



BAL BHARATI PUBLIC SCHOOL, PITAMPURA, DELHI – 110034

Weekend Activities

Class -VII

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,

- 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 talk 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.

Please read the following article published in [The Hindu.com](https://www.thehindu.com), and answer the questions that follow.



Farmer protest outside national capital New Delhi | Photo Credit: Times Now

KEY HIGHLIGHTS

- Since 26 November, farmers from Punjab and Haryana have laid siege to the national capital. They are protesting against recently passed Farm Bills
- These bills lay the framework for allowing farmers to sell produce directly to corporates, argues the Centre
- Farmers fear that this may be an excuse to pull off the MSP safety net from under their feet

Farmers have constitutional right to continue with the protest: SC

The Supreme Court on Thursday said farmers have a constitutional right to continue with their “absolutely perfect” protest as long as their dissent against the three controversial agricultural laws did not slip into violence.

“We clarify that this court will not interfere with the protest in question. Indeed, the right to protest is part of a fundamental right and can as a matter of fact, be exercised subject to public order. There can certainly be no impediment in the exercise of such rights as long as it is non-violent and does not result in damage to the life and properties of other citizens... We are of the view at this stage that the farmers’ protest should be allowed to continue without impediment and without any breach of peace

either by the protesters or the police”, a Bench led by Chief Justice of India Sharad A. Bobde observed in its order.

The court, however, said the purpose of the protesting farmers would not be served if they continued to sit without engaging in talks.

The court reiterated its suggestion of forming an “impartial and independent committee” of experts in agriculture to hear both farmers and the Union government on the laws.

“If their [farmers] protest has a purpose other than just to sit in protest, we are thinking of an independent committee before whom both sides can state their case while the protest goes on... The committee can give its opinion after hearing them. We expect parties [farmers and government] to follow the committee's opinion. Meanwhile, the protest will continue without causing violence or damage on both sides”, Chief Justice Bobde suggested.

Answer the following questions based on the pictures given above:

1. Why is the right to protest important in democracy?
2. Enlist some of the ways that people can adopt to put forth their voice against the government in a peaceful manner.
3. There have been a lot of cases brought to the courts on the issue of the right to protest and conflict with government. What do you think, should the right to protest allowed in a country or not? Justify your viewpoints, with suitable arguments.
4. Choose one of the protest movements done by the people in the recent times. Research about the event, its causes and what positive changes it brought in the society.

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

