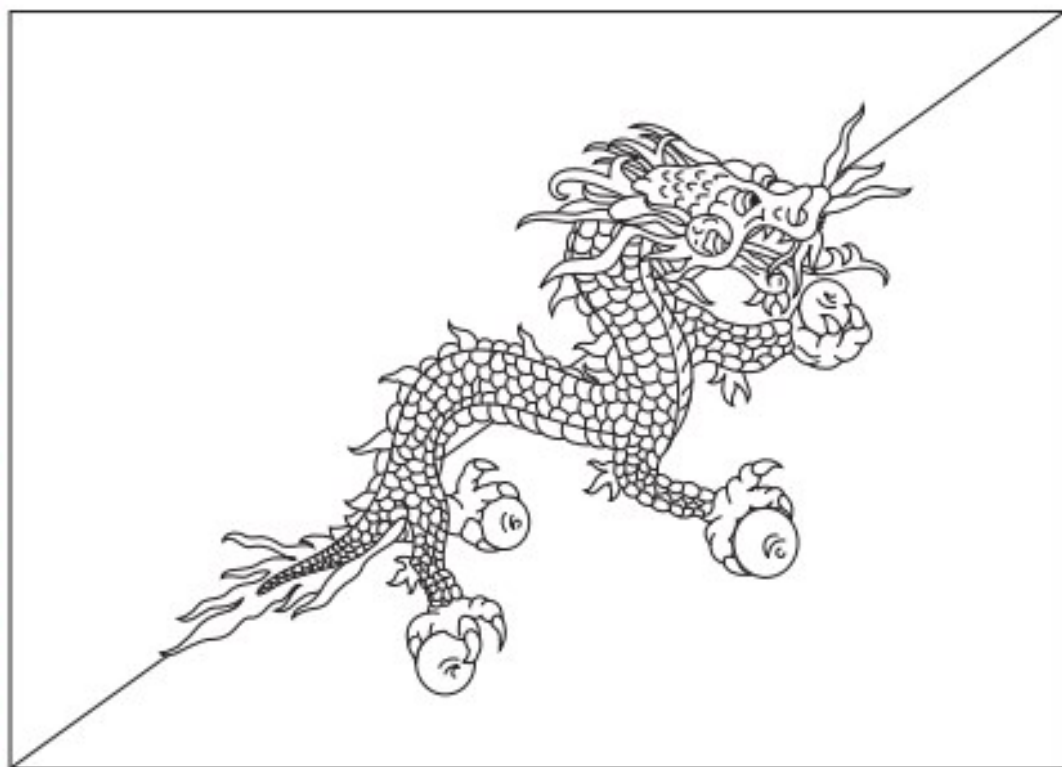


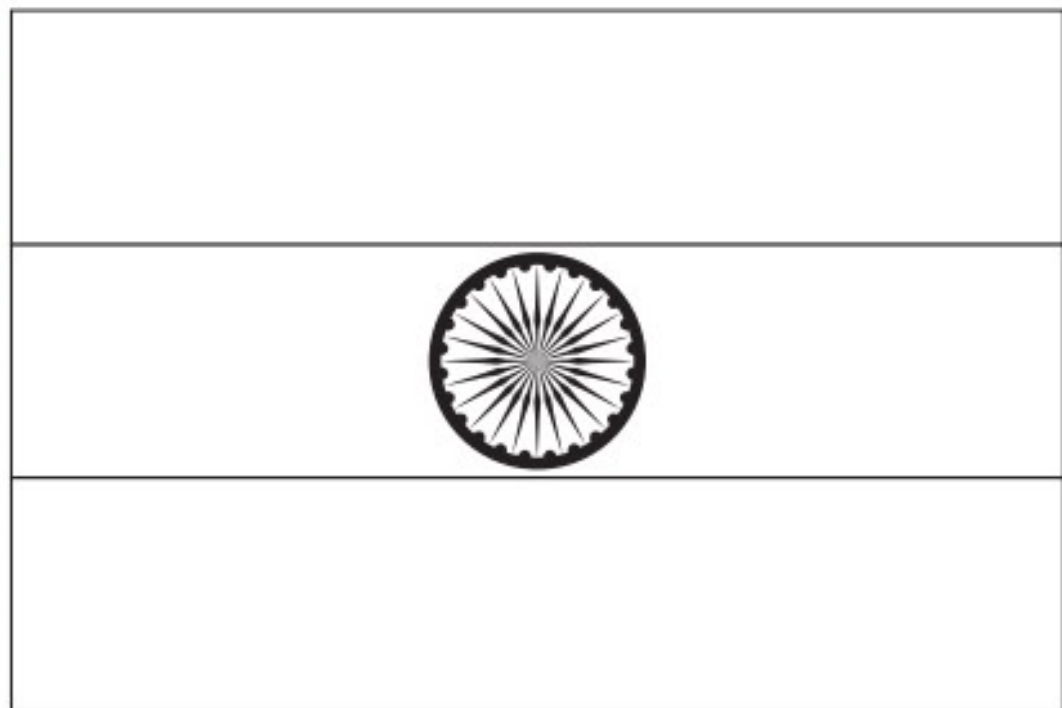
# Color The Flag



## BHUTAN

### DIRECTIONS:

Color the top-left half yellow and the bottom-right half orange. The dragon in the middle is white.

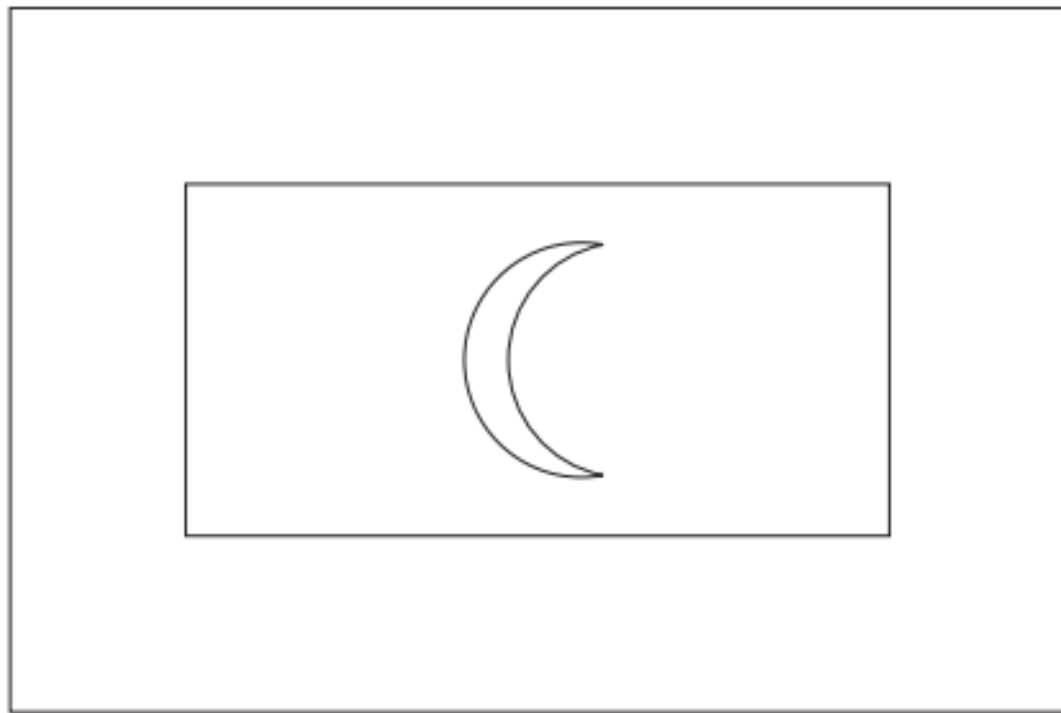


## INDIA

### DIRECTIONS:

Color the top third orange, leave the middle white, and color the bottom third green. The spinning wheel in the middle is blue.

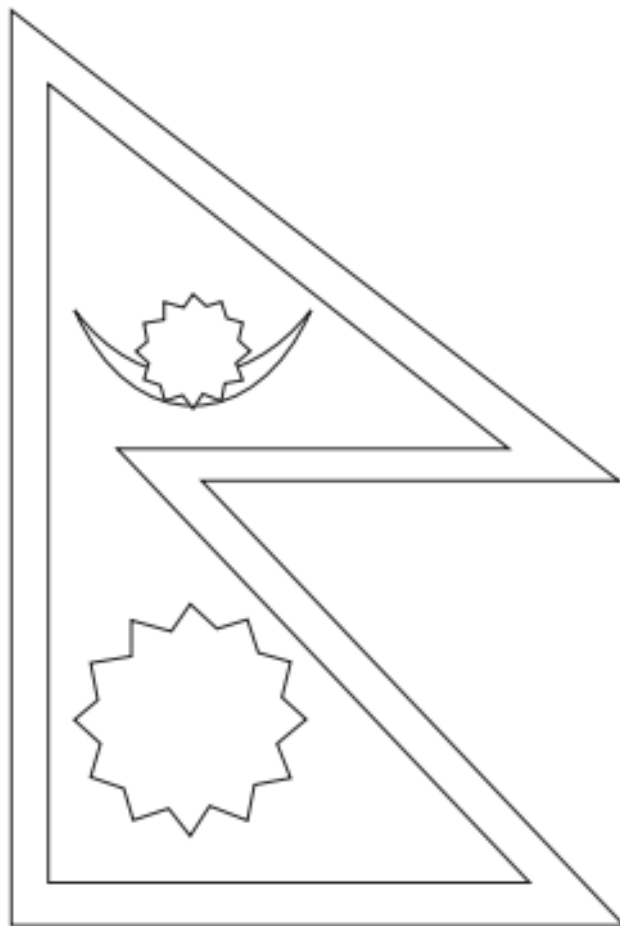
# Color The Flag



## MALDIVES

### DIRECTIONS:

Color the middle rectangle green, leave the crescent moon white. The outside of the flag is red.



## NEPAL

### DIRECTIONS:

The flag of Nepal is two joined pennants. Color the main part of the flag red and leave the figures white. Color the border dark blue.

# Let's Cook!

## VEGETARIAN TIKKA MASALA (INDIA)

### INGREDIENTS

14 oz (400 g) firm or extra-firm tofu  
(well pressed)

#### MARINADE:

4 oz (120 ml) plain yogurt  
1 tbsp (15 ml) oil  
1 tbsp (15 ml) lemon juice  
½ tsp (2.5 ml) turmeric  
½ tsp (2.5 ml) garam masala  
½ tsp (2.5 ml) powder  
½ tsp (2.5 ml) salt

#### TIKKA SAUCE:

1 tbsp (15 ml) oil  
1 14-oz (400 ml) can crushed  
tomatoes (do not drain)  
½ tsp (2.5 ml) cumin  
½ tsp (2.5 ml) paprika  
4 oz (120 ml) plain yogurt  
(Soy yogurt can be used to make this  
recipe vegan)

Garnish (optional): Fresh chopped cilantro

### INSTRUCTIONS

#### MAKE THE MARINADE

In a small bowl, whisk together the ingredients for the marinade until well blended. Set aside.

#### PREPARE THE TOFU

Cut the pressed tofu into bite-size cubes and arrange them in a wide shallow pan in a single layer, and cover with the marinade. Allow the tofu to marinate for at least one hour in the refrigerator.

Bake tofu at 175 C (350 F) for about 30 minutes, turning once or twice.

#### MAKE THE TIKKA SAUCE

Heat 15 ml (1 tbsp) oil in a large frying pan. Add tomatoes, cumin, paprika, and the remaining yogurt. If you have any extra marinade from the tofu, you also can add it to the sauce mixture now. Heat until the sauce is well combined and slightly thickened, about 8 minutes.

Add tofu, stirring just until heated through and tofu is well coated in tikka masala sauce. Serve immediately with steamed white rice or basmati rice.

*This recipe is adapted from The Spruce Eats and can be found at [bit.ly/SpruceTikka](https://bit.ly/SpruceTikka).*

# Let's Play!

## SNAKES AND LADDERS

(INDIA)

### MAKING THE GAME BOARD

#### WHAT YOU WILL NEED

A large piece of paper or cardboard  
A ruler  
A pencil

Colored pens/pencils (optional)  
Eraser (optional)  
6-sided dice  
Colored counters

### GAME INSTRUCTIONS

First, decide how many squares there will be on the board. The easiest way is to make  $10 \times 10$  or  $5 \times 5$  square grids. Measure your paper, and divide by the number of squares you want in each direction to discover what size they need to be. Then mark where the lines will be along the top and one side of your paper. Use the ruler to draw the grid lines with a pencil.

Number the squares: Make the numbers small, but readable. Call the first square at the bottom left "Start," and number the squares back and forth across and up the grid, finishing at the top left, "Home."

Now you need to draw on your snakes and ladders. Try to distribute them fairly evenly around the board and make them different lengths. Make sure the heads of the snakes are pointing upward and the tails point downward.

If you have colored pens or pencils, you can go over the pencil lines to make them darker and then color the squares and snakes as colorfully as you like. But even a simple, uncolored board can be fun!

If you want to, you can then erase the original pencil lines.

#### HOW TO PLAY

1. Each player puts their counter on "Start."
2. Take it in turns to roll the dice. Move your counter forward the number of spaces shown on the dice.
3. If your counter lands at the bottom of a ladder, you can move up to the top of the ladder.
4. If your counter lands on the head of a snake, you must slide down to the bottom of the snake.
5. The first player to get to the last space, "Home," is the winner.

*An image of an old, hand-drawn, Indian Snakes and Ladders Board can be found online here: [bit.ly/India-2020-game](https://bit.ly/India-2020-game).*