

BAL BHARATI PUBLIC SCHOOL, PITAMPURA, DELHI – 110034 Weekend Activities Class VII

Subject- Meal Planning

Rose Ladoos

Ingredients-

•	Homemade Paneer	2 cups
•	Sweetened Condensed milk	½ cup
•	Rooh Afza syrup	2 tablespoons
•	Milk Powder	4 cups
•	Milk (to knead the dough)	3 tablespoons
•	A pinch of Pink food colour for	r a deeper colour (optional)

- Gulkand (Rose Petal Preserve)... 3 tablespoon
- Almonds......1 tablespoon
- Pistachios......1 tablespoon



Method-

- Crumble paneer in a bowl until it resembles breadcrumbs.
- Make sure that the paneer feels moist and grainy when rubbed in between the fingers, and not sticky.
- Combine paneer and condensed milk in a bowl.
- Add Rooh Afza syrup. Instead of Rooh Afza syrup, you can use few drops of pink food colour + 2 teaspoons of Rosewater.
- Add milk powder.
- Mix to combine. The mixture will be in a crumbled state.
- Add 2 tablespoons of milk and mix until incorporated.
- Transfer this mixture to a food processor.

- If needed, add another tablespoon of milk and pulse until it comes together like a soft dough. (The mixture should feel like a soft-non-sticky dough when pressed in between the fingers.)
- Transfer this mixture to a bowl and allow the mixture to rest for 15 minutes. The
 mixture will become firm once cooled.
- For a smooth and crack-free texture of ladoos, knead the dough once it's cooled.
- In a bowl, combine gulkand and assorted nuts for filling. Mix it well.
- Grease your hands with ghee and start shaping the dough into ladoos.
- Take a ladoo and flatten it. Place the filling in the center. Bring all the edges together and fold the dough to form a ladoo.
- Repeat the process with the rest of the mixture.
- Keep them covered all the time else they will dry out. It can be made ahead of time and stores well in your refrigerator for 7 days.

Layered Fruit Sandesh

Ingredients-

•	Crumbled paneer (cottage cheese)	1 1/4 cups
•	Icing sugar	4 tablespoon
•	Few drops of kewda essence	
•	Pomegranate seeds	1/4 cup
•	Finely chopped kiwi	1/4 cup
•	Finely chopped apple	1/4 cup
•	Finely channed nineannle	1/4 cup



Method-

- Combine the paneer, icing sugar and kewda essence in a plate and knead it into soft dough and refrigerate for 30 minutes.
- Divide the paneer mixture into 20 equal portions.
- Take a shot glass, put one portion of the paneer mixture and spread it evenly and sprinkle some pomegranate evenly over it.
- Put one more portion of the paneer mixture, little kiwi, again one more portion of paneer mixture, few slices of apple, finally one more portion of paneer mixture and little pineapple evenly over it.
- Repeat steps to make more shot glasses.
- Refrigerate for 1 hour and serve immediately.

SUBJECT ART

TOPIC-

INDIAN FOLK ART OF GUJARAT

SUB-TOPIC

PITHORA

TASK-Design a table calendar

MATERIAL REQUIRED-

- Coloured paper/white sheet.
- Old table calendar.
- Pencil/eraser/scale.
- Any kind of colours available.
- Decorative material- whatever available.
- Write in brief about the given art form.
- You can also take reference from the net.





Critical Thinking Worksheet- Social Science

NEWSPAPER IN EDUCATION

Dear Students,

- Reading newspaper makes you well informed. It enables you to take part in every discussion pertaining to the world's
 current events.
- Reading newspapers will improve your knowledge in general and it will be easy for you to relate to other people who often talks about current events and politics.
- Through newspapers, you will have a clear idea and understanding of what is happening in your country and the whole world.

Please read the following article published in Times-NIE-Web-Ed-Sep28 and answer the Questions that follow.

75th UN General Assembly

WHAT Prime Minister Narendra Modi on Saturday addressed the 75th United Nations General Assembly(UNGA) virtually in New York. The UNGA, the main policy-making body of the UN came into existence on June 26, 1945. Its charter outlines its key functions, including "promoting international co-operation in the economic, social, cultural,

educational and health fields, and assisting in the realisation of human rights and fundamental freedoms for all irrespective of race, sex, language or religion".

WHEN The assembly meets from September to December each year and then again from January to August, if required. The representatives debate and make decisions on issues, such as peace and security and the admittance of new members.

HOW is it conducted: Every year the representatives from each member state — often the head of state — take turns to address the assembly in a week-long General Debate. Each speech is allotted 15 minutes, although in the past they have frequently overrun. The longest speech in UNGA history was made by the Cuban leader, Fidel Castro, lasting for more than four hours.



THEME 2020

The Future we want, the United Nations we need: reaffirming our collective commitment to multilateralism—confronting Covid-19 through effective multilateral action

QUOTE UNQUOTE

Reform in the responses, in the processes, and in the very character of the UN is the need of the hour. For how long will India be kept out of the decision-making structures of the UN? This is a country, which has hundreds of languages, hundreds of dialects, many sects, and many ideologies; this is a country, which was a leading global economy for centuries, and also one, which has endured hundreds of years of foreign rule. How long would a country have to wait particularly, when the transformational changes happening in that country affect a large part of the world?

THE BIG Q:

Has the UN lost its sheen over the years? Should India be a part of the UN's decision making structures? Share your views at toinie175@gmail.com

- Q1. What was the purpose of the United Nations founded in 1945?
- Q2. How is United Nations General Assembly (UNGA) an important forum for world leaders?
- Q3. Based on PM Modi's remarks on reformations required in the structure of the 'United Nations', what role do you think can India play in the functioning of this international organization?
- Q4. Imagine yourself to be Secretary General of the United Nations. Suggest any three reforms to ensure effective multilateralism, especially in fighting pandemics like COVID-19.