



BAL BHARATI PUBLIC SCHOOL, PITAMPURA, DELHI – 110034

Weekend Activities

Class -VIII

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

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.

WhatsApp's privacy policy pushes users to Signal, Telegram



Sindhu Hariharan | TNN | Updated: Jan 9, 2021,
10:37 IST

WhatsApp alerted users to a new privacy policy that expressly says that it will share user data with its parent... Read more

CHENNAI: Privacy conscious smartphone users are opting for Telegram and Signal messaging apps to chat and communicate as the most popular messaging app, **WhatsApp**, has explicitly mentioned sharing data with parent company Facebook.

Downloads of Signal app have seen a 79% increase from India during the period January 1 to January 6 compared to December 26 to December 31, data from app analytics firm Sensor Tower showed.

Telegram, though more popular in India, only saw a marginal increase during the six-day period compared to the week before that. Telegram's download ranking on Google Play, however, steadily rose over the past few days, Sensor Tower said.

The downloads of Signal were likely fuelled by Elon Musk and whistleblower Edward Snowden's endorsement on Twitter. Users flocked to the app so much so that Signal's server could not handle the requests for phone number verifications of new accounts.

“Verification codes are currently delayed across several providers because so many new people are trying

to join Signal right now (we can barely register our excitement). We are working with carriers to resolve this as quickly as possible. Hang in there,” Signal app tweeted on Thursday.

Social media was abuzz on Friday with people declaring they were going to move to Telegram or Signal, and such discussions also dominated WhatsApp groups.

“I am part of a WhatsApp group with friends where we discuss a lot of politics, and we are apprehensive about how our conversations will be mined by Facebook and are thinking of moving to Telegram,”

Mohan R, a working professional based in Chennai, said.

WhatsApp alerted users to a new privacy policy effective February 8, that expressly says that WhatsApp will share user data with its parent company Facebook. Users earlier had an opt-out option, which won't be available now.

Prabhu Ram, head of industry intelligence at Cyber Media Research said users' sentiment around use of their data by tech majors is changing.

“Monetizing private user data without providing them a choice is contentious...It is no longer just the evolved and aware tech user who is concerned about data privacy and usage, but also others,” he said.

The choice of an alternate app depends on where most of one's social circle already is and how conscious about privacy users are, analysts said.

Telegram holds an edge for Indian users as the app already has a substantial adoption in India, and has a large use case for sharing exam preparation materials, movies, and other media.

Based on the above news article attempt the following questions:

Q1. What is more important to you, access to WhatsApp or privacy?

Q2. ‘WhatsApp new privacy policy could be the reason why India needs a Data Protection Law’

Comment.

Q3. The new privacy policy has certainly caused a lot more people to consider alternatives to WhatsApp.

Enlist any two alternatives.

Q4. Explain the new features that will be introduced by WhatsApp and are being perceived as a breach of our privacy.

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