



THE BISHOP'S SCHOOL, CAMP

PRE-PRIMARY SECTION

A REPORT ON THE FIRELESS COOKING ACTIVITY

BOTH SESSIONS

**"I GIVE YOU EVERY SEED - BEARING PLANT ON THE FACE OF THE WHOLE EARTH AND EVERY TREE THAT HAS FRUIT WITH SEED IN IT". GENESIS 1:29**

On the 5th of April 2024, a harmonious celebration unfolded as our Upper Kindergarten children participated in an enriching event that combined the themes of World Health Day. With a focus on promoting health-consciousness and culinary creativity, the day proved to be both educational and delightful for all involved.

The highlight of the event was the innovative Fireless Cooking Activity, which featured a delectable dish, "Strawberry Tops on Britannia Butter Biscuits." This mouthwatering creation not only showcased the children's culinary skills but also emphasized the use of fresh, nutritious ingredients. The children topped the biscuits with cheese slices and an array of colourful fruits, including mangoes, grapes, and kiwi, adding both flavour and visual appeal to their creations.



As the children enthusiastically assembled their Strawberry Tops, the principles of healthy eating were seamlessly woven into the activity. They learnt about the importance of incorporating fruits into their diet. Through hands-on participation, they gained valuable insights into food preparation and the joy of sharing with others.

Complementing the fireless cooking session was an engaging presentation on World Health Day, tailored to the young audience's understanding. Through captivating visuals and relatable examples, the children learnt about the significance of healthy habits such as eating balanced meals, exercising regularly, staying hydrated, getting adequate sleep, and minimizing screen time. Concepts such as the importance of good hygiene, proper dental care, and respecting food were also imparted, fostering a holistic approach to well-being.



The integration of fireless cooking and World Health Day activities served as a powerful catalyst for promoting health awareness and fostering creativity among the children. By combining practical culinary skills with valuable health education, we hope that the activity will have empowered our young children to make informed choices and embrace a lifestyle that prioritizes their physical and mental well-being.





As we reflect on this enriching celebration, let us continue to nurture the health and creativity of our children, instilling in them the values of mindfulness, nutrition, and self-care. By investing in their holistic development today, we pave the way for a brighter, healthier future for generations to come.



**MRS . LORETTA MILLS**

**ASSISTANT TEACHER**

