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(4 Pages)

Pune District Education Association's

# ANNASAHEB MAGAR MAHAVIDYALAYA

(Jr. College)

Suppliment Sheet

Hadapsar, Pune - 411 - 028.

Examination 20 - 20



Name of the student : \_\_\_\_\_

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Name

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*B-01*  
*27/09/2024*

Jr. Sup. Name & Signature with Date

Subject : \_\_\_\_\_ Paper No. : \_\_\_\_\_

Class : \_\_\_\_\_ Division : \_\_\_\_\_

Day & Date : \_\_\_\_\_

WRITE ON BOTH SIDES

START WRITING FROM THIS PAGE

*2<sup>nd</sup> prize*

## Standard Writing Competition

Date :- 27 sep 2024

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Class : 12<sup>th</sup>

Div : A

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Title :-

*B*

Herbal Health Bites

SP production.

## Herbal Health Bites : Ayur Vaidik Bites

### Ingredients :-

- 1] 1 cup whole wheat flour
- 2]  $\frac{1}{2}$  cup oat flour
- 3]  $\frac{1}{2}$  cup grated ginger
- 4]  $\frac{1}{4}$  cup grated turmeric
- 5]  $\frac{1}{4}$  cup coriander seeds
- 6]  $\frac{1}{4}$  cup cumin seeds
- 7]  $\frac{1}{4}$  cup fennel seeds
- 8]  $\frac{1}{2}$  teaspoon cinnamon powder
- 9]  $\frac{1}{2}$  teaspoon cardamom powder
- 10]  $\frac{1}{4}$  teaspoon black pepper
- 11]  $\frac{1}{4}$  teaspoon salt
- 12]  $\frac{1}{4}$  cup ghee or oil
- 13]  $\frac{1}{4}$  cup honey or jaggery
- 14] Water (as needed)

### Instructions / Process :-

- 1] Preheat oven to  $350^{\circ}\text{F}$  ( $180^{\circ}\text{C}$ )
- 2] Add ghee or oil & honey or jaggery ; mix until dough is formed.
- 3] Roll out dough to  $\frac{1}{4}$  inch thickness.
- 4] Cut into desired shapes [circle, square]
- 5] Bake for 20-25 min or until lightly golden.

### Tips :-

- 1] Use fresh spices for maximum potency.
- 2] Adjust spices quantities according to personal preference.
- 3] Enjoy with tea or as a digestive aid after meals.



To prevent melting easily :-

Bake biscuits at low temperature [ $325^{\circ}\text{F}/165^{\circ}\text{C}$ ]  
for a longer time (20-25 min).

Use less ghee or oil replace with seed or nut butter

Choose stable spices (turmeric, ginger)

Use a dehydrator to remove excess moisture

Add natural preservative [Vitamin E oil, rosemary]

Size of biscuit for easy dipping in a cup :-

1] small : 2 inches (5 cm) dia.,  $\frac{1}{4}$  inch (6 mm) thickness

2] medium : 2.5 inches (6.4 cm) dia.,  $\frac{1}{3}$  inch (8 mm) thickness.

3] Large : 3 inches (7.5 cm) dia.,  $\frac{1}{2}$  inch (13 mm) thickness

Shelf life of biscuit.

1] Room temperature :- 5 to 7 days.

2] Refrigerator :- 10 to 14 days.

3] Freezer :- 2 to 3 months.

Packaging :-

Primary Packaging =

1] Paper or foil bags      2] Airtight containers.

3] Cartons or boxes      4] Labels or stickers

5] Biodegradable plastic wrap or parchment paper.

6] Inserts for separation & protection.

Packaging Sizes =

1] small : 6-12 biscuits (100g - 200g)

2] medium : 12-24 biscuits (200g - 400g)

3] Large : 24-48 biscuits (400g - 800g)

③

### Packaging Process =

- ① Wrap each biscuit in biodegradable plastic wrap.
- ② Place wrapped biscuits in paper or foil bags
- ③ Seal bags with stickers or twist ties
- ④ Place bags in cartons or boxes
- ⑤ Label cartons or boxes with product information
- ⑥ Seal cartons or boxes with tape.

④

### Eco-friendly options =

- ① Bioplastic packaging
- ② Compostable packaging
- ③ Recyclable materials
- ④ Use food-grade materials.

### Benefits of Biscuits :-

①

#### Specific Benefits of Ayurvedic Ingredients =

- ① Turmeric : Anti-inflammatory, antioxidant
- ② Ginger : Digestive aid, anti-inflammatory
- ③ Cumin : Digestive aid, immunity booster
- ④ Coriander : Digestive aid, antioxidant
- ⑤ Fennel : Relieves bloating

②

Digestive Benefits : ① Enhance gut health

② Support absorption of nutrients

③

Health Benefits : ① Boosts immunity

② Manage blood sugar levels

④

Emotional & Mental Benefits :

- ① Reduces stress & anxiety
- ② Supports cognitive function

Suitable for all age people.

SD