

The seed experiment

Remember last fortnight, Fangchu's mother had asked him and Kia to come back and check after 15 minutes the polythene bag with which they had covered the potted sapling? Fangchu checks...

WHERE DOES WATER COME FROM?

Fangchu was pleasantly surprised by what he saw. The inner wall of the polythene bag was covered with tiny droplets of water. He double checked to see if there were any leaks in the polybag. To his astonishment, there were none. The number of droplets only seemed to have increased with time.

He made a quick note of these observations in his diary.

"Ma look what I have found."

Ma walked in from the kitchen and was pleased with what she saw.

"Bhaiya, Bhaiya!" Kia called out just then. She was playing with her toys.

Fangchu rushed to pick her up in his arms. Kissing his cheek, she asked "Bhaiya, did you find my orange tortoise?"

She had misplaced her soft toy the other day and Fangchu's attempt to find it proved futile.

"No Kia, but I promise to find it soon."

To cheer her up, Fangchu pointed to the plants and asked Kia, "Do you know where the water from the plant goes?"

"No Bhaiyya."

"The water is exhaled along with oxygen by the leaves. That is why you see these tiny droplets in the polythene bag."

Excitedly she added, "And the plant with more leaves has more droplets!"

Ma beamed. "Very well Fangchu and Kia! Now would you be interested in another experiment?"

Tweego barked. He reflected the excitement and thrill the two siblings felt.

A NEW EXPERIMENT

"Have you seen how a plant grows from a seed?" Ma asked.

Both shook their heads.

"I thought as much. Fangchu, get a few seeds of peas, *channa* and a few slices of tomatoes and cucumber."

"Kia, will you get some water and a few empty boxes and cans from the store room?"

In a short time Ma had all that she needed. She neatly laid them on the table and instructed Fangchu to remove seeds from the tomato and cucumber slices.

"Kia," Ma called. "Put these tomato seeds in one of the containers and gently pour some water in it."

Ma then encouraged her to soak the

other seeds in the remaining containers too. Kia completed the task in a jiffy. She noticed that each container only had a particular kind of seed.

After Fangchu had marked and named all the 'seed containers', he asked Ma what they were hoping to discover this time.

Ma smiled and said, "You will notice in a few days Fangchu and you will be thrilled with what you see."

Do you know what happens to these seeds? Try them at home and write to us at Tweego@EkTitli.Org. Send in a few pictures, along with your name, school and standard you study in

Roots and shoots



WHICH ANIMAL DO YOU SEE IN THE BACKGROUND? DO YOU KNOW ITS NAME?

It's Blackbuck, one of the swiftest and fastest beings on land. Blackbuck is an antelope species native to the Indian subcontinent that has been classified as endangered by International Union for Conservation of Nature (IUCN) in 2003. Unlike the early 20th century where large herds once roamed the plains of North India, this species, now, is on the threshold of extinction! Hence, Blackbucks come under the Wildlife Protection Act, 1972.

Fangchu and Tweego have been co-created by Vinay and Vaibhav of Ek Titli. You will read about their adventures every fortnight in YB. To know more about Tweego and follow his journey, visit www.ektitli.org/tweego



Recipe

Desi TOFU PATTIES

INGREDIENTS

Tofu 100 gms
 Peeled carrot 1 small
 Potato 1 big
 Shredded cabbage.....50 gms
 French beans.....50 gms
 Green peas50 gms
 Ginger, garlic, green chilli..... As required
 Cornflour.....2 tbs
 Egg 1

Bread crumbs50 gms
 Cumin powder, *chaat masala*,
amchur powder¼ teaspoon each
 Salt.....To taste

METHOD

♦ Boil all the vegetables (except cabbage) until cooked and mash them. Drain and press the tofu.

- ♦ Crumble the tofu.
- ♦ Add cornflour for binding. Add carrot, potato, french beans, green peas and shredded cabbage.
- ♦ Mix in a paste of ginger, garlic and green chilli. Add cumin powder, *chaat masala*, *amchur* powder and salt to taste.
- ♦ Knead the mixture well to form a lump. Divide into small, equal portions. Flat-

- ten each into a round disc.
 - ♦ Dip each pattie in beaten egg. Coat with bread crumbs on both sides.
 - ♦ Saute on a heated griddle until golden brown on both sides. Drain on a paper napkin.
 - ♦ Serve hot with tomato sauce.
- Note:** Paneer can be used as a substitute for tofu.

NUTRITION NOOK

Tofu veg patties are a high-protein snack made from tofu as the main ingredient.

Tofu: Tofu is a soyabean curd made from coagulated soya milk. Apart from having a high protein content, tofu also contains calcium and/or magnesium, iron and vitamins B1 (Thiamine), B2 (Riboflavin) and B3 (Niacin). Tofu has a low calorie count and little fat, making it a very healthy food. According to the Food and Drug Administration (FDA), "25 grams of soy protein a day, as part of a diet low in saturated fat and cholesterol, may reduce the risk of heart disease."

Vegetables: The vegetables used in the recipe are protective foods which contain vitamins, minerals, fibre and carbohydrates. Carrots are rich in vitamin A, while potatoes contain plenty of carbohydrates. Cabbage is full of fibre and green peas are high in protein.

Food glossary



PHIRNI
 A creamy Indian dessert preparation made of rice flour cooked with condensed milk and sugar and flavoured with cardamom and saffron. This milk pudding can also be flavoured with mango pulp.



SAUTEING
 A method of cooking in which food ingredients (like vegetables) are tossed and browned lightly in a small quantity of fat or oil, in a pan. Meat, fish and chicken can also be sauteed.



CUMIN
 The English name for *jeera*, a spice which stimulates the appetite and acts as a digestive. It is used in the preparation of *masalas*, for tempering Indian curries, rice and flavouring buttermilk, *kokum sherbet* and *jaljeera*.



PANEER
 Indian cottage cheese is made by curdling milk with lemon juice or curd/vinegar. It is strained and hung in a muslin bag. Rich in protein, *paneer* can be eaten raw, fried or grilled and can serve as an excellent snack preparation.