

My City
My Heritage My
Kozhikode



Explorers? Book ✖

Activity Book
for Children



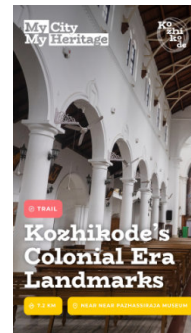
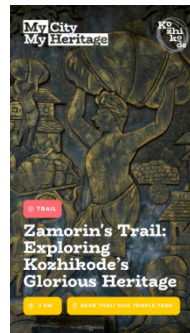
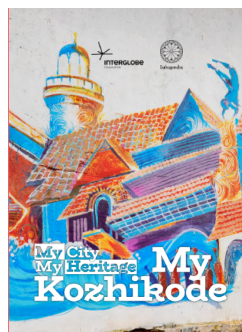
Kozhikode (also known as Calicut) is a fascinating cultural melting pot in the state of Kerala. Located on the Malabar coast, Kozhikode has been an important **maritime** trading centre for centuries. But as with major trading outposts across the world, trade brings a lot more than commodities and money to a city. It brings people, cultures, religions, ideas, architecture, and food with it too! Whether Romans or Arabs, Chinese traders or Dutch explorers, Kozhikode has hosted them all.

Everything from Kozhikode's wooden buildings to its diverse culinary offerings shows these multiple influences. This Activity Book will try to walk you through the landscape of the city through interesting quizzes, puzzles, and illustrations. Think of these less as a test of your knowledge, but more as a tour of the city from a distance. And whether you're a budding chef, quiz master, or artist, Kozhikode—and the Activity Book—has something for everyone!

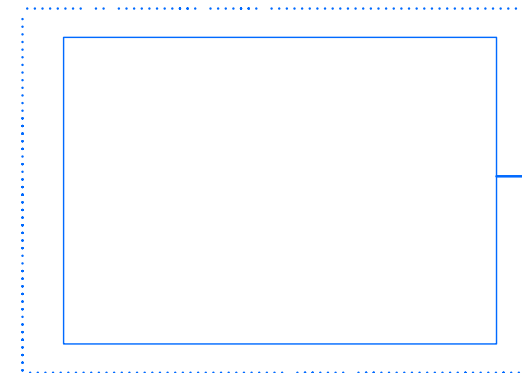


Discover More:

Learn about Kozhikode with curated articles, numerous recommendations with the **MCMH My Kozhikode Booklet** and **2 heritage trails** on www.sahapedia.org/my-city-my-heritage/celebrating-kozhikode



*** maritime |**
ma·ruh·time
Of or related to
the sea, especially
in the context of
trade—think “marine”



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City in Puzzles

If you love taking up a challenge, this section is meant for you! There's more than one way to go about this exercise—see how much you already know about the city, figure out other answers by solving anagrams. And there's no real benchmark for doing well. Any score is a good score, as long as you're learning!

Tip: To make the exercise more collaborative, make students do these in groups of two or three. A conversation is bound to make things more interesting and fun.



Crossword


Let's see how much you know about Kozhikode!

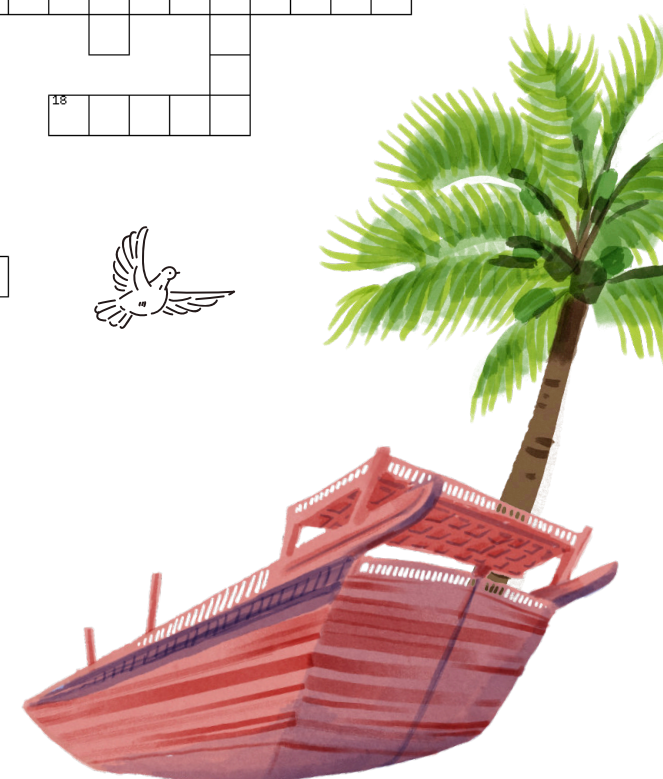
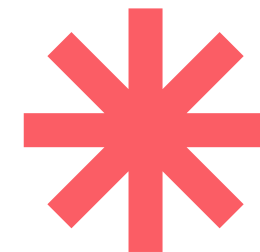
ACROSS

3. A dance form practiced by Kerala's Syrian Christian community (10)
5. International festival first held in Kozhikode in 1994 (4)
6. Ancient martial art form practiced in Kerala (13)
9. Annual scholarly festival hosted by the Zamorins at Tali temple (7, 11)
12. A historic theatre in Kozhikode that reopened as a multiplex in 2023 (10)
15. A Portuguese-introduced staple in Kerala cuisine, often paired with fish (7)
16. The name of a street famous for snacks and sweets (6, 7)
18. A colorful, gelatinous sweet popular in Kozhikode's bakeries (5)
19. Writer from Kozhikode who won the Jnanpith Award for his novel (2, 10)
20. Town famous for its erstwhile shipbuilding industry (7)

DOWN

1. A Muslim naval community historically involved in maritime trade (8)
2. River by Beypore (8)
4. Kozhikode-based football club that won the I-League (7, 6, 2)
7. Acclaimed Malayalam writer known as the 'Sultan of Beypore' (7, 8, 7)
8. One of Kozhikode's oldest surviving theatres, located on SM Street (5)
10. A ritualistic performance art form in northern Kerala (7)
11. Dynasty that ruled Kozhikode and patronized scholars and traders (7)
13. Traditional **percussion** instrument used in Kerala's temple performances (6)
14. Traditional wooden ships built in Beypore (3)
17. Film society in Kozhikode co-founded by activist Odessa Sathyan (6)

 **percussion** |
puh·kuh·shn
instruments played
by striking a surface,
like drums and the tabla.



Scramble

We love untangling words as much as discovering Kozhikode's stories! Take the hints and unscramble the words that connect to this historic city.

1. NAGIYALVADI

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Hint: A historic market area in Kozhikode, once a thriving hub for spice trade. Merchants from across the world, including Arabs, Chinese, and Europeans, frequented this bustling marketplace.

2. RHMOAINMU

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Hint: A musical instrument widely used in Kozhikode's *mehfil* culture and music clubs. It played an important role in Ghazal Dhara and Mappilapattu performances.

3. TUKICHITRA

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Hint: A historic locality known for its centuries-old mosques, including the grand Mishkal Mosque, built with teakwood and built in the Indo-Islamic architectural style.

4. TOLSMOAPCINO LBCU

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Hint: One of Kozhikode's oldest cultural clubs, founded in the colonial era. It was a space where people from different communities gathered for social and recreational activities.

5. DOREEFM REQSAU

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Hint: A modern monument next to Kozhikode Beach, dedicated to Kerala's freedom fighters. It serves as a cultural space for events and performances.

6. RAMTHABHIMU

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Hint: A leading newspaper in Kerala, founded during India's freedom struggle. It played a crucial role in spreading nationalist ideas and continues to be an important voice in Malayalam journalism.

7. KALSHIM

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Hint: Over 600 years old mosque, built by Nakhuda Mishkal, an Arab merchant. It is unique for its timber construction and was originally a five-storeyed structure later reconstructed as a four-storeyed building.

8. HNAAMRNICA

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Hint: A historic square in the heart of Kozhikode, featuring a large tank or pond originally built as the primary water source for the royal household of the Zamorins.

9. IALKAL

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Hint: A riverside area once famous for its global timber trade. High-quality teak from Kerala was exported from here to build ships and grand structures worldwide.

10. PAPKAD

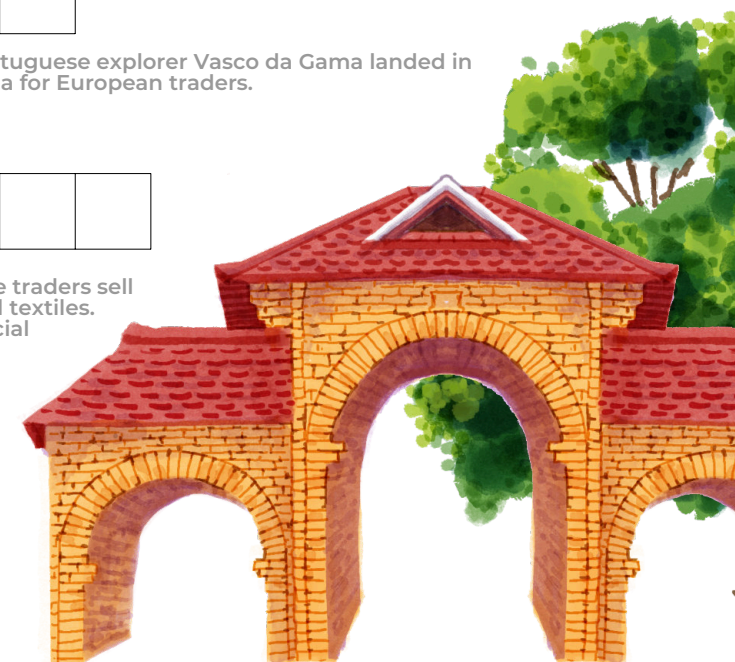
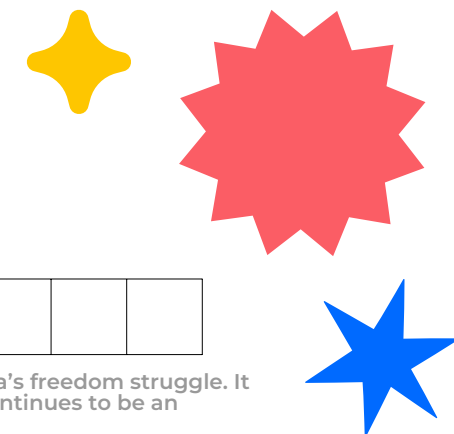
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Hint: The historic beach where Portuguese explorer Vasco da Gama landed in 1498, opening the sea route to India for European traders.

11. YALPAMA

--	--	--	--	--	--	--

Hint: A bustling market area where traders sell fresh vegetables, fruits, spices, and textiles. It has been an important commercial center for centuries.



Heritage Quiz



Easy

- Which European power defeated Tipu Sultan and took control of Malabar in 1792?
 - Portuguese
 - Dutch
 - British
 - French
- Which title was given to Calicut due to its prominence in the spice trade?
 - Gateway to the East
 - City of Spices
 - Pearl of the Arabian Sea
 - Land of Traders
- Which art form showcases Kerala's martial traditions and later evolved into a performing art?
 - Ottanthullal
 - Oppana
 - Kalaripayattu
 - Kolkali
- Which street in Kozhikode is historically known as the city's culinary and cultural hub?
 - Mittai Theruvu (SM Street)
 - Mavoor Road
 - Sweet Bazaar
 - Kannur Road
- Which prestigious literary event, held annually, reinforces Kozhikode's significance in Malayalam literature?
 - Calicut Literature Festival
 - Kerala Literature Festival (KLF)
 - Revathi Literary Awards
 - Pusthaka Festival
- Which of the following is an art form performed mainly by women?
 - Theyyam
 - Margamkali
 - Kalaripayattu
 - Thira
- Which significant event in 1956 was celebrated by Kozhikode's writers and intellectuals?
 - The formation of Malabar district
 - The first Kerala Literature Festival
 - The unification of Kerala

- The recognition of Kozhikode as a City of Literature
- What is the name of the dynasty that founded Calicut?
 - Varmans
 - Zamorins
 - Cholas
 - Rashtrakutas

Intermediate

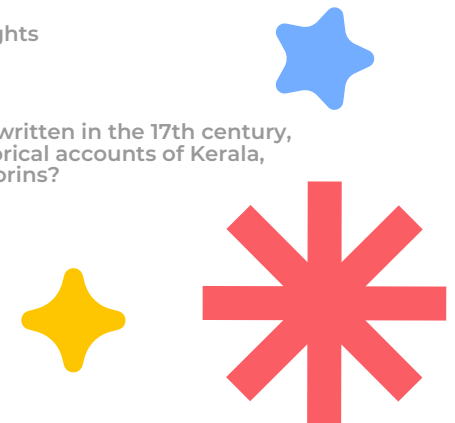
- Which material, introduced by the Basel Mission, replaced copper sheet roofing in many buildings in Calicut?
 - Thatched palm leaves
 - Clay tiles
 - Granite slabs
 - Zinc sheets
- Which maritime explorer's discovery of a sea route around Africa paved the way for direct European trade with Calicut?
 - Ferdinand Magellan
 - Vasco da Gama
 - Bartolomeu Dias
 - Marco Polo



- Which Muslim trading community helped the Zamorin build his naval forces against the Portuguese?
 - Marakkars
 - Bohra traders
 - Khojas
 - Hadramis
- Who was the last great naval leader of the Marakkars, who was captured and executed by the Portuguese?
 - Kunjali Marakkar I
 - Kunjali Marakkar II
 - Kunjali Marakkar III
 - Kunjali Marakkar IV
- Which industrial landmark in Calicut was founded by the Basel Mission in 1844?
 - Calicut Tile Factory
 - Comtrust Handloom Weaving Factory
 - Kallai Timber Mills
 - Pandika Saala Warehouses
- Which 200-year-old building in Calicut was once used as a courthouse and prison?
 - The former Municipal Corporation office
 - The lighthouse at Calicut
 - Pazhassiraja Archaeological Museum
 - The Zamorin's palace
- Who wrote Muhyidheen Mala, one of the earliest works in the Mala genre?
 - Thunjath Ezhuthachan
 - Khasi Muhammed
 - M.T. Vasudevan Nair
 - S.K. Pottekkatt
- Which film, directed by I.V. Sasi, was set in Kozhikode's Valiyangadi market?
 - Take Off
 - Devaasuram
 - Angadi
 - Kumbalangi Nights

Difficult

- Which document, written in the 17th century, contains local historical accounts of Kerala, including the Zamorins?
 - Ain-i-Akbari
 - Keralolpathi



Heritage Quiz

- c. *Tuhfat-ul-Mujahideen*
 - d. Periplus of the Erythraean Sea
18. Who guided Vasco da Gama from the coastal city of Melinde, in Kenya, to Calicut?
- a. Zheng He
 - b. Malik Ambar
 - c. Malemo Cana
 - d. Ibn Battuta
19. Which Malayalam novel, published in 1887, was the first-ever novel written in the language?
- a. *Indulekha*
 - b. *Kundalatha*
 - c. *Meenakshi*
 - d. *Oru Desathinte Katha*
20. Which community played a crucial role in the production and launching of *urus*, or traditional wooden boats?
- a. Khalasis
 - b. Koyyas
 - c. Parsis
 - d. Memons
21. Which annual football tournament held in Kozhikode was nicknamed the 'Durand Cup of the South'?
- a. Saith Nagjee Memorial Tournament
 - b. Rovers Cup
 - c. Santosh Trophy
 - d. Nehru Gold Cup
22. Which Kozhikode footballer represented India in the 1956 Melbourne Olympics?
- a. M. Jayaram
 - b. T. Abdul Rahman
 - c. C.P.M. Usman Koya
 - d. K.P. Sethumadhavan
23. Which organization, founded in 1984, aimed to revive the *mehfil* culture in Kozhikode?
- a. Usman Memorial Art Center
 - b. Ghazal Dhara
 - c. Hindustan Club
 - d. Kozhikode Music Revival Society
24. Which production company, founded in Kozhikode in 1977, produced major Malayalam films?
- a. Udaya Studios
 - b. Grihalakshmi Productions
 - c. Merryland Studios
 - d. Seven Arts International
25. Which infamous Kozhikode hotel was once known for its cabaret performances before they were banned in 1985?
- a. Paragon
 - b. Queen's Hotel
 - c. Zains
 - d. Lucky Hotel



* Unnakaya |
Oon•nuh•kaaya
"Unna" (filled with/stuffed)+
"kaya" (banana)

Heritage on a Plate



Kozhikode's rich history and vibrant culture are reflected in its food. Every dish tells a story—of ancient trade routes, global influences, and local traditions passed down through generations. From the famous Kozhikode Halwa to the iconic Malabar biriyani, the bustling Mittai Theruvu (Sweet Meat Street) to the cherished *pathiri* (flattened rice pancake), *mutta mala* (egg fritters), *aleesa* (a wheat and meat porridge), Halwa and *Upperi* (Banana Chips) the city's food is a delicious blend of heritage and innovation.

In this activity, let's explore two of Kozhikode's most loved sweet dishes—Halwa and *Unnakkaya*—and also take a step into our own kitchens to document a family recipe with the help of our grandparents or elders!

The cooking steps of the following recipes are mixed up! Can you put the steps in the right order?



Unnakkaya

This simple and comforting dish is a common item in restaurants as well as homes. The dish uses widely available ingredients such as bananas, coconut and a gentle spattering of cardamom and raisins. Slightly crispy on the outside, and sweet and mushy on the inside, it pairs well with tea or coffee and makes for a typical Malabar snack.

Ingredients:

1. Bananas
2. Grated coconut
3. Coconut Oil
4. Cardamom
5. Raisins
6. Sugar

Scrambled Recipe Steps:

- ☐ Once all pieces are ready, heat oil and fry the pieces till they are golden brown.
- ☐ Steam the bananas in a pressure cooker, and make a paste out of the steamed bananas.
- ☐ Take some banana paste and flatten it. Add the coconut-raisin-sugar mixture in the centre and wrap and pat the paste to make a spindle shape. Apply coconut oil to your palm so that the paste does not stick.
- ☐ Heat two tablespoons of sugar in a pan, add water to soak and stir well. Add grated coconut, raisins and cardamom to the syrup and stir well. Remove the pan from the fire.

Correct Order:

1. _____
2. _____
3. _____
4. _____



Kozhikode Halwa

Kozhikode Halwa is a beloved sweet treat, often made in large quantities for festivals, weddings, and special occasions. It is especially popular during Ramadan, when it is served to break the fast, and during Onam and Vishu, as part of festive feasts. Halwa is also a common gift shared with friends and family, particularly by those returning from Kozhikode, as it is a signature delicacy of the city.

Ingredients:

1. All-purpose flour – 2 cups
2. Coconut oil – 1.5 litres
3. Orange food colour – A pinch
4. Cardamom – 6 (crushed)
5. Cashew nuts – 50 gms (roasted)
6. Raisins – 50 gms (roasted)
7. Small dry coconut slices – 2 tbsp (optional)
8. Ghee – 2 tbsp

For Sugar Syrup:

1. Sugar – 4 cups
2. Water – 2 cups

Scrambled Recipe Steps:

- ☐ Grease a tray with oil and scatter roasted cashew nuts, raisins, and coconut slices at the bottom.
- ☐ To a big hot pan, add sugar syrup, food colour, and the fermented flour paste. Stir continuously.
- ☐ When the mixture leaves the sides of the pan and extra oil oozes out, pour it into the greased tray.
- ☐ Pour the hot mixture into the tray and pack tightly.
- ☐ Add oil and crushed cardamom seeds and continue stirring.
- ☐ Add water to *maida* or all-purpose flour and make a paste. Allow it to remain for a few hours till it ferments. Discard extra water.
- ☐ Once cooled, slice the halwa into pieces and serve.

Correct Order:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____



Document a Traditional Family Recipe!

Talk to your grandparents, parents, or elders in your family and learn about a traditional dish they love to cook. Ask them these questions and write down their answers!

Name of the dish:

Any variation or alternative names:

Who usually makes this dish in your family?

Where did they learn the recipe from?

What ingredients are needed? (Write down all the ingredients they tell you with their precise quantity)

Write down the step-by-step method of making this dish?
(Recipe cards where children can write step-by-step methods)

[illegible]

Write down any cooking tips and tricks that are passed down in the family?

Is there a special story or memory attached to this dish in your family?

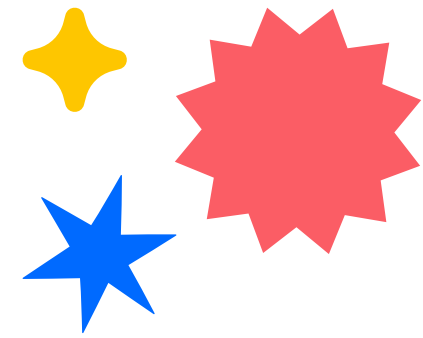
Has this recipe changed over time? If yes, how?

What makes this dish special to your family?

Would you like to make this dish yourself one day? Why or why not?

Share with Your Friends!

After writing down the recipe, bring it to class and share it with your friends.



Draw the final dish here, or paste a picture.





1. Mishkal Mosque

The Mishkal Mosque in Kuttichira, built over 650 years ago by Arab trader Nakhuda Mishkal, is a striking example of Indo-Islamic architecture. Originally five storeys high, it was rebuilt as a four-storeyed timber structure after damage from a Portuguese invasion in 1510 CE. Unlike traditional Islamic mosques, it features tiered gables, tiled roofing, and intricate woodwork, similar to the nearby Muchundi Mosque from the 13th century.



2. Beyport Boatyard

Beyport, a historic port town near Kozhikode, is renowned for its centuries-old boat-building tradition. The Beyport shipyard has been crafting *urus*, majestic wooden dhows, for over a thousand years, catering to maritime traders, especially from the Middle East. Built by skilled artisans using traditional methods passed down through generations, these handcrafted vessels showcase the region's craftsmanship, keeping the seafaring heritage alive even today.

3. Gujarati Street

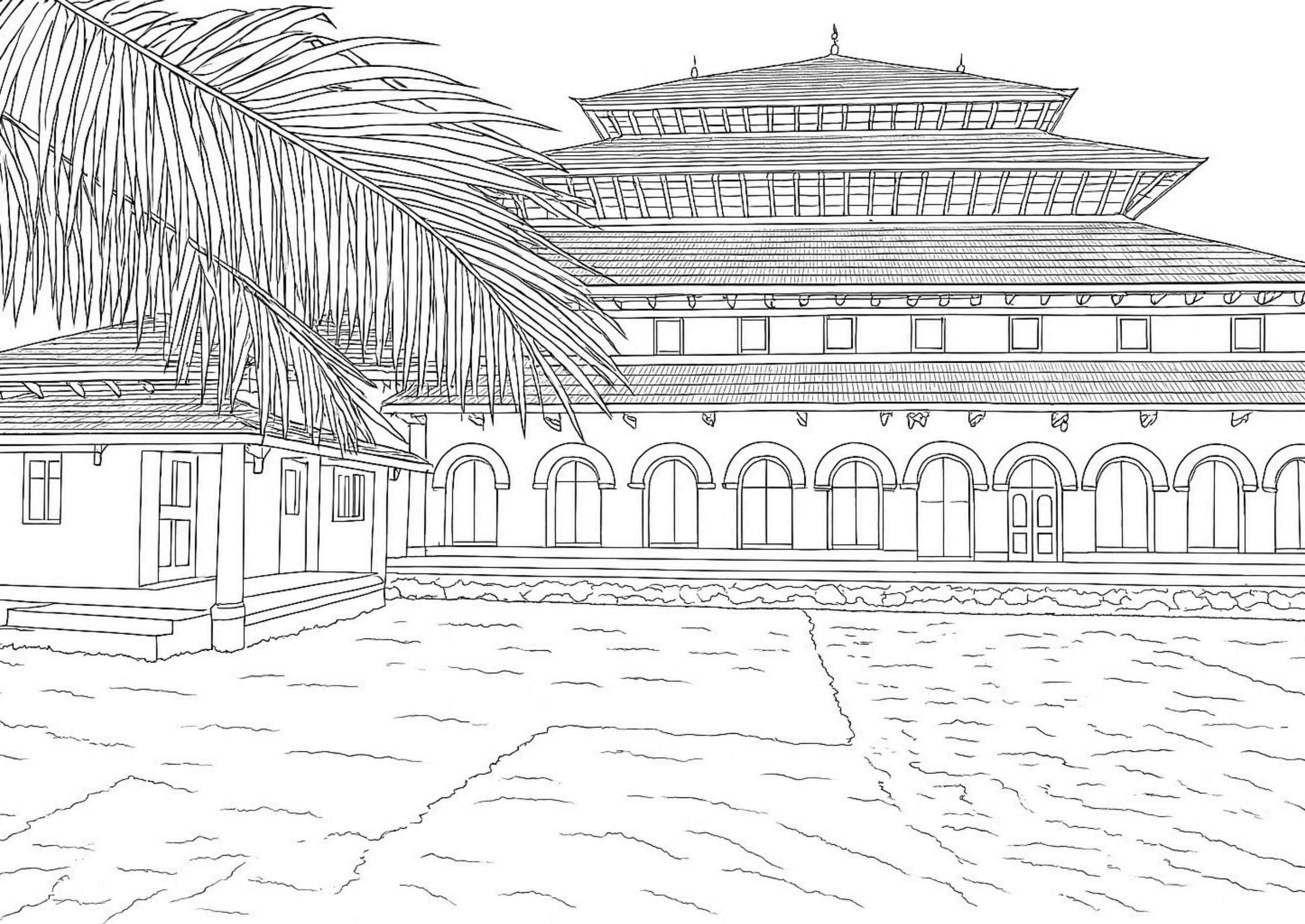
The Gujarati Street near Kozhikode's South Beach stands as a testament to the centuries-old trade connections between Gujarat and the Malabar Coast. This historic enclave, home to generations of Gujarati traders, features distinctive mercantile architecture—large, ventilated houses and commercial spaces that seamlessly blend the architectural styles of both regions.



4. Kozhikode Halwa

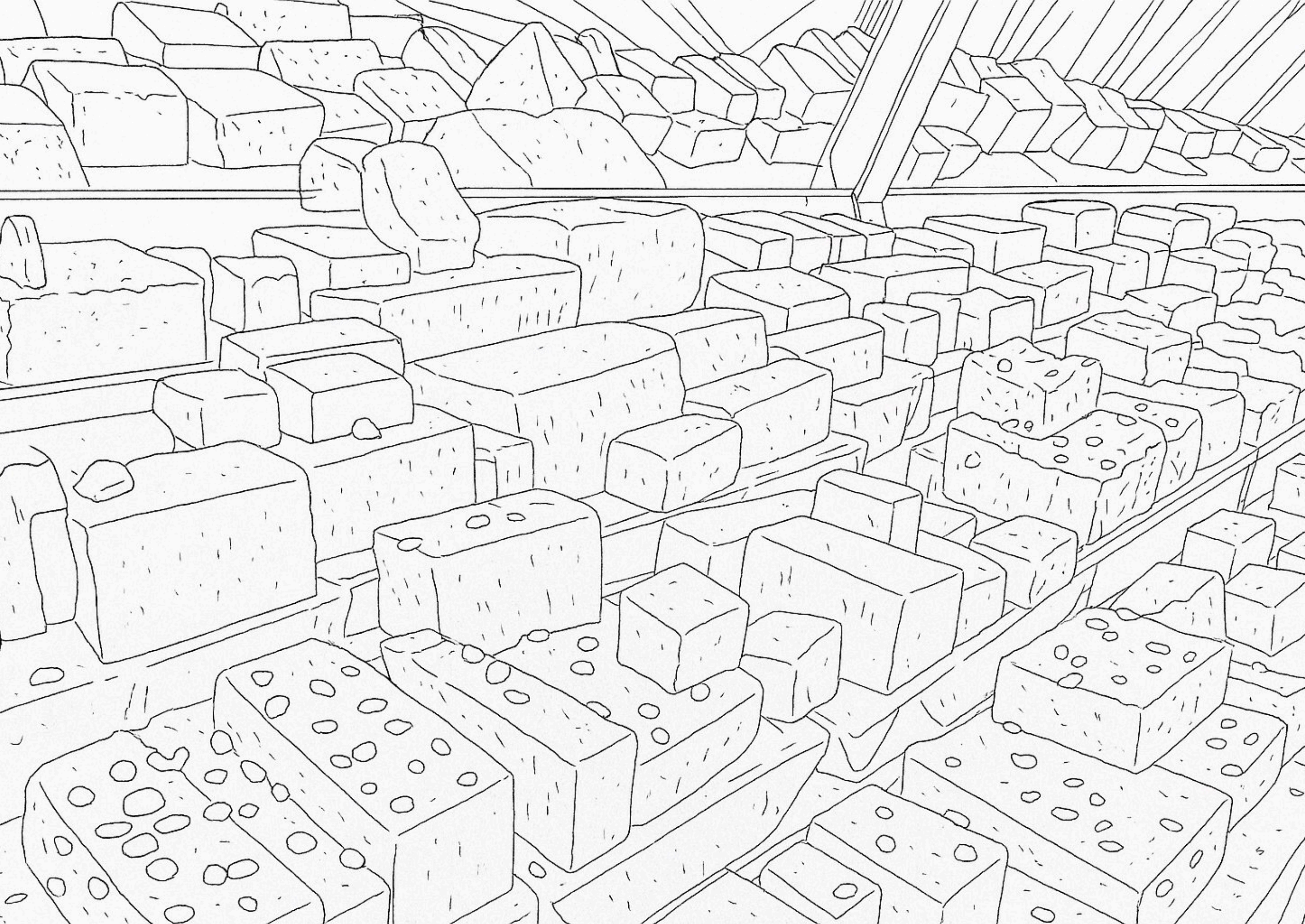
Kozhikode Halwa, a signature sweet of the Malabar region, reflects the city's rich trading heritage and culinary influences. Introduced centuries ago, this gelatinous, glossy treat is made with wheat, coconut oil, and jaggery or sugar, slow-cooked to perfection. Sold in vibrant varieties along Mittai Theruvu (Sweet Street), and other bakeries across the city, it remains a beloved symbol of the city.

Colour the Landscape









Answers

A. CROSSWORD

Across

3. MARGAMKALI: A dance form practiced by Kerala's Syrian Christian community
5. IFFK: International festival first held in Kozhikode in 1994 (4)
6. KALARIPAYATTU: Ancient martial art form practiced in Kerala (13)
9. REVATHI PATTATHANAM: Annual scholarly festival hosted by the Zamorins at Tali temple
12. CORONATION: A historic theatre in Kozhikode that reopened as a multiplex in 2023
15. TAPIOCA: A Portuguese-introduced staple in Kerala cuisine, often paired with fish
16. MITTAI THERUVU: The name of a street famous for snacks and sweets
18. HALWA: A colorful, gelatinous sweet popular in Kozhikode's bakeries
19. SK POTTEKKATT: Writer from Kozhikode who won the Jnanpith Award for his novel
20. BEYPORE: Town famous for its erstwhile shipbuilding industry

Down

1. MARAKKAR: A Muslim naval community historically involved in maritime trade
2. CHALIYAR: River by Beypore
4. GOKULAM KERALA FC: Kozhikode-based football club that won the I-League
7. VAIKKOM MUHAMMAD BASHEER: Acclaimed Malayalam writer known as the 'Sultan of Beypore'
8. RADHA: One of Kozhikode's oldest surviving theatres, located on SM Street
10. THEYYAM: A ritualistic performance art form in northern Kerala
11. ZAMORIN: Dynasty that ruled Kozhikode and patronized scholars and traders
13. CHENDA: Traditional percussion instrument used in Kerala's temple performances

14. URU: Traditional wooden ships built in Beypore
17. ODESSA: Film society in Kozhikode co-founded by activist Odessa Sathyan

B. SCRAMBLE

- a. Valiyangadi,
- b. Harmonium,
- c. Kuttichira,
- d. Freedom Square,
- e. Mathrubhumi,
- f. Mishkal,
- g. Mananchira
- h. Kallayi,
- i. Kappad
- j. Palayam

C. HERITAGE QUIZ

1. c) British
2. b) City of Spice
3. c) Kalaripayattu
4. a) Mittai Theruvu
5. b) Kerala Literature Festival
6. b) Margamkali
7. c) The unification of Kerala
8. b) Zamorins
9. b) Clay tiles
10. c) Bartolomeu Dias
11. a) Marakkars
12. d) Kunjali Marakkar IV
13. b) Comtrust Handloom Weaving Factory
14. c) Pazhassiraja Archaeological Museum
15. b) Khasi Muhammed
16. c) Angadi
17. b) Keralolpathi
18. c) Malemo Cana
19. b) Kundalatha
20. a) Khalasis
21. a) Saith Nagjee Memorial Tournament
22. b) T. Abdul Rahman
23. b) Ghazal Dhara

24. b) Grihalakshmi Productions
25. b) Queen's Hotel

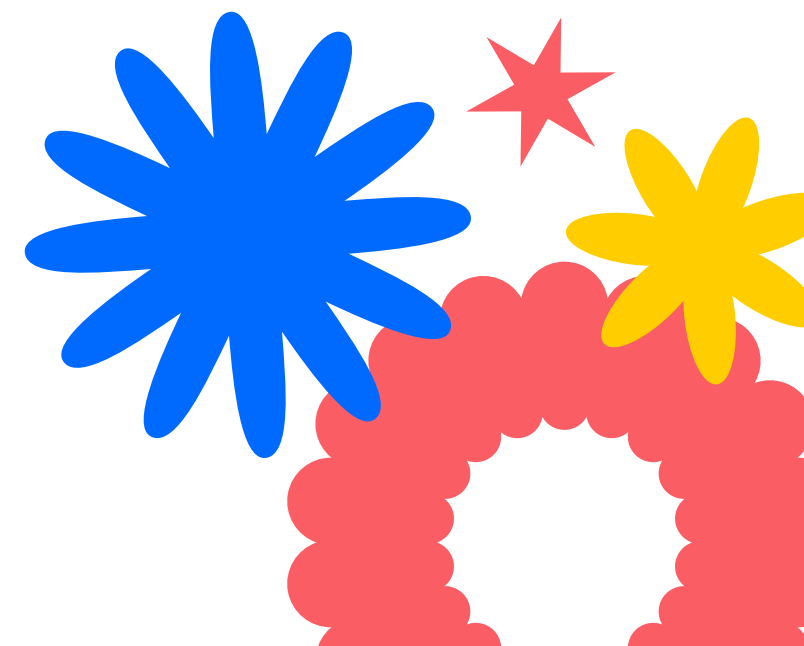
D. HERITAGE ON A PLATE

Unnakkaya

1. Steam the bananas in a pressure cooker, and make a paste out of the steamed bananas.
2. Heat two tablespoons of sugar in a pan, add water to soak and stir well. Add grated coconut, raisins and cardamom to the syrup and stir well. Remove the pan from the fire.
3. Take some banana paste and flatten it. Add the coconut-raisin-sugar mixture in the centre and wrap and pat the paste to make a spindle shape. Apply coconut oil to your palm so that the paste does not stick.
4. Once all pieces are ready, heat oil and fry the pieces till they are golden brown.

Kozhikode Halwa

1. Add water to maida or all-purpose flour and make a paste. Allow it to remain for a few hours till it ferments. Discard extra water.
2. To a big hot pan, add sugar syrup, food colour, and the fermented flour paste. Stir continuously.
3. Add oil and crushed cardamom seeds and continue stirring.
4. When the mixture leaves the sides of the pan and extra oil oozes out, pour it into the greased tray.
5. Grease a tray with oil and scatter roasted cashew nuts, raisins, and coconut slices at the bottom.
6. Pour the hot mixture into the tray and pack tightly.
7. Once cooled, slice the halwa into pieces and serve.



stickers

