



### **Class Party :**

The school reopened today after the vacation. The children talked about how they had fun their holidays.

Meena : Why did you put mehndi on your palms ?

Aarti : Because of my uncle's wedding...

Meena : Oh ! You might have had a lot of fun there...

Aarti : Yes, I enjoyed a lot ... eating together also.

Rehana : Shall we also eat together in the class ?

David : Wow ! it will be fun ! Let us do that.

All have decided to arrange a party in the class. Eachone started telling what would they bring from their home. On Saturday they all brought the things and enjoyed the party. A variety of dishes were there. All played, sang and danced together.

### Write in your notebook

- Do you like to eat with others ?
- On what occasions do you eat together with your friends ?
- Have you ever had a party in your class ? When ? How did you celebrate?
- What did you and your friends bring to the party ?
- What did you all eat ?
- Whom all did you invite for your party ?
- Who did not attend the party ? Why ?

### Celebrating Uttarayan

Pinky woke up early in the morning. She ran to call her friends Sejal, Aayush, Tanvir, Fatima and Ikbal to their houses. Today is the Uttarayan. Everyone was so happy.



They have done special preparation to celebrate Uttarayan. How will they celebrate Uttarayan ? Let's see.

They woke up early.

Their elder brothers tied the kite bridle *kinna* and kept them ready on the previous day. Pinky's grandmother has made Til's laddoo and groundnut's chikki.

Sejal has brought *Laddoo* of puffed rice (*Mamra*) from home. Tanvir has brought '*Bor*' from his garden. Aayush's mother also gave fresh '*Bor*'.

Pinky's mother is preparing '*Undhiyu*'. Do you know which ingredients are required to prepare '*Undhiyu*' ? Cluster (*guvar*) beans, runner (*valor*)



beans and brinjal, potatoes and tomatoes too. Spices like capsicum, coriander and ginger are also required. Without sweet potato, elephant foot and yam, there is no taste in 'Undhiyu'. Mother added vada of fenugreek leaves, too. Ikbal was suprised to see all this !

Grandmother was making hot 'Jalebi'. All have started eating.

Now, everyone went to the terrace to fly kites. Some flew fly kites and some held 'Firki' in their hand.

Everybody cheered, 'E...e...e... Kapyo... E...e...Gayo' and also sang songs.

Through out the day all were in sunlight. They enjoyed a lot.

### Let's Talk :

- When is Uttarayan celebrated ?
- Do you know that, the people from all religions celebrate Uttarayan ?
- How is *Laddoo* of *Til* or *Chikki* made ?
- Do you prepare "Undhiyu" at home or bring it from market ?
- Which preparation has to be done before cooking 'Undhiyu' ?



### Find out and Tell :

- How many people in the village have made 'Undhiyu' on Uttarayan ? Imagine.
- Have you seen the Uttarayan celebration at night, too ? Did you like it ?
- What festivals your friends celebrate ?
- What do they eat on that day ?
- Who prepares a special kind of food on the day of festival ?
- Do you wear special clothes or special coloured clothes on certain festivals ?
- By which other name the Uttarayan is known as ?

Let's Eat Together

## Mid-day Meal

It is 1 : 30 in the afternoon. The aroma of food being cooked has filled the air. Our stomach is craving for food. We are so hungry that we are not able to pay attention to the lesson.

Tan... Tan... Tan... the bell rang. All the children ran out to wash their hands. After washing our hands, we all sat in queue to take our food. We got plate from the school only. Before we started to eat, we sang together, -

“We play together

We eat together

For the good of everyone

We will always be together”



Today there is *Chana Chat*, *Thepla* and *Sukibhaji* in our meal. Yesterday, we had *Sukhadi* and vegetable *Khichadi*. Outside the kitchen of the school, menu is displayed. It tells what we will get on different days of the week. It is wonderful when we get sweets as an extra treat.

There is another interesting thing about lunch time at school. Everyday we change our places in the circle and sit next to a different child. I really like this because I can meet new children and make new friends.

Our teachers take care that all children will get fresh and hot meal. Parents also offer special meal for help.

Nowadays things are better. We eat fresh, hot and properly cooked food together. We take care that all the students finish the food and they do not waste it.

Eating together is fun. Sometimes if someone comes without eating from home, he/she can eat here. Do you like to study with an empty stomach ? Imagine.

**Find out and write in your notebook**

Write about the food given in your school.

- What time is the meal served ?
- What do you get in the meal at school ?
- Do you like the mid-day meal that you get ?
- Is the food you get enough ?
- Do you bring your own plate, or do you get it from the school ?
- Who serves the food ?
- Do your teachers eat with you ?
- Is the week's menu put up on the school board ?
- What do you get on Wednesday and Friday ?
- If you will get a chance to change the menu for the meal in your school, what would you like to change ? What would you like to eat ? Make your own menu.



Let's Eat Together

Day	Food Items
Monday	
Wednesday	
Friday	

### **Mid-day Meal Every Child's Right**

Many children in our country are not able to get even one full meal every day. Many of them go to school empty stomach.

The Supreme Court of our country has ordered that all children up to elementary school should be provided with hot, cooked food. This is the right of every child.