



BAL BHARATI PUBLIC SCHOOL, PITAMPURA, DELHI – 110034

Weekend Activities

Class -VI

Subject – MEAL PLANNING

LOHRI / MAKAR SAKRANTI / PONGAL SPECIAL RECIPES

SEASAME JAGGERY COOKIES



INGREDIENTS

Ghee.....	45g
Jaggery.....	30g
Whole wheat flour.....	65g
Baking soda.....	1/4 tsp
Salt.....	a pinch
Cornflour.....	1/2 tsp
Milk.....	10 g
Roasted white sesame seeds.....	45g

METHOD

- 1) Mix melted ghee and jaggery in a bowl. You may use microwave for the same.
- 2) Add whole wheat flour, baking soda, corn flour and salt. Mix gently.
- 3) Add roasted white sesame seeds to this and using milk bring together all the ingredients as dough.
- 4) Divide this dough into balls of suitable sizes.
- 5) Flatten each ball lightly and bake on a baking tray in a preheated oven at 180 degrees for 20 minutes.
- 6) Cool and serve with a hot cup of tea or coffee.

PONGAL IDLIS



INGREDIENTS

Moong dal.....1 C
Rice.....3/4 Cup
Urad dal.....1/4 Cup

Fenugreek seeds.....1/4 tsp
Curd.....1/2 Cup
Salt.....to taste

For tempering

Ghee.....2 tbsp
Coarsely crushed cumin and pepper.....1tsp
Grated ginger.....1/2 t
Cashew nuts.....15-20
Curry leaves.....a sprig
Sesame oil.....2tbsp
Baking soda.....1/4 tsp

METHOD

- 1) Soak moong dal, rice, urad dal and fenugreek seeds for 4-5 hours in water and grind into a fine paste.
- 2) To this paste, add a tempering of grated ginger, crushed cumin and pepper, cashews and curry leaves in ghee.
- 3) Keep the idli steamer ready with boiling water and trays coated with sesame oil.
- 4) Put baking soda in the batter and mix lightly.
- 5) Now pour the batter immediately into the idli trays and steam for 20 minutes.
- 6) Serve hot with chutney of your choice.

**Critical Thinking
Worksheet**

**Social
Science**



NEWSPAPER IN EDUCATION

Dear Students,

1. Reading newspaper makes you well informed. It enables you to take part in every discussion pertaining to the world's current events.
2. 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.
3. 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 THE HINDU on December 28, 2020 and answer the questions that follow.

PM Modi inaugurates country's first driverless Metro rail in Delhi

The fully operational National Common Mobility Card was extended to the Airport Express Line of Delhi Metro.

Prime Minister Narendra Modi inaugurated the country's first driverless train operation on Delhi Metro's Magenta Line on December 28. Mr. Modi extended the fully operational National Common Mobility Card (NCMC) to the Airport Express Line of the Delhi Metro Rail Corporation (DMRC).

"Three years ago, I inaugurated the Magenta Line and today I have the opportunity of inaugurating the first driverless Metro. This shows India is rapidly moving towards a smart system," the PM said.

Development had taken a backseat, a few decades earlier, due to the lack of attention to urbanisation, he said, adding, "In Delhi, discussions around a Metro rail service went on for a long time, but it became operational only during former PM Atal Bihari Vajpayee's tenure."

He said only 248 km of Metro rail was operational in the country in 2014. "Today, it is three times of that. The number of Metro users has also increased manifold. These are not just numbers but proof of ease of living among the citizens."

Crediting his government for stressing the importance of urbanisation and modernisation, and for implementing policy decisions related to the Metro rail systems, he said specific needs of each city was catered to.

"Each city has different needs and challenges. One single policy would not have sufficed."

In a boost to Make in India, four big companies are involved in the manufacturing of Metro coaches and dozens in the manufacture of Metro components, he said.

130MW of solar power was currently being used in the operations of Metro rail, which the government intends to increase to 600 MW.

Access to all modes of transportation

The NCMC will give access to all modes of transportation, Mr. Modi said. This will do away with commuters having to wait in long queues for tokens, he said.

Tax exemption to electric vehicles, granting of ownership to residents of unauthorised colonies, opening up of new tourist destinations, generation of employment — the government has undertaken these for the development of Delhi, the PM said. "I believe that we can all work together to make Delhi more modern."

Based on the above news article attempt the following questions:

Q1) Identify any two ways in which a driverless operation of Delhi metro's can be advantageous.

Q2) Besides Delhi metro, research for other means of transport in India which are now switching to driverless and fully automated technology.

Q3) Analyze the limitations of the upcoming technology of driverless operation of various means of transport.

Q4) Choose any one vehicle and put down your ideas, to make it fully automated with multiple features. Make a rough sketch of your design.

Weekend Activity (Eco Club)

- Microgreens are young, green vegetables that fall between sprouts and baby leafy vegetables. Microgreens are easy to grow, quick to harvest, loaded with nutrients and have an aromatic flavour. These superfoods contain abundant Vitamin C, E and antioxidants, and are far more nutritious than the adult leafy versions. They can be incorporated into a variety of dishes, including sandwiches, wraps and salads.
- Microgreens may also be blended into smoothies or juices.



How to Grow Your Own Microgreens

Microgreens are easy and convenient to grow, as they don't require much equipment or time. They can be grown year-round, both indoors and outdoors.

Here's what you'll need:

- Good-quality seeds. For growing microgreens seeds of coriander, fenugreek, and mustard can be used. They are easily available.
- A good growing medium, such as a container filled with potting soil or homemade compost. Alternatively, you can use a single use growing mat specifically designed for growing microgreens.
- Microgreens require an essential amount of sunlight natural light for at least 3-4 hours a day. A bright windowsill or a balcony that receives sunlight will be a good spot for your plant.

Instructions:

1. The first step is filling the tray/container with soil. Since the roots of Microgreens do not reach that deep, 3-4 inches soil height should be good enough.
2. After the soil is ready, Microgreen seeds are to be spread on the soil surface. The spacing between the seeds does not need to be completely even, so hand sprinkling works fine.
3. Now cover the seeds with a very thin layer of soil and gently pat the surface in order to make the seeds settle well in the container.
4. Next step would be making the soil damp with water. Spray enough water over the soil surface in order to make the surface completely moist, but do not flood it with water.
5. The container can be kept at room temperature for about two days until germination occurs. Then choose a sunny spot to place the plant, where it receives a good amount of sunlight for at least 3-4 hours a day.
6. Sprinkle a little water over the growing greens, twice a day. In 3-4 days' time, you will observe small leaves growing over the soil with little shoots at the bottom.
7. After a week, you will be thrilled to see your container full of healthy Microgreens. Once the plants are 2-3 inches taller, they are ready to be harvested. You can wait a little longer as well if you prefer taller shoots.
8. Harvesting microgreens is hassle-free. You can take a pair of scissors or a sharp knife and cut the Microgreens, holding them vertically, from just over the roots.
9. After collecting your microgreens, wash them with cold running water and they are ready to enhance your meal! Microgreens provide the best of nutrition when consumed fresh, right after the harvest. You can also dry them after washing and store them in a paper wrap in your fridge, for further use.

Please watch videos shared below for growing microgreens at home.

[youtube.com/watch=BL1VqSwCc-E](https://www.youtube.com/watch=BL1VqSwCc-E)

<https://www.youtube.com/watch?v=ZsAJZOyMsE0>

We will be delighted to see the pictures of your microgreens produce. Please share them with us at-

Class VI- ppbbps6_competitions@pp.balbharati.org

Class VII- ppbbps7_competitions@pp.balbharati.org

Class VIII- ppbbps8_competitions@pp.balbharati.org

Class IX- ppbbps9_competitions@pp.balbharati.org

Class X- ppbbps10_competitions@pp.balbharati.org