

# Tweego teaches Fangchu!

In class, Fangchu's favourite teacher, Mrs Yadav was discussing the importance of plants. Fangchu was amazed to know that without plants, no life can exist on the planet!

When he questioned Mrs Yadav on how plants support life, she was pleased to answer that plants purify the air by inhaling carbondioxide and exhaling pure oxygen.

Mrs Yadav added that the plants purify the soil and also water. They also provide food to millions of different species including us, human beings, which helps us become strong and healthy.

## At home

Several questions whirled in Fangchu's mind, making him long to get back home and discuss with *Ma* all that he had learnt about plants. After school got over, he hopped on his cycle and rode back home.

Tweego's loud bark greeted him as he rushed through the gate and picked up his little sister, Kia. *Ma* waited patiently for him at the dining table, with a glass

of milk. Fangchu grabbed the glass and between quick gulps told *Ma* and Kia about Mrs Yadav's class.

"*Ma*, Kia, shall we go to our garden so that I can show you what Mrs Yadav taught?"

## Showing the way

Followed by Tweego, Fangchu, *Ma* and Kia made their way to the rose plant, Fangchu had planted two weeks ago. The plant had grown at least a foot taller and was swaying in the breeze.

Kia clapped her hands and exclaimed, "*Bhaiya*, the rose plant looks so fresh. Did it just wake up from its sleep?"

*Ma* replied, "No Kia. Plants look fresh when you take good care of them. When you water them regularly, they look happy and content with your love."

"Kia, when you water the plant, the root absorbs the nutrients in the soil. The nutrients are then taken to the leaves through the stem. The stem is like our water pipe. It carries water and nutrients from the roots

to the leaves. *Hai na Ma?*"

"Yes *beta*. Kia, Fangchu do you know what the leaves do and why there are so many leaves and only few stems?"

## Tweego knows!

Both Fangchu and Kia looked at each other and shook their heads. Tweego barked. *Ma* looked at Tweego with a big smile and said, "You surprise me again, my enlightened dog! Kids, the purpose of leaves is to 'harvest' sunlight. It's only when the sun shines, these leaves are able to make food. They absorb carbon dioxide from tiny openings on the underside of the leaf and create glucose or food. This process is also known as photosynthesis."

Fangchu interrupted, "*Ma*, Mrs Yadav mentioned that during photosynthesis, plants release oxygen and water. It is this oxygen that sustains life on the planet."

Kia clapped, her eyes open wide. She knew her brother was right. Fangchu smiled and held her hand. He pointed his fingers to the leaves of the rose plant and

said, "Kia, *Ma*, because they create food and purify the air, there are more leaves than stems. And the plant grows leaves in a certain sequence so that it can get maximum sunlight. *Ma*, what happens to the water though? I can't see it."

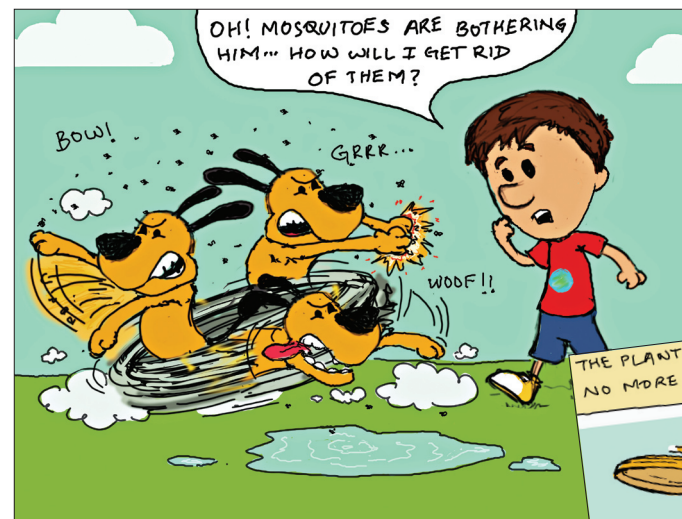
## Try this out

Tweego barked again and rushed to the corner of the garden where some saplings were kept. Fangchu looked puzzled when Tweego bought a packet containing a sapling in his mouth and dropped it near *Ma*'s feet.

*Ma* patted Tweego and asked Fangchu to quickly get an empty pot with some soil in it. "Kia *beta*, get me a small transparent polythene bag from the kitchen."

Fangchu, Kia and Tweego returned with the various items. *Ma* quickly put the sapling in the pot and covered it with soil. She now covered the pot with the polythene bag and said, "Fangchu, this will answer your question. Come back after 15 minutes and look at the bag. Tell me what you see."

## Roots and shoots



Do you know what happened to the bag? Try the same experiment with a plant having more leaves. In which bag will you notice a quicker change? Email us your observations at [tweego@ektitli.org](mailto:tweego@ektitli.org) and mention your name, standard and school



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](http://www.ektitli.org/tweego)



# Whole wheat PIZZA

## INGREDIENTS (Serves 4)

### For the pizza base

Whole wheat/brown bread..... 8 slices

### For the topping

Tomatoes..... 6 nos  
Onions..... 2 for topping, 1 for rings  
Capsicums..... 1 for topping, 1 for rings  
Garlic..... 6-8 cloves  
Olives..... A few  
Jalapenos..... 2 or more  
Mushrooms (optional)..... A few  
Oil..... 2 tbsp

Mozzarella cheese..... 200 gms  
Oregano..... 20 gms  
Red chilli flakes..... 10 gms  
Salt..... To taste

## METHOD

### Preparing the topping

- Blanch tomatoes in hot water. Remove skin and puree in a mixer, on cooling.
- Chop two onions and a capsicum finely.
- Mince garlic.
- Saute the minced garlic in oil (olive oil

- can be used as a nutritious alternative).
- Add and saute chopped onion followed by capsicum and tomato puree.
- Add salt and oregano for seasoning.
- Cook till it becomes a homogeneous mixture.

### Assembling the pizza

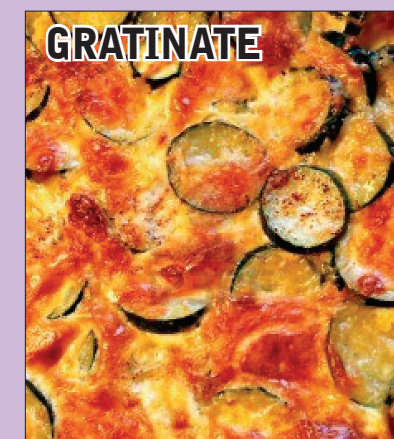
- Place the bread slices on a flat surface.
- Layer each slice with topping.
- Place onion and capsicum rings, rounds of olives, sliced jalapenos and sliced

- mushrooms.
- Top with grated mozzarella cheese.

### Baking the pizza

- Put the assembled bread slices on a baking tray and place in a hot oven on baking mode (180 to 200 degrees). Alternatively, a hot griddle may be used to bake the pizza.
- Remove from the oven when the cheese gets gratinated (golden-brown).
- Serve hot with oregano and chilli flakes.

## Glossary



To coat a dish with grated cheese and then grill it to a golden brown colour. For example, vegetable au gratin, corn au gratin and macaroni au gratin are finished by gratinating in a grill.

To dip food ingredients into hot boiling water for a few moments, followed by cold water, to remove the skin. For example, to blanch tomatoes, a cross incision is made on the surface of the tomato and it is then placed in boiling water followed by cold water to remove the skin. Also, to blanch almonds, boiling water is poured on them to loosen the skin.



It means to work a dough lightly by mixing and bringing the outside of the flour into the centre and then using the knuckles of the hand to apply pressure and make the dough. For instance, kneading *chapatti* dough includes mixing of oil and salt with whole wheat flour and water and then lightly working it to form a dough.



A thick sauce made of egg yolks, oil, vinegar, mustard etc. It is used as a salad dressing.

— LALITA CHIRMULAY

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