

PANDEMIC SHAPED FOOD and dining trends in 2021

The year 2020 made many of us #quarantinechef, #quarantinebaker and the business of home-chefs boomed like never before. Meanwhile, we also learnt to nail minimalist cooking as well as appreciate our local food more. In the new year, most of these trends continue, while some other trends like dining at home and wellness cooking will seem a boom as per experts. Here is the lowdown on which food trends will rule 2021.

In 2021, people will invest more in desi immunity and wellness food

Make it local

As per the Godrej Food Trends report, the country had been levitating towards regional and micro-cuisine since 2019, but after the pandemic set in, the trend saw a major boost. Chef Ranveer Brar notes, "Most people would prefer eating hyperlocal, and in a way they would be compelled to appreciate all that is around us. This may be the best time for neighbourhood eateries, as more people will keep hunting for regional cuisine." The trend will continue to rule 2021 as well.



Rise of home food

As we were forced to stay indoors for most part of last year, reliance on home-made food grew. This in turn also made home chefs, cloud kitchen trend over the year, which according to experts will continue to rise in the current year too. Comfort food is also here to stay. With a stagnant lifestyle, home-made fare like dal chawal or roti sabzi is easier to digest than rich foods like butter chicken and naan.

GYOF - Grow your own food

Last year made us work on our gardening skills to grow our own food. "Pandemic shifted our focus towards more sustainable living, and we all learnt that we can easily grow daily vegetables like onion, brinjals, spinach, tomatoes, etc. This year the focus may also shift towards more plant-based diet," says Mumbai-based chef Ajay Chaudhary.

Investing in wellness and immunity boosters

A lesson that 2020 imbibed in all of us, is to keep focus on health. Carrying forward the lessons from last year, 2021 will see a rise in food that prioritises wellness and immunity. "While wellness food has always been doing good, this year the focus will be more on Indian ingredients that boost immunity like turmeric, ginger, ghee, amla, jaggery, etc.



5 Reasons Why Every Reader Should Listen to Audiobooks



1 UPLIFTS YOUR MOOD

Audiobooks act as amazing mood uplifters, especially when you are engaged in a menial chore you don't enjoy much. You can try this too. Pick an audiobook the next time you have to do something you wouldn't derive much pleasure from. This way, your mood won't be affected thinking how much you hate what you are doing.

You will be able to concentrate better on the audiobook because your brain wants an escape.

You will find a great way of multi-tasking, without actually investing too much time or effort.

2 HELPS YOU SLEEP BETTER

According to a study carried out by Harvard Medical School, mindfulness meditation – a mind-calming practice that focuses on breathing and awareness of the present moment – can help in relaxing the mind and improving your quality of sleep.

3 MAKES YOUR JOURNEYS MORE BEARABLE

When I am travelling, I am always torn between wanting to make the best use of my time (by reading a book or watching a movie) and making the best of the journey (by looking at the scenery or observing the people around me).

4 SAVES YOU MONEY

A problem that every book lover will be able to relate to is this: no matter how many unread books you have on your bookshelf, new releases by your favourite authors will ALWAYS entice you. Of course, it's not possible or practical to buy every new release, especially when you don't trust yourself on how quickly you'll be able to complete.

5 GETS A MORE IMMERSIVE READING EXPERIENCE

The voice modulation and inflections of a professional narrator make the author's words come alive. It feels like you are watching a movie unfold in your mind's eye. In addition, you can differentiate the minor characters because each one of them has a different tone of voice.

5 websites to help educate about the horrors of the Holocaust

Whenever there is discussion about how much people know about the Holocaust, the focus is often on what they don't know. For instance, a 2018 survey of 1,350 people age 18 and older found that 11% of U.S. adults and 22% of millennials had not heard of, or were not sure if they had heard of – the Holocaust. Almost half of US adults, 45% – and millennials – 49% – could not name one concentration camp or ghetto established in Europe during the Holocaust, the survey found. To better develop better understanding of the Holocaust, here are five interesting websites.



THE LIFE OF BEBE EPSTEIN

This first foray into digital education from YIVO, The Institute for Jewish Research, tells the story of a young girl, Bebe Epstein, born in Vilna, Poland, from before the Holocaust through her immigration to the US. A staggering amount of information can be found in this digital tool, which consists of 10 self-guided "chapters" about Epstein's struggles.

IN MRS. GOLDBERG'S KITCHEN



VIRTUAL TOUR OF THE AUSCHWITZ MEMORIAL

Auschwitz is the best-known concentration camp built with the express purpose of murdering Jews. While the memorial and museum remain closed because of COVID-19, the virtual tour presents what the memorial website describes as "authentic sites and buildings of the former German Nazi concentration and extermination camp, complete with historical descriptions."

those who are unable to visit the site in person – the augmented-reality site created by the Anne Frank Museum is an impressive alternative.

ANNE FRANK HOUSE: THE SECRET ANNEX

Anne Frank's diary is one of the best-known primary sources to have survived the Holocaust. The annex where Anne and her family hid during the war still exists in the Netherlands and is a popular tourist site. For



HISTORY UNFOLDED: US NEWSPAPERS AND THE HOLOCAUST



The United States Holocaust Memorial Museum has a number of online exhibits that can be used for teaching and learning, but "History Unfolded" fills a gap: This website aims to show what Americans knew about the Holocaust, and when they knew it, by using articles from US newspapers published during the 1930s and 1940s. Users can explore by event. Example: search for Kristallnacht, a series of violence against Jews in Germany, referred to as the "Night of Broken Glass."

READY TO SIP

Mushroom Cappuccino?

Craving for a delicious warm treat? Try this healthy mushroom beverage that is flavourful and easy to make

- INGREDIENTS**
- 250 gm mushroom
 - 5 gm thyme
 - 50 gm fresh cream
 - Salt as required
 - 100 ml veg stock
 - Truffle oil as required
 - 1/2 teaspoon mint leaves



HOW TO MAKE

Step 1 - Puree mushrooms
Blend the mushrooms into a puree using a little water.
Step 2 - Add the vegetable stock
Add mushroom puree in a pan and then add vegetable stock in it. Mix well. Cook for 2-4 minutes.
Step 3 - Create the Cappuccino
Now, add sour cream in the simmering mushroom puree and cook for a few seconds. Then, add thyme and fresh cream in it. Stir well and cook for 2 minutes. Transfer in a soup cup and garnish with 1 tsp fresh cream, crushed mint leaves and truffle oil. Serve hot.

TNN

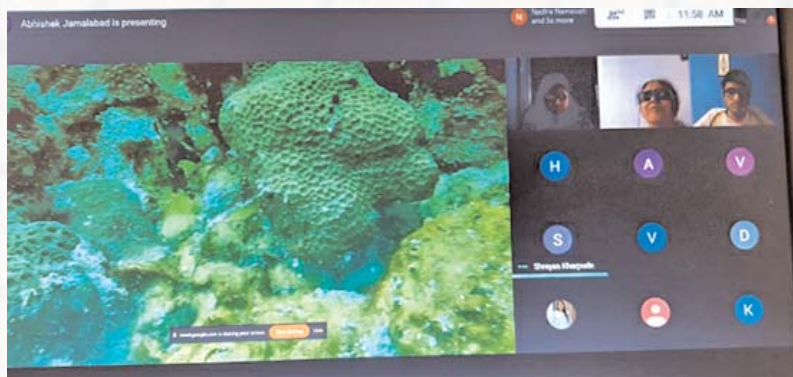
A GLIMPSE INTO THE UNDERWATER WORLD

The Nalanda Learning Facilitation Programme has evolved into an effective Facilitation Program for children with development and learning variations since 1998 in Mumbai.

Since April 2020, NLFP has conducted online classes for all its students from Std 6 to Std 10, both SSC and NIOS Sections. In addition, NLFP has tried to organise as many co-curricular activities like Hindi and English elocution competitions and extra-curricular activities like festival celebrations online to give our students a semblance of security, stability and normalcy during this difficult year.

As a continuation of this effort, NLFP organised an audio-visual presentation by marine biologist and an avid diver Abhishek Jamalabad on Wednesday, 6 January.

He covered the three dives that he had undertaken off the coast of Goa and Karnataka, namely along the



corals and brain corals.

He then displayed pictures and short videos of different fishes he had encountered during his dives from his collection of photographs, long shots and closeups.

The bright coloured parrot fish, sea slug with a white body and bright yellow dots, orange spotted grouper, hun-

dreds of damsel fish, barracudas, pinfishes mesmerised us all with their electrifying colours. He showed a video of fish, which appeared to some like flattened cacti, which Abhishek identified as ghost fish, called so because of its peculiar floating movements in the sea.

Abhishek also talked and shared a picture of a specimen which he had picked up from the sea and later at night began to glow called sea sparkle. The constant refrain of students

during the presentation was the fear they harboured towards sea animals. To dispel their fear Abhishek Jamalabad shared a personal account of his encounter with groupers.

Abhishek took the entire online audience through this well-planned undersea journey so beautifully that each one in the audience especially the stu-



Grand Island, Netrani Island and Anjuria Bank.

He started his presentation by introducing the students to the gear and the apparatus that is required for deep sea diving and what care needs to be taken when you are under the sea.

Abhishek, then, showed the students various kinds of corals that are normally seen in these three places such as encrusting coral, flower pot coral, hill shaped corals, staghorn

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ALIBAGH: A FLAWLESS GETAWAY!

Alibagh, with its winding streets and beautiful beaches, is the perfect destination for a family trip. In these stressful times, all of us are looking for a getaway, and that's how I found myself on a ferry to Alibagh.

The one hour boat ride was luxurious and the sea looked beyond enchanting. The next spot was a bungalow booked by my family, where all of us could lounge at our leisure! The afternoon was spent lazing about and playing board games.

By late afternoon, we visited the beach. What a relaxing feeling, to walk on soft sand and capture the pretty skyline!

On an island, there stood a fort built by Shivaji in the 1600s. As ruined as it was, temples inside remained preserved.

Reaching back home, we freshened up



and played some more games! Then came music which just added on to all the fun. Talking and laughing, the evening passed by.

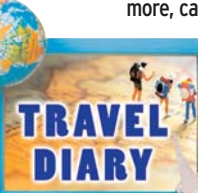
The next morning, we found ourselves at the beach once more, capturing pictures of a glorious sunrise.

After spending so long holed up at home, all of us needed a tiny break. And Alibagh was just the place with its



tranquil ambience!

Pia Oza ,
class IX, SSPM's Sri Sri
Ravishankar Vidya
Mandir, Borivali East



MY SCHOOL, MY HOME

School is a kind of a tiny world, which gives us all the experiences, the good, better and the best

Each and every one who has ever gone to school must remember every single detail vividly. After all, school is the place where a lot of things happen. We make friends, we learn new things, we embrace values but most importantly, we make memories. This year, school closed in march and now its December. I mean, how quickly time flies! One day we are studying



for exams and the next thing we know that we are almost on the verge of finishing another school year without actually going to school. Every milestone we were ever going to achieve was supposed to happen in school, but we missed it. When schools were open everyone wished to get a long holiday.... well, here it is. A very long holiday which everyone wished for. Turns out, children are missing school and waiting for schools to reopen. After all, school is like a second home.

Radhika Chopra,
class IX, Fr. Agnel
Multipurpose School, Vashi



REPUBLIC DAY CELEBRATIONS



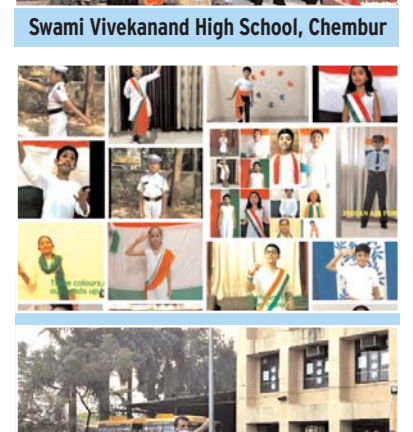
Ryan International School, Chembur



Swami Vivekanand High School, Chembur



Ryan International School, Kandivli



New Horizon Public School, Airoli



MNR School of Excellence, Kamothe



Podar International School (Cambridge International), Kalyan



Apeejay School, Nerul



Seven Isles International School, Mulund



Seven Isles International School, Mulund



Seven Isles International School, Mulund



Seven Isles International School, Mulund



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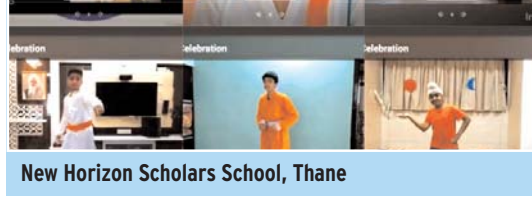
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Seven Isles International School, Mulund

TOP 5 ENGLISH PLAYERS TO WATCH OUT FOR

Let's look at the top five players from the visiting side (in no particular order) who can pose a big threat to the charged up and rejuvenated Indian side, who will have the services of players like Virat Kohli, Ishant Sharma and Hardik Pandya again:

BEN STOKES

MATCHES: 67, RUNS: 4428, AVERAGE: 37.84, 100s: 10, 50s: 22, WICKETS: 158

The return of talismanic all-rounder Ben Stokes after being rested for the Sri Lanka tour is obviously a great boost for the England team. His overall record in Asia is not that bad as he has a batting average 29.92 combined with an excellent 26.48 with the ball from 13 Tests. But Stokes is not a player whom you can judge on the basis of just his stats though. He is the kind of player who comes up with an uncanny knock at an important juncture of the match or chips in with crucial wickets and a few stunning catches or run-outs here and there, turning the match on its head, in his team's favour. That's what makes him a unique player.

JAMES ANDERSON

MATCHES: 157, WICKETS: 606, BEST: 7/42, 5 WICKET HAULS: 30

Lanky English pacer James Anderson – the most experienced amongst all the Englishmen in the current squad and England's all time highest Test wicket taker – will be the man to watch out for in the upcoming series. Anderson became the first fast bowler to take 600 Test wickets when he dismissed Pakistan's captain Azhar Ali last August at the Ageas Bowl in Southampton. Only Muttiah Muralitharan, Shane Warne and Anil Kumble had previously gone past the 600-wicket mark in the longest format of the game, making Anderson just the fourth player with 600 or more Test scalps. Anderson has played a total of 10 Tests in India and picked up 26 wickets so far.

JOE ROOT

MATCHES: 99, RUNS: 8249, AVERAGE: 49.39, 100s: 19, 50s: 49

England skipper Joe Root, who will become the 15th England cricketer to play 100 Test matches when he takes the field at the MA Chidambaram Stadium on February 5, will be looking to make his milestone match memorable after a great start on their sub-continent tour. Root showed great ability against the spinners and batted for long periods of time in the just-concluded Test series in Sri Lanka, scoring 426 runs at an average of 106.5 across two Tests. The prized wicket of Root will certainly be the main aim of Indian bowlers in the upcoming series. Root has played a total of 6 Tests against India in India far, scoring 584 runs, which included 1 century and 5 half centuries, at an average of 53.09 with a highest score of 124.

JOFRA ARCHER

MATCHES: 11, WICKETS: 38, BEST: 6/45, 5 WICKET HAULS: 3

He is only 11 Tests matches old, but right-arm pacer Jofra Archer has everything it takes to be a huge X-factor player for the English on this tour. He is the fastest of the England pacers and despite the Indian tracks not being the fastest or liveliest, Archer can trouble the Indian batsmen. The 25 year old who was born in Barbados and played U-19 cricket for the West Indies is yet to play a Test against India, be it at home or away. Archer was rested for the Sri Lanka tour as per ECB's workload management and rotation system, so he will be raring to go full steam at the Indian batsmen.

STUART BROAD

MATCHES: 144, WICKETS: 517, BEST: 8/15, 5 WICKET HAULS: 18

Seasoned fast bowler Stuart Broad, who believes India's confidence will be "sky high" following their remarkable series win in Australia, will leave no stone unturned to put his best foot forward against the formidable Indian batting line-up. Broad doesn't want England players to build India up in their "minds" in the upcoming four-Test series and think that the hosts are impregnable. The 34-year-old Broad will have to bank on all his experience on the docile Indian pitches to put England in a dominating position. Broad has represented England in 6 matches against India in India and claimed 10 wickets so far with 4/33 being his best figures in an innings.

3 PLAYERS WHO CAN HIT ₹10 CRORE JACKPOT

The auction for the next edition of the Indian Premier League (IPL) is set to take place on February 18. Despite it being a mini-auction, there is much talk about the event due to certain reasons. Firstly, the IPL 2021 will mark the league's comeback to India. And secondly, not every franchise will get to play at its home as the board will ink on certain venues where it will host the tournament. Before the action unfolds at the IPL 2021 auction, we have a look at 3 players who can hit ₹10 crore jackpot:

GLENN MAXWELL

Despite being a one-season wonder in his nearly one-decade association with IPL, Glenn Maxwell has managed to draw contracts worth millions every time he has entered the auction. And this year as well, the history could repeat itself as the Australian all-rounder is expected to make big financial gains. Even though he had a poor IPL 2020, Maxwell returned to form at the highest level and smashed 167 runs off just 86 balls against India in ODIs. In 3 T20Is, he batted at 150.00 for his 78 runs off just 52 balls. Maxwell's recent form is too good to be ignored and franchises might once again take a risk, which can see him minting a ₹10 crore contract. He has already drawn over ₹49 crore by plying his trade in the T20 league.

MITCHELL STARC

One of the top contenders to draw the highest bid at the IPL 2021 auction, Mitchell Starc will most likely breach the 10 crore-mark should he enter the auction. Despite not playing an IPL fixture since 2015, Starc was in demand in IPL 2018 auction and bagged a contract worth ₹9.4 crore with Kolkata Knight Riders. An injury prevented him from landing in India and Starc did not enter the auction after that. Since India is scheduled to host this year's T20 World Cup, there are high chances of Starc playing the tournament. And if the left-arm pacer is available, he is highly expected to draw a fat paycheck. Despite playing just 27 matches for RCB, Starc continues to hold the second spot among overseas bowlers for most wickets for the Virat Kohli-led side. Starc scalped 34 wickets in two seasons.

CHRIS MORRIS

Chris Morris' name might surprise many but not to forget, Mike Hesson, RCB's, Director of Cricket, heaped praised Morris and cited his fitness issues as the reason behind releasing him. It means that Morris' form is not an issue. The lanky South-African all-rounder can bowl during any stage of the innings. On his day, he can decimate any bowling attack. The IPL 2020 auction reflected the value of being an overseas all-rounder. This year as well, Morris is expected to repeat his heroics and fetch a multi-crore contract. He had joined RCB for ₹10 crore last year.

QUIZ TIME!

Q1: Which of the following players hold the record of fastest 1000 runs in One Day Internationals?

- a) Viv Richards ☐ b) Fakhar Zaman ☐
c) Imam-ul-Haq ☐ d) Kevin Pietersen ☐

Q2: The most football goals scored in a calendar year is 91, and was achieved by which of the following players?

- a) Pele ☐ b) Cristiano Ronaldo ☐
c) Neymar ☐ d) Lionel Messi ☐

Q3: Which of the following players won the 2015 NBA Rookie Player of the Year award?

- a) Karl-Anthony Towns ☐ b) Michael Carter-Williams ☐
c) Andrew Wiggins ☐ d) Ben Simmons ☐

Q4: Which of the following players won the Australian Open Tennis championship in 2018?

- a) Roger Federer ☐ b) Novak Djokovic ☐
c) Rafael Nadal ☐ d) Andy Murray ☐

Q5: The most Winter Olympic medals won in women's cross-country skiing is 15, by ____

- a) Marit Bjorgen ☐ b) Justyna Kowalczyk ☐
c) Therese Johaug ☐ d) Charlotte Kalla ☐

Q6: US tennis player Serena Williams holds the Open Era record for most titles won at the Australian Open. How many

times has she won it?

- a) Seven ☐ b) Nine ☐ c) Ten ☐ d) Eleven ☐



Serena Williams

Q7: Former Aussie pacer Brett Lee holds the record of second fastest 250 wickets in One Day Internationals? In how many ODIs, he reached the milestone?

- a) 138 ☐ b) 140 ☐ c) 139 ☐ d) 142 ☐

Q8: Who is the youngest individual to score 5,000 points in an NBA career?

- a) Kobe Bryant ☐ b) LeBron James ☐
c) Andrew Wiggins ☐ d) Ben Simmons ☐

Q9: Who among the following is only player in history of professional tennis to complete twice the Career Golden Masters?

- a) Roger Federer ☐ b) Novak Djokovic ☐
c) Rafael Nadal ☐ d) Andy Murray ☐

Q10: Which of the following players hold the record of fastest 5000 runs in Test cricket?

- a) Garry Sobers ☐ b) Sunil Gavaskar ☐
c) Donald Bradman ☐ d) Jack Hobbs ☐

Q11: The most NBA postseason wins by a player is 162, achieved by ____

- a) Tyreke Evans ☐ b) LeBron James ☐
c) Andrew Wiggins ☐ d) Ben Simmons ☐

ANSWERS: 1 b) Fakhar Zaman 2 d) Lionel Messi
3 c) Andrew Wiggins 4 a) Roger Federer
5 a) Marit Bjorgen 6 a) Seven
7 c) 139 8 b) LeBron James
9b) Novak Djokovic 10 c) Donald Bradman
11 b) LeBron James