a)

(b)

(c)

(d)

BBPS, PITAMPURA

Subject : Meal Planning

Cheese Roll Ups



Ingredients:

- Bread Slices.....5
- Red Chilli Flakes for topping.....to taste
- Garlic.....4 cloves (optional)
- Cheese Slices.....5
- Butter for frying the rolls
- Finely Chopped Coriander Leaves....for garnish
- Salt..... to taste

Method:

Step 1: Trim the bread slice edges. Roll it to thin slices as much as you can.

Step 2: Place cheese slice (one per bread slice).

Step 3: Throw in the crushed garlic on top of each slice. Sprinkle some chilli flakes and salt.

Step 4: Finally dash in the coriander leaves.

Step 5: Now gently roll from one end and finish up by sealing the edges. (use water)

Step 6: Slightly brush the rolls on each side with melted butter.

Step 7: Heat the griddle, spray / grease some butter/ oil, and place the rolls 2 to 3 at a time. Fry all sides golden with even turn ups. You may do this in an air fryer as well.

Serve these tasty crispy bread rolls with tomato sauce. For variation try with paneer bhurji and other vegetables like potato, onion, capsicum etc. to enjoy the roll-ups.

Watermelon Lemonade



Ingredients:

- Freshly squeezed lemon juice.....3/4 cup
- Water.....1 1/2 cup
- Watermelon juice.....2 cup
- Castor sugar.....1/3 cup
- Fresh mint.....8-10 sprigs

Method:

Step 1: Cut watermelon into chunks along with some fresh mint leaves and blend until pureed. Pour through a sieve into a large pitcher to catch the seeds and pulp. Blend until you have 2 cups.

Step 2: Squeeze lemons until you have 3/4 cup juice.

Step 3: Combine lemon juice and sugar stir to dissolve, add watermelon juice and water. Stir to combine. Transfer into a decanter or a decorative bottle. Garnish with fresh mint.

PUT ON YOUR THINKING CAP

(Answer Key to the Mental Ability Worksheet shared on 30 May 2020)

A1. (C)

A2. (A)

A3. (A)

A4. (A)

A5. (B)

A6. (D)

A7. (A)

A8. (B)

A9. (A)

A10. (C)

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