

# Snacks in Lockdown...

## ... what, when, how much



Lockdown is hard work. And constant snack demands, on top of homeschooling, working and housework can tip even the calmest parent over the edge! So, here is a ready reckoner to help you with munching and how to go about it...

### WHAT'S THE DIFFERENCE BETWEEN STRUCTURED SNACKS AND 'GRAZING'? WHICH IS BETTER

	STRUCTURED SNACKS	GRAZING
WHEN	At predictable times between meals. Probably morning, afternoon and maybe bedtime. Not too close to mealtimes.	ALL the time. Can be right before a meal is due or straight after a meal.
WHERE	Mostly at the table.	In the kitchen, the sitting room, the car, the playroom, walking around the house, garden, bedroom, directly from the cupboard.
WHAT	Varied mini-meals with 2-3 foods of YOUR choice. This fills gaps in your child's nutrition and exposes them to new foods and foods they don't like yet.	Usually favourite foods and easy snack options that kids love. Lots of half-eaten and discarded food!
HELPFUL STRATEGY	YES	NOT REALLY



### WHY ARE SNACKS IMPORTANT FOR YOUR CHILD?

1. Young kids have small tummies, so eating little and often makes sense.
2. They need a wide range of nutrients during the day. The more meals they have, the higher the chance they get what they need.
3. Regular snacks provide security, predictability and structure. And kids thrive on this.



### HOW CAN SNACKS HELP YOU?

1. They stop you freaking out if your child skips a meal.
2. They offer you more chances to provide variety.
3. They save your sanity because you get to clock off from kitchen duty.
4. They help you stay in charge of 'what' foods are offered.
5. They add structure to your day too.

### A SNACK STRATEGY

Having a clear strategy about snacking in your house will help you encourage positive eating habits and save your sanity. Believe me, you need this!

### YOU ARE IN CHARGE OF WHEN SNACKS ARE SERVED

Try to set up a predictable schedule (but flexible) during the day.

### AS A GENERAL RULE OF THUMB:

- Toddlers need to eat 5-6 times per day.
- Pre-schoolers need to eat 5 times a day.
- School-aged children need to eat 4-5 times per day.
- In between those times, the kitchen is closed! Put a sign on the door!



### YOU ARE IN CHARGE OF WHAT SNACKS ARE SERVED

Try to break down the distinction between 'snack' foods and 'meal foods'. Try to think of snacks as mini-meals instead! Including a fruit and/or vegetable is always always a good place to start and then add at least one other food. This offers variety, gives a more filling snack and takes the pressure off mealtimes because you are serving nutritious foods throughout the day and not reserving them for 'big meals'.

Credit: Solidstart.ie

### PAPA KEHTE HAIN

## "My father shot the film"

My parents agree that the subject of depression needs to be addressed urgently



### Mudra Joshi

a literature student at Mithibai College(Mumbai) made a huge impression with her performance in the short film 'The D Word'. She shares her experience and journey ahead with Ragini Bharadwaj

## Lockdown authors (Part-2)

In Part-2 of the series meet young authors from Mumbai and Bengaluru who realised their dream of writing and publishing a book when the world shut down due to Covid-19. If they can, so can you! Start penning down your thoughts



**Keshav Mohta**  
class VIII, Dhirubhai Ambani International School, Mumbai. Author of 'Amigos in Space'

### FriendSHIP

My book asks whether friendships can survive intergalactic travel: Living on Mars and travelling to Saturn for lunch? Or holidaying on one of Jupiter's moons? This potential reality is being played

**MY READERS SHOULD THINK ABOUT:** That friends are some of the most important people in life and without them it can get lonely.

**MY FAVOURITE AUTHOR IS:** Alan Gratz, who wrote 'Refugee'. He creates amazing plot twists.

Interviewed for NIE by Abhirup Tapadar, class IX, Marble Arch School, Mumbai

Read more: <https://tinyurl.com/y2uueet>

**Kalyani Kumawat,**  
class XII, Treamis International School, Electronic City, Bengaluru. Author of 'Chaos in the Silence'



### My advice

Don't try to copy anyone, don't be afraid to write new things, challenge yourself, step out of your comfort zone occasionally, and most importantly, write for yourself, and not to please others. Read more: <https://tinyurl.com/yxkcty4e>

### One day I chose to be happy!

My book is a compilation of poems. It is a representation of my thoughts and a call to all teenagers who may be feeling the same as me. Through poems and illustrations, I share the highs and lows of being a teenager, someone who seems to be in a sort of limbo between being mature and independent and being carefree and impulsive.

**THERE IS NO MESSAGE:** Through my poems I say that it's okay to feel like your world is ending, that you are never going to be happy again; it's okay to feel sad and it's okay to have no confidence in yourself.

**THE SENTENCE I AM MOST PROUD OF:** "One day, I chose to be happy" in my poem 'Sunflowers.' This sentence lies very close to my heart. It shows how one small choice can change the course of your life.

Have you written something during the lockdown period and got it published? Let us know at [timesnie175@gmail.com](mailto:timesnie175@gmail.com) and we will have you featured in this space! Keep writing, keep engaging...

### CALLING ALL

## MOMMY PAPA WRITERS

We understand that you are going through a myriad emotions during this lockdown. We know things are tough at your end. And we know you have a lot to write about too!

### Come, share with us

- Write about your parenting journey
- Share tips on parenting during lockdown for others to follow
- Simply pen down your musings
- We will be happy to feature a column dedicated to YOU - the parents

Send us your articles etc at [timesnie175@gmail.com](mailto:timesnie175@gmail.com)



### Quiz time

#### CURRENT AFFAIRS

**Q.1) What is the name of India's 2nd mission to land on Moon?**

- A. Chandrayaan 1  
B. Chandrayaan 3  
C. Gaganyaan D. Chandrayaan 2

**Q.2) Researchers of which institute have designed a paper-based sensor to detect the quality of milk?**

- A. IIT Guwahati B. IIT Bombay  
C. IIT Kharagpur D. IIT Kanpur

**Q.3) Which of the following**

**bagged the Golden Leaf Award 2019?**

- A. Bash Tea Vietnam  
B. Wan Ling Tea House Australia  
C. Tobacco Board of India  
D. Greendale Marketing



The Indian Space Research Organisation (ISRO) announced its intention to send a second mission to soft-land on the Moon planned for November 2020 dubbed as Chandrayaan 3 mission.

### ANSWERS

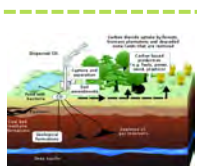
1. D) Chandrayaan 2, 2. A) IIT Guwahati, 3. C) Tobacco Board of India



### KNOWLEDGE BANK

#### CARBON CAPTURE AND STORAGE (CCS)

It is the process of capturing waste carbon dioxide (CO<sub>2</sub>) usually from large sources, such as huge plants and factories, transporting it to a storage site and depositing it where it will not enter the atmosphere, normally an underground geological formation. It aims to prevent the release of large quantities of CO<sub>2</sub> into the atmosphere from heavy industry. It is a potential mean to mitigate the contribution of CO<sub>2</sub> emissions from industry and heating towards global warming and ocean acidification.



### CHECK YOUR APTITUDE

1) The sum of all even natural numbers between 1 and 31 is:

- A. 833  
B. 232  
C. 240

D. 122

2) The difference between the place value and the face value of 6 in the numeral

- 856973 is \_\_\_\_.  
A. 5994  
B. 1194  
C. 5435  
D. 5678

3) If a and b are odd numbers, then which of the following is even

- A. a + b  
B. a + b + 1  
C. ab  
D. a/b

4) Which one of the following numbers is completely divisible by 99?

- A. 114345  
B. 123545  
C. 114444  
D. 345745

**ANSWER:**  
1. 240  
2. 5994  
3. a + b  
4. 114345

**Q Did your parents support you as an actor for this short film with an unconventional subject?**

My parents are quite supportive of all my endeavours and they are actors themselves. They both agreed that this subject needs to be addressed. In fact, my father shot this film at our place!

**Q Who inspires you in Bollywood/ Hollywood and why?**

I admire Imtiaz Ali sir and his craft! The emotional depth of his scenes fascinates me. Take, for example, the scene from 'Highway', where Veera talks about her abuse. 'Jab We Met' is my all-time go-to film.

**Q Share about previous roles you have enacted. Do you plan a career in the field of acting?**

I have enacted in a Gujarati film called 'Monalisa', which dealt with the mental deterioration of a child due to troubled marriage. I received an award from the Gujarat Government for the same. I have also worked in an advertising film on menopause awareness. Before the lockdown, I was a part of a play called 'Jaanta Ajaanta', which tackled cybercrime and its effects on human relationships.