

How to...



Make delicious dhal



What you need

- 3 spring onions or half an onion
- 1 clove garlic
- 2cm piece ginger
- 1 tbsp sunflower oil
- ½ tsp turmeric
- ½ tsp cumin
- 300ml water
- 100g red lentils
- Pepper
- Coriander (optional)
- Chillies (optional)
- 1 lime (optional)
- Grater
- Large saucepan

Instructions

This will feed four people as a side dish. Chop the onion and garlic and grate the ginger. Heat the oil in the saucepan for two minutes and add the onion, garlic, ginger and spices and fry for five minutes. Add the water and the lentils to the saucepan. Stir well and put the lid on the saucepan. Simmer (so it bubbles gently) for 20 minutes or until the lentils are soft. Season with a pinch of pepper. You could sprinkle it with torn coriander or sliced chillies, or serve it with wedges of lime on the side.



DID YOU KNOW?
Dhal is a type of Indian lentil curry that's often served as a side dish.

Add colour with a garnish.



Give a relaxing head massage

What you need

- A pair of hands
- A willing participant

Instructions

Make sure the person you're massaging is relaxed and comfortable. If they have long hair, perhaps brush it first to untangle it and get rid of any knots. Use the tips of your fingers to make small gentle, circular motions, starting at the forehead and working your way back to the scalp. You can also use the palm of your hands to apply a light pressure to the forehead and then move your hands in an upwards direction.

Levitate a ball

What you need

- Scissors
- Small plastic bottle
- Drawing pin
- Straw
- Felt-tip pens
- Table-tennis ball

Instructions

Carefully cut the top part off a small plastic drinks bottle (pictured below) with scissors. This will be your cup. Recycle the rest of the bottle. Remove the lid and make a hole in it with the drawing pin, then use the point of the closed scissors to make the hole just big enough for the straw. Screw the lid back on to the bottle and poke the short end of the straw through the hole. It should fit snugly. If the hole is too big, air will escape and the ball won't move. Decorate the ball with felt-tip pens and leave to dry. Put the ball in the cup and blow through the straw. The ball should hover and spin in the air.

WARNING!

Ask a grown-up for help with using the scissors.



WOW!
An Indian man, Aryan Raj, set a world record in 2016 by bouncing a table-tennis ball off a bat for five hours, two minutes and 37 seconds.

Got an idea? Made something cool? Share it with us at hello@theweekjunior.co.uk