

COOKERY CLUB

CLASSES 6, 7 & 8 (SEPTEMBER 2019)

Cooking is an important life skill with fun and patience. Teaching students basic cooking skills sets them up for the future. Students will be able to cook and feed themselves.

Cooking helps build basic skills and encourage an adventurous palate, help young students explore with their senses, boost confidence and develop confidence in cooking skills. Student were also taken to the Home Science lab and briefed about usage of cutlery and maintenance of kitchen. This helped them in real time experience under supervision.

Following recipes encourages children to be self directed and independent. It also teaches them to follow directions and develop problem solving skills.

PREPARATION - VEGETABLE SANDWICH, LEMONADE.(Week No.8)

Students learned and understood the different ingredients used for preparation of Sandwich. Understood about sharing and learned about the nutritional value of these food items

NAPKIN FOLDING AND TABLE SETTING. (Week No. 10)

Students enthusiastically participated and learnt the art of Napkin folding. Harshini demonstrated the table settings and explained about the different types of cutlery used in serving and their placement on table.

VEGETABLE SALAD, FRUIT CHAT AND BAKING BROWNIES.(Week No. 12,13,14&18)

Students enjoyed the process of mixing and baking. They also learnt that salads can be a healthy and also a tasty option to eat. Making fruit chat encouraged students in having more fruits and also knowing the health benefits and nutritive value.

FINAL CONCLUSION

Students participated with great enthusiasm and acquired basic skills of cooking. We will come up with many more interesting dishes in the next term.

