



BAL BHARATI PUBLIC SCHOOL, PITAMPURA, DELHI – 110034

Weekend Activities

Class VI

Subject – MEAL PLANNING

DIWALI SPECIAL RECIPES

Vermicelli cup with Kesar Pista Shrikhand



INGREDIENTS

To make Vermicelli cup:

- 200 grams Vermicelli
- 2 tbsp Condense milk

To make Shrikhand:

- 1 cup Hung Curd
- 1 -1 ½ tbsp Sugar Powdered
- Saffron -Few strands
- 1 tbsp milk
- 1/2 tsp Cardamom powder

- 10-12 pieces Pistachios finely chopped

For Garnishing:

- 3 Pistachios Chopped
- Saffron (Kesar)
- Pomegranate seeds

INSTRUCTIONS

- Put butter in a non-stick pan and roast vermicelli on medium flame till it becomes brown in colour. Keep on stirring so that it gets evenly roasted.
- Switch off the flame and add condense milk. Mix it until well combined.
- Now take a silicone cup and spread the vermicelli mixture in a cup while still warm. Press it lightly with the help of spoon so that it takes the shape of cup.
- Now keep the cup in a refrigerator for an hour to set.
- To make hung curd, put the curd in a strainer and keep a bowl under the strainer to collect the liquid. Keep yogurt with strainer in the fridge for an hour so that all liquid separates from the curd. After an hour you get a thick cheese like curd called hung curd.
- Meanwhile take 1 tbsp of warm milk and soak the few strands of saffron. Mix it well and keep aside.
- After an hour put the hung curd in a bowl and add powdered sugar (but be careful as the vermicelli has condensed milk so adjust accordingly), cardamom powder, chopped pistachios, kesar mixed with little milk. Beat slowly till everything gets mixed properly & curd becomes light & creamy.
- Kesar Pista Shrikhand is ready. Cover and chill for an hour.
- Take out the vermicelli cup from the silicone mould and fill the shrikhand into vermicelli cups.
- Garnish with some chopped pista, saffron and some pomegranate.
- Serve Chill.

Paan Bites

INGREDIENTS

Gulkand.....½ cup
Mukhwas.....½ cup
Rose water.....1 Tbsp
Desiccated coconut(shredded)..... ½ cup
Fennel (Saunf).....¼ cup
Pitted dates.....50-55
Silver virk for garnishing(optional)
Paan leaves.....15

METHOD

- Mix all the ingredients together and fill the mixture in pitted dates.
- Cut the paan leaf in three parts. Wrap it around khajur. Tuck them in skewer.
- Refrigerate for 2-3 hrs.
- Serve after having food or as dessert.



Subject: Critical Thinking
CLASS VI

PUZZLE 1



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मधु देती मधुमक्खी प्यारी
बहुत कमेरी सबसे न्यारी
फूलों से इनकी है यारी
छत्ते की करती रखवाली
छुओ जो छत्ता दौड़ें सारी
काटे ऐसे याद आए नानी

प्रश्न 1 उपर्युक्त कविता में कही गई कौन सी बात सर्वाधिक उपयुक्त है -

क - मधुमक्खी फूलों से प्यार करती है।

ख - वे अपने छत्ते की रखवाली करती है।

ग - वे हमें शहद देती हैं।

घ -उपर्युक्त तीनों

प्रश्न 2 निम्नलिखित वाक्यों को पढ़कर बताएं कि वे सत्य हैं या असत्य -

क - मधुमक्खी कीट वर्ग का प्राणी है ।

ख- मधुमक्खियां पंखुड़ियों से फूलों का रस लेती है ।

ग- मधुमक्खी पराग कणों से फूलों का रस लेती है ।

घ - रानी मधुमक्खी अंडे नहीं देती है ।

च - मधुमक्खियों में नर और मादा दोनों प्रकार की मधुमक्खियां होती हैं।

प्रश्न 3 मधुमक्खियां पर्यावरण के लिए क्यों जरूरी है और इनसे मनुष्यों को क्या लाभ है ? सोचकर लिखिए ।

प्रश्न 4 छुए जो छत्ता , दौड़े सारी
काटे ऐसे याद आए नानी

उपर्युक्त पंक्तियों का अर्थ स्पष्ट करें

PUZZLE 2

According to the food chart shown below, spinach (palak) would be a good source of

FOODS	NUTRIENTS
Bread, rice, potato	Carbohydrates
Nuts, butter, cooking oils	Fats
Fish, meat, pulses, milk	Proteins
Leafy vegetables, fruits	Minerals

- a) Carbohydrates
- b) Proteins
- c) Minerals
- d) Fats

PUZZLE 3

Where is this tree likely to be found?



- a) Mountain
- b) Desert
- c) Swampy area
- d) Polar region