



BAL BHARATI PUBLIC SCHOOL, PITAMPURA, DELHI – 110034

Weekend Activities

Subject – MEAL PLANNING

Classes IX and X

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.

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 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 .

Please read the following article published on ndtv.com on 7th January 2021 and answer the questions that follow.

Private Sector Should Be An Ally In India's Big Vaccine Push

The Indian state faces one of the world's most formidable challenges: rolling out a Covid-19 vaccination program for 1.3 billion people. To succeed, many things have to go right in a country that usually gets a lot wrong. The government would be wise to enlist the country's private sector in this gargantuan effort - and soon.

The vaccine rollout is already off to a shaky start. The government last week announced emergency approval for two vaccines. The first, a joint effort from AstraZeneca PLC and Oxford University, is being produced by the Serum Institute of India, the world's largest vaccine manufacturer. The other has been developed by the Indian company Bharat Biotech International Ltd.

The media and opposition figures have justifiably asked why Bharat Biotech's candidate was approved at the same time as AstraZeneca's, when it hasn't even finished or published results from Stage III trials. There's no evidence that Indian drug regulators allowed political considerations to affect their decision. Still, the timing is suspect, given that the approval comes after right-wing legislators began to attack regulators for preferring "foreign" vaccines, and the government itself has begun to show a distinct protectionist tilt.

If the approvals appear rushed, unfortunately the rollout seems anything but. India's health administrators just completed a massive practice exercise in four states - something that surely should have been wrapped up weeks ago.

Worse, even though the Serum Institute has already produced 50 million doses of the AstraZeneca vaccine, CEO Adar Poonawalla admitted in an interview published on Monday that he hasn't yet been

given a purchase order from the government or even a "letter that says, 'We want the vaccine.'" He needs to get those 50 million doses on trucks and out of his factory fast, so he can start producing and storing more.

Nor has the government allowed the Serum Institute to export any of its existing doses to other poor countries, even though Prime Minister Narendra Modi himself promised at the United Nations that India's manufacturing would be the solution to the pandemic in the developing world. Of the billion doses that the Serum Institute intends to produce, half are ultimately expected to go to other developing countries.

This has the whiff of typical Indian bureaucratic delays and lack of accountability. The ugly truth about India is that its problems rarely revolve around production; too often they center on distribution. We produce more than enough food but can't distribute it to our population, so we have a third of the world's malnourished children. While we generate more than enough electricity, our distribution system is inefficient and unprofitable - and so businesses and homes are plagued by constant power cuts.

The government can't afford to let something similar happen with Covid-19, which has already killed 150,000 Indians. Having a massive domestic research and manufacturing base will mean little if bureaucratic delays and state inefficiency impede vaccination programs. As the U.K. - facing pressure to inoculate its population before a more infectious strain of the virus spreads further - can attest, such delays will cost lives.

Based on the above news article, attempt the following questions:

Q1) State the reasons behind rolling out a COVID-19 vaccination program for 1.3 billion people in India as one of the world's most formidable challenges.

Q2) How can the private sector play a crucial role in the manufacture and distribution of COVID-19 vaccines?

Q3) Why has Bharat Biotech's vaccine been approved at the same time as Astra Zeneca's when it has not even published results from stage III trials? Comment on the political angle involved in this decision.

Q4. List the problems faced in the vaccine's rollout 's shaky start.

Q5." The ugly truth about India is that its problems rarely revolve around production; too often they centre on distribution." . Justify the statement in context of problems faced in India.

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



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