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What Sweets Do People Share on Diwali?

Visual lesson



So many boxes!

Mei carries a pile of boxes up Nani's path. "Our neighbours keep giving us these!" she laughs. "What is inside them?" Asha grins. "Diwali sweets! Let's open one and see."





Rows of little sweets

They open the first box on Nani's kitchen table. Inside are rows of little sweets in many shapes and colours. Many families call these Diwali sweets mithai.

> TALK ABOUT IT
> Look in the box. Which sweet is round like a little ball?

Ladoos

The round yellow ones are ladoos. Many are made from chickpea flour, sugar and butter, rolled into little balls. Jai pops one in his mouth. "Mmm!"





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Sticky swirls

The orange swirls are jalebis. They are crunchy on the outside and very, very sticky. Asha licks her fingers after just one.

> TALK ABOUT IT
> Why do you think jalebis are so sticky?

Dipped in syrup

A grown-up fries the jalebi swirls until they are crisp, then dips them in warm sugar syrup. That is what makes them shiny and sticky.





A silver top

The flat white squares are barfi, made from milk and sugar. Some barfi has a shiny silver top. The silver is so thin, you can eat it!

Made from nuts

The diamond shapes are kaju katli, made from cashew nuts and sugar. Some people cannot eat nuts. Mei's little cousin is one of them.

> **TALK ABOUT IT**
> Mei's cousin cannot eat nuts. What should she do before she picks a sweet?





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Crunchy, not sweet

Not every Diwali treat is sweet! Nani brings a bowl of crunchy spirals called chakli, or murukku. They are salty and a little spicy. Crunch, crunch!

Boxes for everyone

Mei laughs. "Now I know why we got so many boxes!" On Diwali, families fill boxes with mithai and give them to neighbours, friends and teachers, to share the happy day.





Our own box

Then the children fill a box of their own, with one of each kind. "This one is for Mei's family," says Jai. Which sweets would you put in your Diwali box, and who would you share it with?

Check your wonder

1 **What do many families call Diwali sweets?**

- **A.** Mithai
- **B.** Diyas
- **C.** Rangoli

2 **What makes jalebis so sticky?**

- **A.** Sweet sugar syrup
- **B.** Water
- **C.** Glue

3 **If someone cannot eat nuts, what should they do?**

- **A.** Ask a grown-up what is inside
- **B.** Pick the prettiest sweet
- **C.** Eat it very fast

4 **Who do families share Diwali sweet boxes with?**

- **A.** Neighbours, friends and family
- **B.** Only grown-ups
- **C.** Nobody, they are a secret

ANSWERS 1-A 2-A 3-A 4-A

1. Yes! Diwali sweets are called mithai. 2. That's it: a dip in warm syrup. 3. Yes! A grown-up can check first. 4. Yes! That is why Mei got so many boxes.

THE END

Visual lesson



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