



Subject – MEAL PLANNING

Hot Milk Cake Recipe

Ingredients

- Flour.....1.5 cup
- Sugar.....1 cup
- Butter.....1/4 cup
- Milk.....3/4 cup
- Yogurt.....1/3 cup
- Vanilla extract.....2 teaspoons
- Baking powder.....2 teaspoons
- Baking soda.....1/4 teaspoon



Method

- Preheat oven to 355 F.
- Heat milk and butter in the saucepan till butter melts. Do not boil. Add vanilla essence. Turn the heat off and keep it aside.
- Meanwhile whisk yogurt and sugar together till it becomes creamy.
- Mix flour, baking powder and soda in different container.
- Add milk-butter mixture to whisked yogurt slowly. Whisk to combine properly.
- Add flour mixture to liquid mixture and combine well with a big spoon or spatula.
- Line a cake -pan with parchment paper.
- Pour the mixture in the pan and tap 2- 3 times to remove air bubbles.
- Bake for 40 mins. Bake until golden brown and a toothpick inserted in the centre of the cake comes out clean or with a few moist crumbs! Let it cool before slicing. Enjoy.

CADBURY TWISTER

Ingredients

For Choco-balls:

- Cottage cheese.....250g
- Milk powder.....200g
- Sugar.....2 tbsp (optional)
- Pistachio.....10-12

For Chocolate Ganache:

- Milk Chocolate.....250g



Method

- Chop most of the pistachios. Keep few aside for garnishing.
- Dump the cottage cheese in a large mixing bowl and knead well to make sure there is no lumps at all.
- Pour the milk powder on the cottage cheese and knead.
- When the dough is ready, place the paper cups in mini candy moulds or paper cups.
- Now take 1 tbsp of the mixture on your palm and roughly make a small ball.
- Place few pieces of chopped pistachio in the middle, close the open face and smoothen the ball.
- Prepare similar balls with rest of the dough.
- Break chocolate bars into small pieces and place them in a microwave safe mixing bowl. Microwave it for 1 min.
- Drop 1 tsp of hot chocolate ganache into each cup to cover the base of the cup.
- Drop a cottage cheese ball into each cup. Pour 1 tbsp of chocolate ganache on the top. Allow it to settle a bit.
- Fill rest of the cups with the remaining chocolate ganache in such a way that only top of the cheese balls remain in air but remember you should fill upto the edge of the paper cup. Leave it for 10-15 mins to settle down. Freeze or refrigerate it for 5-6 hrs.
- Garnish each cup with chopped pistachio and serve chilled.

Critical Thinking- Social Studies

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 .

Mindfulness

'Mindfulness' is a word we hear a lot these days, but what exactly does it mean? Find out what it is, what the benefits of mindfulness are and how you can start to practise it.



When we are mindful, we are more conscious of our thoughts, our actions and what is happening around us. We might notice a beautiful sunset or really listen carefully to what a friend is saying, rather than planning what we're going to say next. We are also more aware of our own feelings and our thoughts. Jon Kabat Zinn, who has done a lot to make mindfulness popular, says mindfulness is: 'Paying attention, on purpose, in the present moment, and without judging.'

So we are consciously deciding what to pay attention to, we are not worrying about the past or planning for the future and we are not trying to control or stop our thoughts or feelings – we're just noticing them. For most people life is getting busier and busier. Technology means that we always have something to do and there isn't much opportunity to just 'be'. People are often doing two or three things at the same time: texting while watching TV, or even looking at their phone while walking along the pavement. People are working longer hours and bringing work home. All this can make us stressed, and mindfulness can be a way of reducing this stress.

Research shows that mindfulness reduces stress and depression. It can help you to concentrate, have a better memory and to think more clearly. It can also help people to manage pain better and to improve their sleep, and it can even help you lose weight because you won't eat that whole packet of biscuits without thinking!

Mindfulness Day is celebrated on 12 September, so maybe that would be a good day to try a few mindfulness techniques and see if they make a difference. But, of course, you can try these on any day of the year. A very simple technique that you could try right now is to close your eyes for a couple of minutes and count how many sounds you can hear. This will help to focus you on what is happening right now. Another technique is to focus on a piece of food, typically a raisin. Instead of eating it without thinking, slow down. Look carefully at it and notice how it feels in your fingers. Smell it. Then put it on your tongue and taste it. Only then start to eat it slowly, noticing how it feels and how it tastes. Both of these techniques force you to slow down and focus on the present moment, and there are plenty of other ideas you can find online if you want to try mindfulness for yourself.

Based on the above news article attempt the following questions:

Q1) State True or False

Answer

- | | | |
|--|------|-------|
| 1. Patiently noticing a beautiful sunset is an example of mindfulness. | True | False |
| 2. To be mindful we need to stop ourselves from thinking. | True | False |
| 3. Technology has made our lives busier. | True | False |
| 4. Mindfulness can help us to feel calmer and happier. | True | False |
| 5. Mindfulness won't help you lose weight. | True | False |
| 6. To eat a raisin mindfully you should eat it quite quickly. | True | False |

Q2) Are these actions examples of being mindful or of not being mindful?

Answer

- | | | |
|--|---------------|-------------------|
| 1. Being aware of your own feelings. | Being mindful | Not being mindful |
| 2. Accidentally doing something you didn't plan or want to do. | Being mindful | Not being mindful |
| 3. Planning what to say next when listening to a friend. | Being mindful | Not being mindful |
| 4. Being conscious of your thoughts. | Being mindful | Not being mindful |
| 5. Focusing on what is happening right now. | Being mindful | Not being mindful |
| 6. Worrying about something that happened yesterday. | Being mindful | Not being mindful |

Q3) What is mindfulness?

Q4) Examine the reasons behind increasing popularity of mindfulness.

Q5) Enlist the benefits of mindfulness.

Q6) Suggest ways to become mindful in your daily routine.