



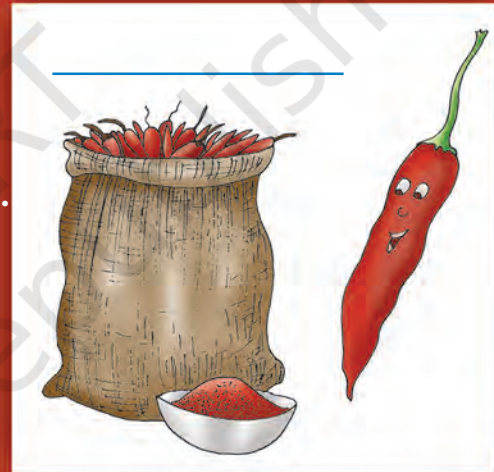
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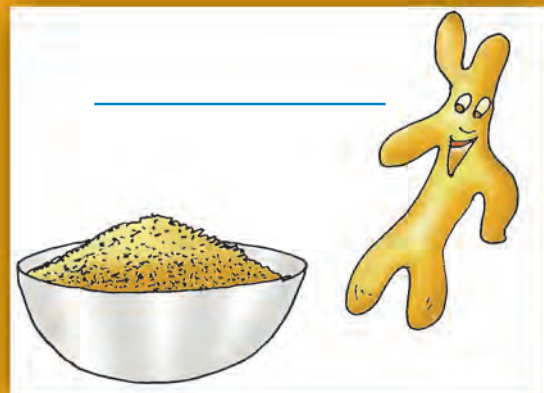
Chapter 25 Spicy Riddles



I can be powdered fine
To make food hot and spicy,
If too much of me is added
I make you gasp – shheee... shheee..
Your eyes and nose begin to water
And you cry!
*Think and tell me who am I?
Tell me quickly, who am I?*



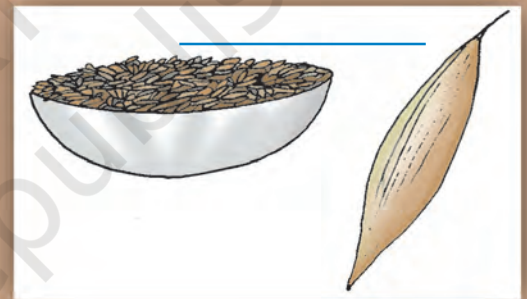
Grind me and powder me –
To make your food look yellow,
I am mixed in oil by granny
And applied to wounds quickly,
I heal all wounds – big and small,
That is why I am loved by all!
*Think and tell me who am I?
Tell me quickly, who am I?*



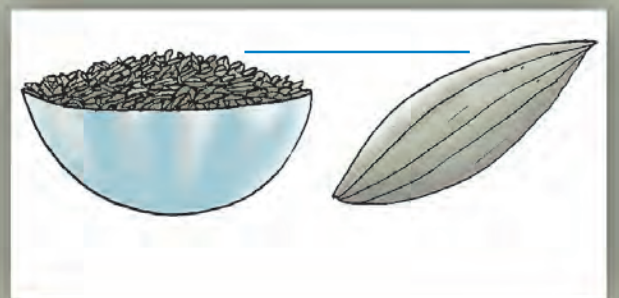
Small and round like a pearl,
 I am black when I am whole.
 I can be powdered coarse or fine
 A sharp and spicy taste is mine,
 Whether it is salty or sweet
 Whether it is salty or sweet
 I am added as a special treat,
 Think and tell me who am I?
 Tell me quickly, who am I?



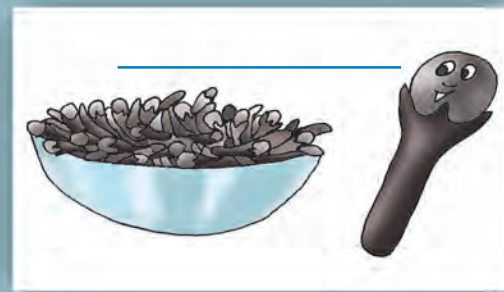
I am a small and skinny chap
 Sometimes I am brown and
 sometime black,
 Added to hot oil and ghee
 I spread my fragrance all around me,
 When I am roasted.
 Curd and jaljeera are favourite to me.
 Think and tell me who am I?
 Tell me quickly, who am I?



I look like Zeera though green am I,
 To make your stomach
 healthy I always try,
 Eat me always after your meal
 I refresh your mouth, you
 surely feel,
 Think and tell me who am I?
 Tell me quickly, who am I?



**I look like a nail but a bud am I,
Chocolate brown colour and a
strong smell have I.
When your toothache
makes you shout,
I soothe the pain in your mouth.
Think and tell me who am I?
Tell me quickly, who am I?**



Now try and make your own riddles about two other spices. Ask those riddles in your class. Draw pictures of the two spices in your notebook and write their names.

- ☉ Find out which spices are used in your house for cooking. Make a list and look at your friends' lists too.

- ☉ When your grandparents were young, which spices were used most in their kitchens? Find out from them and write here.

- ☉ Name one spice which is put into both sweet and salty things.

- ☉ Find out what is put into food to make it taste sour.



I am Kuttan. I live in Kerala. There is a garden of spices in the backyard of my house. There I see plants of *tejpatta*, small and big cardamoms and black pepper grow.

🕒 Find out whether any spices are grown in your area. Write their names here.

🕒 Bring some whole spices to class. Write their names in the table. Close your eyes and try to recognise each spice by smelling and touching each one in turn. Put a (✓) mark in front of the ones you recognise. If you do not recognise any, put a (×) mark.

No.	Smell	Touch	Name of the spice
1.			
2.			
3.			
4.			
5.			

Let us try making a spicy potato *chaat* !

🕒 For this you need –

- 🕒 Boiled potatoes, enough for everybody in the class.
- 🕒 Salt, red chilly powder, mango powder (*Amchur*) or lemon, according to taste.

For the teacher: *Garam Masala* : A powder of a mixture of several spices such as cardamom (small and big), clove, cumin seeds (*zeera*), cinnamon, black pepper, dry ginger, etc.

Spicy Riddles

- ☺ Roasted cumin seeds (*zeera*), black salt, and *garam masala*, if it is possible.
- ☺ Fresh coriander leaves.

Peel the boiled potatoes and cut them into small pieces. Now add salt, red chilly powder, mango powder or lemon juice according to taste. To make your *chaat* more delicious, add a little roasted cumin seeds, black salt and coriander powder. A pinch of *garam masala* can also be added at the end. Mix the potatoes well. Sprinkle chopped coriander leaves on top and hurrah! Your spicy *chaat* is ready to eat!



- ☺ Did you enjoy the potato *chaat*?
- ☺ Just imagine, if there were no spices to make the potato *chaat*, how would it taste?
- ☺ Try to learn and make a different kind of *chaat* and enjoy it with all your friends in class.
- ☺ How do spice-less and very spicy things feel on your tongue?



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Chapter 26

Defence Officer: Wahida



Have you ever seen her photograph anywhere? She is Lieutenant Commander Wahida Prism, doctor in the Indian Navy. She is one of the few women who has worked on a naval ship. She is the first woman to lead a parade. This is considered to be a very big honour in the armed forces.

We specially spoke to Wahida for this book. Let us read what we spoke.

Question – Wahida, tell us something about your childhood and school.

Wahida – I come from a very small village called Thannamandi. This is in Rajouri district of Jammu and Kashmir. I did my schooling from a government school. Most of the girls from the village studied in my school. However, few of them ever thought of what they would do

For the teacher: Encourage children to locate Jammu and Kashmir on the map of India.

Defence Officer: Wahida

after finishing school. I always wanted to become someone special and move forward in life. I was very interested in higher studies and wanted to complete the tenth class. In my area, it was a new thing at that time. My mother and father had to face many problems because of this. We even had to move out of our village. We then went to live with my grandmother in Rajouri. I did my twelfth class from there.

Question – So you always thought differently right from the beginning?

Wahida – Even when I was very young I wanted to do something different. I was very fond of riding a motor-cycle. We are three sisters. My father wanted one of us to become a doctor and one a teacher. He wanted the third daughter to become a lawyer or join the police force. I have become a doctor in the Indian Navy and my sister is in the Jammu Police Force.

Question – How did you become a doctor?

Wahida – I worked very hard. My friends and family members helped me a lot. I got admission in Jammu Medical College. I studied for five years and did my M.B.B.S.

Question – How did you get into the Defence Forces? Didn't your family stop you?

Wahida – Oh, no! They felt that a job in the Forces would be the best thing for me. When I was very small, I would see army officers in our village. I wanted to be like them. This was really a very big dream for me! While in school, I attended camps,

For the teacher: Children can be informed about all the three forces. For this, help can be taken from children from the defence background.



climbed mountains and was a 'Girl Guide'. After I became a doctor, I appeared for an interview to join the Armed Forces. I got selected there and received a training for six months.

Question – Why did you join the Indian Navy? Do you not have to live on the naval ship?

Wahida – Well, I am very fond of travelling. I like to see different places. I wanted to go to far-off places. I was born in the hills and now I am working in sea. I really enjoy it.

Very few lady-officers have worked on a ship. I am one of them. Earlier, women were not allowed to go on Naval ships. When an opportunity was given, I myself went forward and gave my name. I even want to go in a submarine. I want to do everything which people think women cannot do. At present women are not allowed to go in submarines, but whenever it is allowed, I will certainly go.

Question – So what happened to your degree of M.B.B.S?

Wahida – I am a doctor, but in Indian Navy a naval doctor does not just give medicine to patients. She is in fact, a medical officer. The ship goes to sea for three-four months at a time. There, it is my responsibility to make sure that everybody on the ship stays fit and healthy. I carry out medical check-ups of all the officers and sailors. I also have to make sure that no

Defence Officer: Wahida

garbage collects and there are no rats on the ship. Rats and garbage can spread diseases. I must keep everybody ready for any medical emergency on the ship. In case there is an accident on the ship, such as fire, everybody must be ready to deal with it.



Question – Is there a hospital on the ship?

Wahida – ‘First aid’ is given on every naval ship. Each ship has one doctor and two or three assistants. Necessary medicines and some equipment are also available. All these things are kept in a small room.

Question – You are the first woman to lead a passing out parade. You must have worked very hard for this.

Wahida – My seniors gave this opportunity to me after seeing my performance for three years. I felt happy that they had chosen me and showed faith in me. So I practiced very sincerely.

Question – Tell us something about that parade.

Wahida – In a parade, four platoons march behind the leader. Thirty-six commands have to be given during the entire parade. These must be given in a very loud voice so that it is heard till the rear. The voice should also reach the spectators sitting on the other side of the ground.

For the teacher: Other occupations may also be discussed while teaching this lesson.



Question – Didn't you feel nervous leading four platoons?

Wahida – I was not nervous, but one has to shout thirty-six commands. If you forget even one, the entire parade can get spoiled. I practised every morning and evening for a month. But, I have been

participating in parades since school.

Question – What is the meaning of the word 'Prism' in your name?

Wahida – My father gave this name to me. A prism is a kind of glass which reflects seven colours. My father wanted me to be like a prism and that is why he started calling me by this name from my childhood itself.

☉ Do you know anyone who is in defence services? Is the person in the Navy, Army or Air Force?

☉ What work do they do in the force?

☉ Would you like to join the defence services?

☉ Which of the three would you like to join – the Army, the Navy or the Air Force?

Defence Officer: Wahida

☉ In which other jobs do people wear uniforms as in defence services?

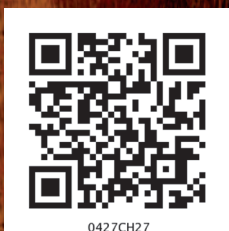
☉ Wahida works as a doctor in the Indian Navy. Can you name five other occupations in the Navy?

☉ Have you ever seen a parade? Hold a parade in your own school and try giving thirty-six-commands – for example, “Parade, Eyes Right”, “Don’t move”, “Close in”, “Open file”. Can you add some more commands to this list?

☉ Talk to a doctor and find out about her/his work.

☉ Do you know any woman who has done something unusual? Talk to her in the same way as we talked to Lt. Cdr. Wahida Prism. Think of the questions that you will ask. Find out why she has chosen that work. What were the difficulties she faced in her life?





0427CH27

Chapter 27

Chuskit Goes to School



Chuskit's Dream

Today is a special day for Chuskit. It is so special that last night Chuskit could not even sleep. Do you know why? Chuskit is ten years old, but today she is going to school for the first time. She has been waiting for this day since long.

Chuskit's school is not very far from her house. You have to take the big road and then walk along the lake. Cross the river near the poplar trees, and then after a small climb, you reach the school. This is how all the children of Skitpo Pul village reach their school. All the children, but not Chuskit.



Chuskit amongst photographs from Ladakh

- 🕒 How do you go to school?
- 🕒 Find out where Ladakh is. What kind of a place is it?

At first Chuskit did not know that she was different from other children. But slowly she found that she could not do the things that other children could. It was because of her legs. Since birth, Chuskit could not use her legs.

Chuskit's Chair

All day, Chuskit used to sit near the window and draw pictures. Her mother (*Aama-le*) said that Chuskit made the best drawings. This made Chuskit happy. But Chuskit was happier when one day her father (*Aaba-le*) got a chair which had wheels. She quickly learnt how to sit in the chair and how to move it – back



and forth. Chuskit was so happy because now she did not need her father to carry her everywhere. When she wanted to go out she would tell her mother to put her in the wheel chair. Now, she could come outside on her own.

Chuskit would see the other children every morning. They would be laughing and playing on their way to school. She wished that she could also go with them.

One day Abdul came to her house with a letter. When he saw Chuskit, he asked her why she did not go to school. Chuskit told him sadly, “I can not walk. *Aaba-le* cannot carry me all the way to school everyday. I cannot even wheel my chair as the road to school is not level. Also, how can I cross the river?”

Abdul asked, “But would you want to go to school if you could?” Chuskit was excited. She said, “Of course I want to go to school just like all of you. I want to study and play... .”

Her *Meme-le* (grandfather) stopped her and said, “Chuskit do not dream. You know that this is not possible.”

☉ What are the things that you enjoy doing in school?

☉ Do you like going to school?

☉ Would you like it if you never could go to school?

A Good Idea

Abdul went back from Chuskit’s house, but he had started thinking of how to get Chuskit to school. He explained about Chuskit to the Headmaster and talked to the teachers till they agreed with his thoughts. Now everyone got together to work so that Chuskit’s problem could be solved. They made a plan so that Chuskit could bring her wheel-chair by road to school.



For this, the uneven road had to be made level. One group of children started to level the road. Another group worked to level the area near the river. But there was still a problem. How would Chuskit cross the river? The older children took help from the teacher to make a small bridge with wood across the river. Everyone happily worked hard. They wanted Chuskit to come to school.

Chuskit's *Aama-le* and *Aaba-le* gave hot tea and biscuits to everyone. Chuskit's *Meme-le* had tears in his eyes – not because he was sad, but because he was very happy!

By the evening, the work was done. All the children were happy. But the happiest of all was Chuskit. Her dream was about to come true.

And today, it was that special day. Chuskit was all ready. She was eager to go to school!



Talk about it

- ☉ Who all helped Chuskit to reach school?
- ☉ If you were Abdul what would you have done?
- ☉ At last, Chuskit could reach school. Do you think that she may face some difficulties in school? What kind of difficulties? If you were Chuskit's friend, how would you help her?
- ☉ Do you have ramps in your school on which a wheelchair can move?
- ☉ Do you know any child near your house who cannot go to school because of some difficulty? Would you like to help such a child? How will you help?
- ☉ Look at the buildings around your house. Can a wheelchair go inside the building?

Let us do

- ☉ Draw pictures of a ramp and a wheelchair in your notebook.
- ☉ Why not make your own bridge? For this, use material that you can find around you – Ice cream sticks, plastic spoons, small sticks, rope, string etc. Your friends can also make bridge.
- ☉ In a group of friends make a model showing fields, rivers, mountains, roads, and railway tracks, etc. You can use clay, sand, pebbles, twigs, leaves. Place your bridges at different positions on this model.

Chuskit and her School

