

# When the CHIPS are down... But NOT OUT

## HEALTHY TASTY VEGGIE CHIPS FOR SNACK TIME

Swap calorie-rich potato chips with home-made pan-fried 'colourful chips'

Is your child tucking into greasy and fried potato chips during his TV time? Parents make munch time healthy with alternative options to fatty potato chips. Try pan-fried veggie chips – they are super nutritious and as much fun (with their different colours and flavours) as packaged chips. Check these ideas and munch away to good health.

### Sweet potato

Wash and very thinly slice sweet potatoes. Once done, par boil the slices for a few minutes and drain water. Pat dry the slices and sprinkle red chilli powder, salt and pepper. To make the chips crunchy, add a dash of corn flour. Then heat a pan and add 1 tbsp olive oil, add the slices and cook them on low flame by flipping sides. Keep the flame low for that crunchiness.



### Beetroot chips

Wash and make thin slices of beetroot. Then coat the slices with some salt, pepper, turmeric and dried mango powder and red chilli powder; to make it more delicious you can add a dash of lime juice. Then heat a pan, put olive oil and gently place the slices, when the oil is hot enough and allow the chips to turn crispy.

**HEALTH QUOTIENT:** Beetroot has high quantities of protein, fibre, magnesium, phosphorus and iron – it keeps blood pressure stable and is excellent for brain development.

**HEALTH QUOTIENT:** This root vegetable is rich in vitamins A and C, manganese, niacin, potassium and loads of fibre. Sweet potato protects eye health and increases immunity levels.

**HEALTH QUOTIENT:** Turnip is high in vitamins K, A, C, E, B1, B3, B5, B6, B2 and folate: it is effective in removing toxins from the body.

### Turnip chips

These chips are absolutely delicious and healthy. Just wash and make thin slices of turnips; coat with spices of your choice, cornflour flour and salt and pepper. Then heat a pan, add some olive oil and place the chips and cook well. Serve with a dip.



**HEALTH QUOTIENT:** Kale is rich in vitamin A, A and K and alpha-linolenic acid – an omega-3 fatty acid – because of its high fibre, it is great for maintaining weight.



### Kale chips

Wash kale leaves, and coat with some olive oil, paprika and salt. If you are fond of some spices then you can also add a dash of mixed herbs or piri piri seasoning as per your taste. Grease a pan with some olive oil and gently, add the leaves coated with spices and oil and pan fry. Serve with home-made chutney or sauce.

## DE-STRESS WITH THESE BOOKS

Whether you want to get through the daily grind of life in the ongoing pandemic or just want to learn how to manage conflicting thoughts of your mind, we have found four books to help you get there...

It calms the mind and relaxes the body. Reading also helps the mind engage with imagination and creativity



### Why Zebras Don't Get Ulcers: The Acclaimed....

BY ROBERT SAPOLSKY



Stress is a holdover from our hunter-gatherer days. Back in those days you needed the fight or flight response that stress brings about to survive any encounters with predators etc.

### A Mindfulness-Based Stress Reduction Workbook

BY BOB STAHL

Mindfulness Based Stress Reduction (MBSR) is a popular method of handling stress. It has been clinically tested and is taught by mental health clinics in classes around the world.



### Don't Sweat the Small Stuff and It's All Small Stuff: .....

RICHARD CARLSON



This book is loaded with simple advice to cope with the hassles of daily life. It is designed to help put your life into perspective and understand that excessive worry and stress does not help you.

### Fighting Invisible Tigers: A Stress .....

BY EARL HIPPI

This is proven, practical advice for teens on coping with stress, being assertive, taking risks, making decisions, staying healthy, dealing with different kinds of fears and more.



## Activities BOX

### GARDENING GYAN

## Ant repellent with soap solution?

Yes, it's possible. Mix a teaspoon of dish-water liquid or any soap liquid in a pint of warm water. Spray it on and around the plants. If you have peppermint oil then add a few drops of it to the solution to make it more effective. Do this at night, and the next morning spray some fresh water on plants to remove the soap solution. The smell of detergent helps in driving away ants.



Spices such as cinnamon, cloves, chilli powder, coffee grounds, or dried mint tea leaves can be scattered around the base of the plant too to deter ants



### KNOWLEDGE BANK

#### Horned Melon

This is an annual vine in the cucumber and melon family, Cucurbitaceae with fruit having horn-like spines. Native to Africa, it is now grown in the US, Australia, New Zealand and some European countries. It is a chief source of water in the desert regions. This melon is used as a snack or salad. It can be eaten at any stage of ripening, but when overripe, will burst forcefully to release seeds. The ripe fruit is orange with lime green, jelly-like flesh – similar to that of a pomegranate or passion fruit.



FRUIT

## Mom and Dad writers tell us their stories...

### I am my daughter's Wonder Woman

Though, I don't think I've done something extraordinary for my beloved daughter, Aayushi, yet she always calls me her Wonder Woman. The warm, precious hug she gives me while saying this is the greatest pleasure of life. The satisfaction and comfort I get from these words is priceless. Aayushi is our loving daughter and we both (her dad and I) pamper her to the hilt. I believe all kids should be brought up



with a lot of love and affection. My daughter is friendly with her father, but our bond is special. It has become even more strong since Aayushi reached puberty. That is when we actually sat down and talked about various things.

As a parent, I feel this is a crucial time when we need to talk very open-

### I am my child's BFF

My dear son Tanishq, is 11-year-old and studies in class six. He considers me his best friend and this makes me happy. My child shares everything with me. That is something I have never done with my parents. I had always found it difficult to have a conversation with my father. But with Tanishq, I make sure that gap isn't present. We discuss everything under the sun. I have re-



alized that times have changed. Parents are more open with their children and that is the way it should be. We want our wards to grow up in a confident set-up. I am happy with the time I give to my son.

AJAY KAPOOR with his son, Tanishq

ly to our children. My daughter is concerned about women's empowerment and hygiene. She is interested in studying Biology and other related topics.

I am proud of my daughter's strong opinions and the fact that she doesn't shy away from expressing herself. I think that makes me a winner!

She tells me that



SEEMA AMIT RAJHANS with her family from Pune.

### LET YOUR IMAGINATION FLY AND SOAR HIGH

#### MAKE A PICTURE STORY (70 WORDS)

See the pic carefully and identify the players in the frame. Write a story (make it imaginary) about what happens NEXT... Is it a wicket? A catch at the boundary? Or are they discussing about a quiz and who has scored in it? Tell us at timesnie175@gmail.com



Photo: GETTY IMAGES

### HISTORY MYSTERY

#### Jumbled Words

1. TTAHCTPAAI  
Hint: Folk Painting Style

2. IASTRTAY  
Hint: Classical Dance Form



3. URAU-GASTMDPA  
Hint: One of the rulers of the Gupta Dynasty

4. WCEIRO  
Hint: Was used as a form of money in ancient times

5. AKNAGIBALN  
Hint: One of the Harappan sites

Content by 'History Diaries'. Co-founded by Dr. Chhavi Ahluwalia. It is an initiative to make history interesting, engaging and relevant, transforming the way it is being taught in schools

#### ANSWERS

1. Pattachitta
2. Sattriya
3. Samudragupta
4. Cowrie
5. Kalibangan

### LOCKDOWN DIY

#### Make Rice Body Lotion at home

This pandemic has given people the time to explore interesting DIYs. Try this one to nourish your skin. Here's the recipe.

Start by rinsing uncooked rice under running water to remove any dirt.

In a pot of water, boil some rice until it turns soft and mushy – once it cools down, you can grind the rice in a mixer to make a paste.

To this paste, add a few drops of vitamin E oil, which is loaded with antioxidants and is super hydrating.

To add some fragrance to the paste, you can also add a few drops of any essential oil.

Once you have mixed all these ingredients, pour it in a glass jar and store in the fridge. This DIY lotion can last up to 4-5 days when refrigerated.

