

DDMS P.OBUL REDDY PUBLIC SCHOOL

COOKERY CLUB - IX & X

SEPTEMBER - 2019

COOKING WITH KIDS IS ABOUT
HARNESSING IMAGINATION,
EMPOWERMENT, AND CREATIVITY.



Learning to cook helps children to learn about nutrition and healthy eating. Teaching students to cook will help instill skills to last them a lifetime. This is the aim of the cookery club.

Ms Rachana & Ms Sowjanya

JULY: A pep talk was given to students about cooking, nutrition, health, cuisines of different states and their preparation. They were taken to Home Science lab to get familiarized with the place where they would be learning different techniques of cooking.

As a part of the club activity students prepared a nutritious Bhel and discussed about the nutritive value of the dish.



Students came up with an idea of baking a chocolate cake, interacted with their peers and brought the required



ingredients. They shared the responsibilities of mixing, stirring, preparing the icing, baking and cleaning up the place after the process. The



experience gave them an atmosphere to work as a team, taught them planning and contributing for the activity.

AUGUST & SEPTEMBER: The preparation of a healthy grilled sandwich was taken up where in the students participated actively. They cut the vegetables, prepared a green chutney, spread them on the bread along with butter and toasted the bread. They shared it among themselves and relished it.



Students were divided into two groups representing two different states, Maharashtra and Goa and were given the recipes of two popular snacks of the states.



They worked as teams and prepared Misal Pav, a popular snack from Maharashtra that consists of misal and pav. Misal is a spicy curry made from mixed sprouts and lentils that are rich in proteins and Bebinca, an Indo-Portuese dessert under the guidance of the teacher.

We will come up with many more activities to help them to experience, explore and enjoy the work.