



BAL BHARATI PUBLIC SCHOOL, PITAMPURA, DELHI – 110034

Weekend Activities

Class VII

Subject- Meal Planning

CHOCOLATE BISCUIT PUDDING

Ingredients

Marie biscuits.....2 packs (50 biscuits)
Butter.....1/4 cup at room temperature
Milk.....3 cups
Cocoa powder.....4 tbsp
Cornflour.....4 tbsp
Vanilla extract.....3 tsp
Castor Sugar.....1/2 cup

Method

Step 1: In a bowl, using your hands, crush the biscuits. Add butter and mix well until the mixture resembles breadcrumbs.

Step2: In a saucepan add cornflour, milk, cocoa powder, vanilla, and sugar. Mix well and heat the saucepan. Keep whisking until the mixture becomes thick and gets cooked. Turn the gas off. Let it cool down completely. Please perform this step under the supervision of adults.

Step3: In mini jars/ glasses, layer the biscuit crumbs and the chocolate pudding. Thereafter place them in the refrigerator to chill.

Step4: Serve chilled & enjoy.



Watermelon Cheese Salad

Ingredients

Large red onion(sliced).....1/4
Fresh lemon juice.....from about 1½ lemons
Watermelon cubes.....4½ cups
Cucumber.....1
Black olives.....¾ cup (optional)
Coarsely ground black pepper.....¼ tsp
Coriander leaves and mint..... a sprig each
Diced cottage cheese..... 1½ cups
Olive oil.....2-3 Tbsp

Method

Step1: Slice the red onion crosswise into thin half-moons and put them into a small bowl. Add lemon juice, tossing the onions to coat them well. Leave them to macerate for about 15 minutes, stirring them occasionally, while you prepare the rest of the salad.

Step2: Cut the peel off the watermelon and remove black seeds if any. Cut the watermelon flesh into 1-inch cubes and tip them into a large, wide salad bowl.

Step3: Slice the cucumber in half lengthwise, then use a teaspoon to scrape out the seeds, leaving two long canoe-shaped channels, unpeeled. Cut the halves crosswise into pencil-thick half-moon slices (you should have about 2 cups). Add these to the watermelon cubes, as well as the black olives and the pepper.

Step4: Add chopped coriander leaves and mint leaves to the salad.

Step5: Add the macerated onions with the lemon juice.

Step6: Drizzle olive oil and then toss it gently with your hands.

Dice the cheese into ¾ inch cubes and add it to the salad. Toss it very lightly (your hands work best, so the cheese cubes do not break apart). Serve.



Subject: Art

Topic:

Traditional Art forms of Sikkim

TASK:

Create a beautiful bookmark on the given art form

A strip of 8 inches by 2 inches

MATERIAL REQUIRED:

- A4 size cartridge sheet for a page from your art file.
- Pencil, Eraser, Scale
- Colour pencils /crayons

You are free to take reference from the internet as well.

Pen down a few lines about the art forms.



(Sample Images for Reference)

BHUJO TOH जानें

Answer key to the Critical Thinking Worksheet Shared on 6 June 2020

PUZZLE 1

Across

1. Deficiency
2. Starch
3. Rickets
4. Balanced diet
5. Scurvy
6. Goitre

Down

7. Carbohydrates
8. Nutrients
9. Anaemia
10. Iron
11. Beriberi

PUZZLE 2

bread
burger
potato
fish

PUZZLE 3

Secret
River
Steps
Coal
Fire

PUZZLE 4

1. 2
2. b