



**BAL BHARATI PUBLIC SCHOOL, PITAMPURA, DELHI – 110034**

**Weekend Activities**

**Class VII**

**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 VII**

**PUZZLE 1**

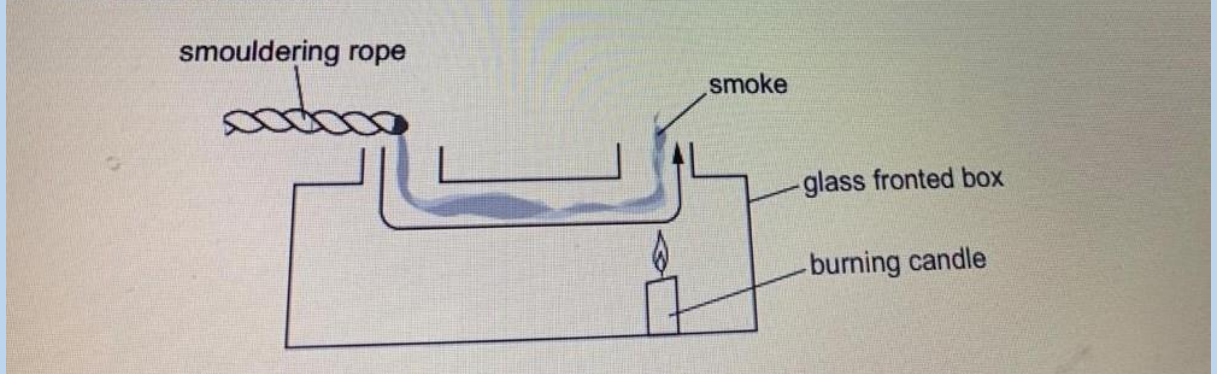
आश्चर्य की बात है कि मनुष्य कभी अपने आप से यह प्रश्न नहीं करता कि उसे क्या चाहिए? सामान्य रूप से वह जानता है कि उसे अच्छा काम धंधा चाहिए, चाहिए सुख वैभव और विलास चाहिए लेकिन यह सब ऊपर ही बातें हैं. सब बातों के नीचे एक रहस्य और है - मनुष्य का परमात्मा से कटा होना. यह करना ही उसके सब दुखों का कारण है. इसी दुख की पूर्ति के लिए कभी वह रिश्ते नाते जोड़ता है, कभी सांसारिक सफलता पाकर खुश होता है. लेकिन सफलता का सुख भी उसे पूरी संतुष्टि नहीं दे पाता. गौतम बुद्ध को भी सांसारिक सुख पसंद नहीं कर पाए थे. तब उनके मन में प्रश्न उठा था कि आखिर मुझे संतोष कैसे मिलेगा. इस प्रश्न का उत्तर उन्हें बड़ी साधना से मिला. गौतम बुद्ध परमात्मा को नहीं मानते थे. उन्होंने यह निष्कर्ष निकाला कि करुणा से मानव जीवन सुखी हो सकता है. करुणा करने वाला अपने लिए नहीं दीन दुखियों के लिए जीता है. इसी में उसे आनंद मिलता है. वास्तव में मानव का लक्ष्य यही आनंद पाना है.

**अपठित गद्यांश के आधार पर निम्नलिखित प्रश्नों के उत्तर दीजिए-**

1. अपठित गद्यांश का शीर्षक दीजिए.
2. सामान्य तौर पर मनुष्य जीवन में क्या चाहता है?
3. मनुष्य जीवन का वास्तविक कष्ट क्या है?
4. मनुष्य अपने सांसारिक दुख को दूर करने के लिए क्या उपाय करता है?
5. गौतम बुद्ध ने मानव जीवन को सुखी बनाने का कौन सा उपाय खोजा?
6. मानव जीवन का सच्चा लक्ष्य क्या है?

**PUZZLE 2**

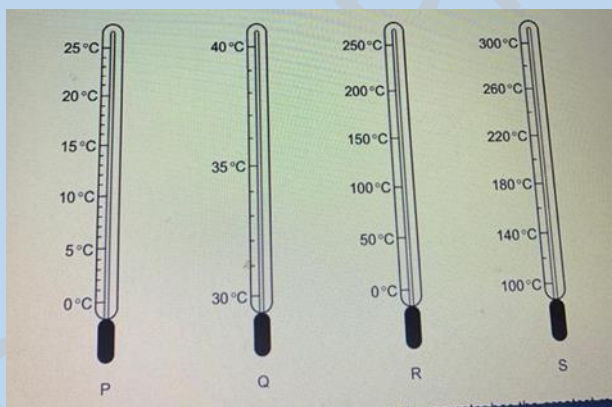
When a piece of smouldering rope is held at the opening of the box in the diagram, smoke moves in the direction indicated.



- 1 Name the process or phenomena responsible for the movement of smoke.
2. If candle in given picture is removed what's likely to happen to smoke released?
- 3 If box under the pipe is filled with cold water what will happen to smoke released by smoking rope?

### **PUZZLE 3**

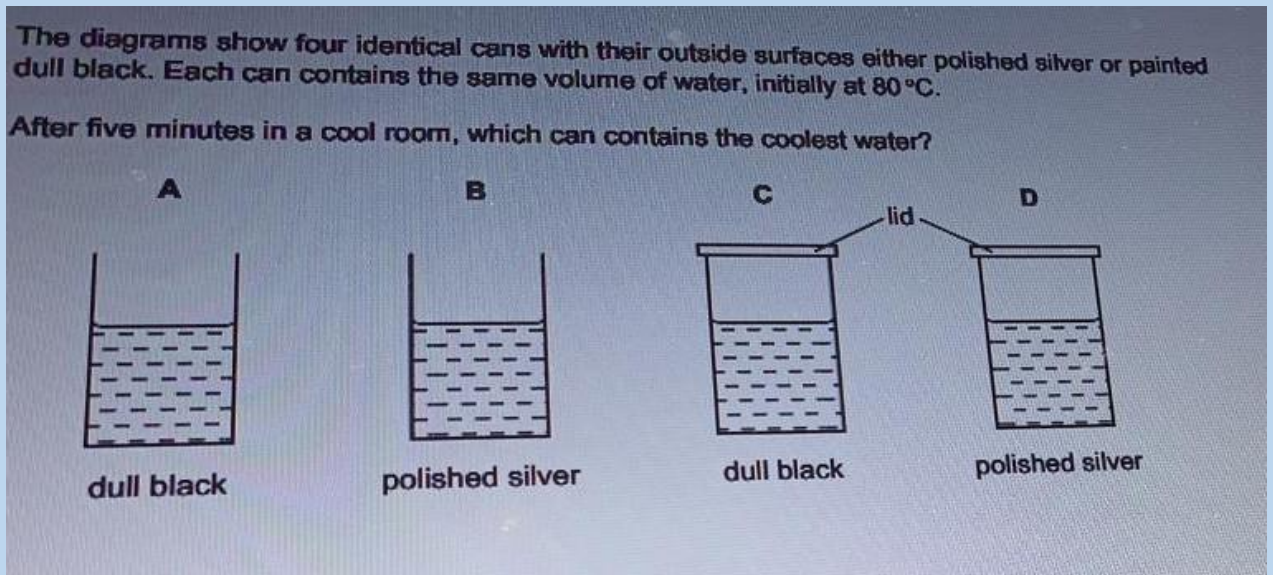
You are given four thermometers P, Q, R and S as below:



1. Which thermometer has the greatest sensitivity and which has the greatest range?
2. Which thermometer is most suitable to measure human body temperature?
- 3 On what physical phenomena do these thermometers work?
4. A student says we should not use these thermometers. Why?

5. What's an alternative to these types of thermometers?

#### **PUZZLE 4**



#### **PUZZLE 5**

Q 4. Two experiments are carried out to investigate energy transfer in water.

In Experiment 1, cold water is gently heated at the top of a glass boiling tube. A block of ice trapped at the bottom remains solid even when the water at the top begins to boil.

In Experiment 2, cold water is gently heated at the bottom of the tube. Ice at the top of the tube melts before the water boils.

- What is the process through which thermal energy travels through the glass?
- What is the principal process in Experiment 2 which takes the energy from the water at the bottom of the ice at the top?
- Describe how the process in b) occurs?
- Suggest two reasons why the ice in Experiment 1 does not melt, even when the water at the top begins to boil?