



Subject – MEAL PLANNING

Papdi Pizza

Ingredients

- Papdis.....as required
- Pizza sauce.....1/4 cup
- Onion, finely chopped.....2 tbsp
- Capsicum/bell pepper, finely chopped.....2 tbsp
- Sweet corn, boiled.....2 tbsp
- Mozzarella cheese grated.....as required
- Black pepper powder.....1/2 tsp
- Chilli flakes (optional).....1/4 tsp
- Salt.....as per taste
- Nylon Sev.....as required
- Fresh coriander sprigs..... for garnishing



Method

- In a bowl, add pizza sauce, vegetables, pepper powder, chilli flakes and salt. Mix well.
- Spread papdi on a plate, put a tablespoon of prepared mixture on each papdi.
- Then add grated mozzarella cheese on top of each papdi.
- You can either use Tawa Method or Baking technique.

- Heat tawa on a low flame, apply some butter and place these papdis on the tawa. Close the lid and cook on low flame until cheese melts (takes 3-4 minutes)
- OR
- Transfer papdis on a butter paper lined baking tray and bake in a preheated oven at 180 °C/360 F (takes 3-5 minutes) till the cheese melts.
 - Remove and place the papdi on a serving platter and sprinkle some sev on top. Serve immediately garnished with coriander sprigs. Adding sev on the top is optional.

BBPS, PITAMPURA

Spiced Cucumber Sticks with Chaat Masala

Ingredients

- Cucumbers.....3 large
- Red onion, finely diced.....1 small
- Chaat masala.....1 teaspoon
- Hot red chilli powder.....1/2 teaspoon
- Salt.....to taste
- Finely chopped cilantro.....to taste
- Lemon.....1



Instructions

- Peel and cut the cucumbers into halves. Scoop out the seeds using a melon baller or spoon. Slice the cucumber into sticks.
- Meanwhile, place the finely diced onions in a bowl, and cover with cold water. Let it sit for about 15 minutes, then drain and pat dry. This helps draw out the raw smell of the onions and mellows out their flavour.
- Place the cucumber on a serving plate and sprinkle with onions, chaat masala, chilli powder, and some salt. Garnish with the chopped cilantro and squeeze some lemon juice before eating.

CRITICAL THINKING WORKSHEET

CLASS: VI

SUBJECT: ENGLISH

A. CAREFULLY READ THE SENTENCES AND SELECT THE MOST SUITABLE ANSWER FROM THE AVAILABLE OPTIONS.

1. *The amount of money that was pledged at the fundraiser was just a _____ compared with the sum we needed to rehabilitate the people affected by the floods.*

Which of these meaningfully completes the above sentence?

- a. A drop in the ocean
- b. Finger in every pie
- c. A shot in the dark
- d. A chip off the old block

2. You _____ be late for the meeting. I think you _____ take an auto.

Which of these meaningfully completes the above sentence?

- a) May; would
- b) Must; would
- c) Might; should
- d) Should; could

3. Maria _____ with happiness when her teacher informed her that her project had been selected for the science competition.

Which of these meaningfully completes the above sentence?

- a) Gaped
- b) Scoffed
- c) Beamed
- d) smirked

4. According to a recent survey, customers don't have _____ time to shop at malls and _____ them are shopping online.

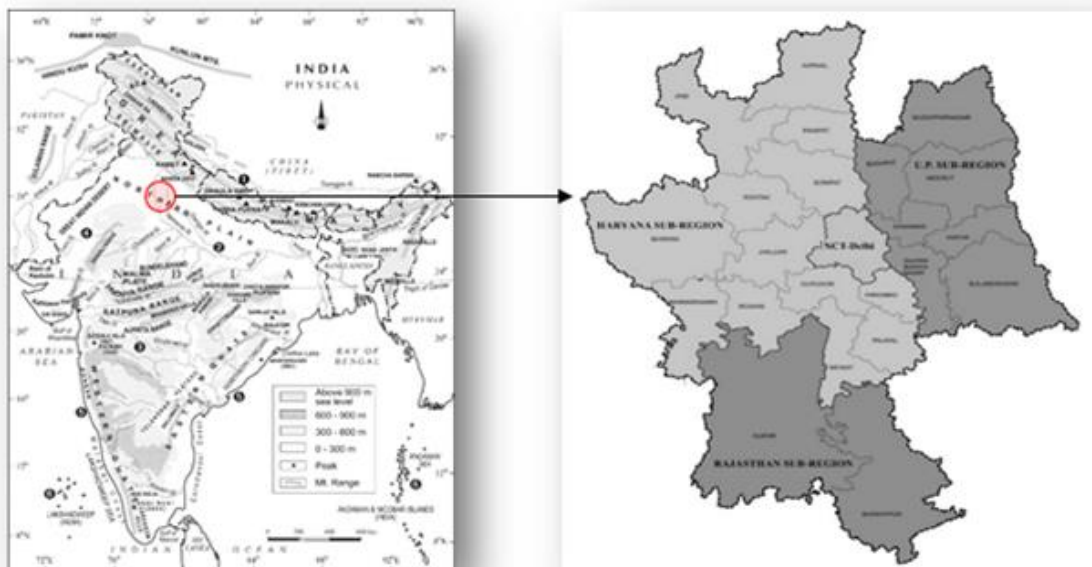
Which of these meaningfully completes the above sentence?

- a) More; much of
- b) A great deal of; much of
- c) More; a large number of
- d) A great deal of; a large number of

B. CAREFULLY READ THE CASE STUDY GIVEN BELOW AND ANSWER THE QUESTIONS THAT FOLLOW.

The Herculean Task of Improving Air Quality: The Case of Delhi and NCR

Figure 1: Location of NCR in India and NCR Constituent Areas



Source: (i) [Physical features map of India](#); (ii) NCR map: National Capital Region Planning Board.

NCR was delineated after 1985 to relieve the capital city, Delhi, of some of the pressure of massive population growth and the upsurge of economic activities. Since then, varied efforts by the central government have been aimed at supporting social, economic and infrastructure development in rural and urban settlements situated in the region surrounding Delhi. The measures introduced over time have shown favourable results. For one, Delhi has experienced declining population growth rates in recent years. This is because as settlements near Delhi are developing, they are able to offer more work opportunities, thereby attracting migrants in large numbers.

This analysis is important because the region is recording extremely high levels of air pollution for most of the year. There has been concern over the issue since the early 1980s when the Air (Prevention and Control of Pollution) Act, 1981 was enacted by parliament. Despite the law, however, the problem of air pollution has only worsened. In 2010, a study by the World Health Organisation (WHO) ranked Delhi as the world's most polluted city.^[1] By 2016, Delhi's position improved slightly to sixth amongst the 20 most polluted

cities in the world in terms of PM_{2.5} concentrations.^[2] Other NCR cities in the WHO list were Faridabad (ranked second) and Gurugram (11th).

Air pollution severely impacts health. A recent report presented in the Indian parliament reveals 981 deaths in Delhi due to Acute Respiratory Infection (ARI) between 2013 and 2017, and more than 1.7 million people were affected with ARI in Delhi alone.^[3] Health experts also observe adverse impacts on brain, lungs, heart, and cognition skills. A smartphone application launched in April 2018 in Paris to calculate air quality in relation to cigarette smoke shows Delhi's air is equivalent to smoking 7.7 cigarettes a day.^[4]

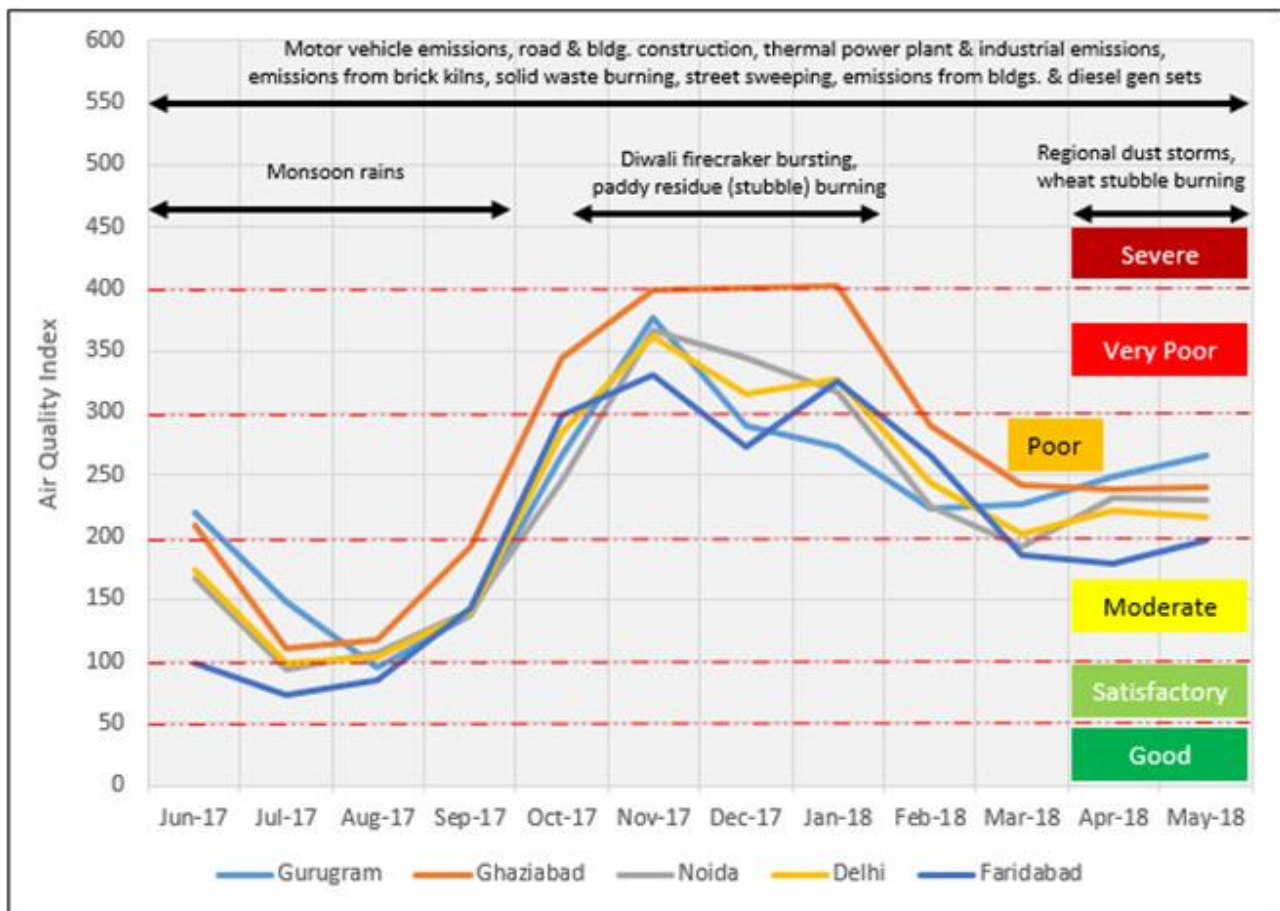
AIR QUALITY IN NCR: A SNAPSHOT

Air quality is monitored from stations set up at various locations in the NCR. Some of these stations are automated and able to generate real-time data; others are manual and fed data manually to obtain values. To gauge how polluted the air is, the National Ambient Air Quality Standards (NAAQS) of various parameters/pollutants are used by the Central Pollution Control Board (CPCB).^[5] If the recorded value of a parameter is more than the defined standard, it means the air is polluted.

The three most common parameters on which data are analysed are AQI, PM_{2.5}, and PM₁₀. AQI (Air Quality Index) is calculated using air quality data of eight parameters – ground level ozone (O₃), particulate matter (PM_{2.5} and PM₁₀), carbon monoxide (CO), sulphur dioxide (SO₂), nitrogen dioxide (NO₂), ammonia (NH₃), and lead (Pb). There are, at times, limitations in calculating AQI due to insufficient data on individual parameters. PM_{2.5} are fine particles present in the environment up to 2.5 micrometres (or microns) in diameter; PM₁₀ are coarse dust particles between 2.5 and 10 microns in diameter. PM_{2.5} particles are very small and pose the maximum risk of causing serious health problems.

AQI values (monthly averages) of the most populated cities in NCR are examined for a one-year period from June 2017 to May 2018 (see Figure 2). The values show a recurring trend of poor air quality during many months of the year.

Figure 2: Climatic Conditions, Sources of Air Pollution, and Air Quality Index (AQI) in NCR Cities, June 2017 to May 2018



Source: Author's illustration based on AQI data from the Central Pollution Control Board and literature review.

Air quality at any given place is considered 'good' if the recorded AQI value is between zero and 50; it is 'satisfactory' in the range of 51 to 100; and 'moderate' between 101 and 200. Air quality deteriorates further to 'poor', 'very poor', and 'severe' as the values cross the 200-mark. The AQI trend for one year presented in Figure 2 shows that the monthly averages of select NCR cities exceeded the permissible limits, and the conditions are worst during the autumn and winter months from October to February. *Source: Author's illustration based on AQI data from the Central Pollution Control Board and literature review.*

Further, an assessment of daily AQI values for the summer month of May 2018 reveals poor air quality in NCR cities for majority of those days. In a three-year assessment (2016-18) of air quality in NCR, CPCB observed a gradual improvement, i.e., the number of 'satisfactory' days (AQI categories of 'good', 'satisfactory' and 'moderate') went up from 74 (2016), to 113 (2017), and further to 118 (2018).

(The above passage is an extract from a case study on Air Pollution in Delhi by Rumi Aijaz. The link to the full case study is- <https://www.orfonline.org/research/the-herculean-task-of-improving-air-quality-the-case-of-delhi-and-ncr-45459/>)

1. What was the purpose of delineating NCR?

2. Has the enactment of Air (Prevention and Control of Pollution) Act, 1981 helped in reducing the air pollution in NCR? Give a reason.

3. Study the graph given in Figure 2. Identify and write the month-year in which the air quality was moderate. Analyse the reason behind it.

