

# THE BISHOP'S SCHOOL, CAMP

## JUNIOR SCHOOL

### A REPORT ON FIRELESS COOKING ACTIVITY.

2023 - 2024

*“Cooking with children is not just about ingredients, recipes, and cooking. It’s about harnessing imagination, empowerment, and creativity.”*

Hands on cooking activities help children develop confidence and skill, leading to Social – Emotional Development. Following recipes encourages children to be self-directed and independent, it also teaches them to follow directions and develop problem solving skills. In order to enhance these skills, we hosted a fireless cooking activity for the children of Class 1.

The students of class 1 donned their ‘Chef Caps’ to exhibit their culinary skills in the ‘Fireless Cooking’ activity held on 5<sup>th</sup> April 2023. Children participated with full zeal and enthusiasm as they doled out nutritious, yet delectable delicacies selected by their teachers. Food items displayed by the children were a visual treat and were presented in an artistic and aesthetic style. The teachers interacted with the children and explained to them the ingredients of the recipes and nutritional values of the dishes. The teachers were overawed by the efforts of the children. Class 1 A prepared a luxurious dish named as ‘Fruit Art Salad’ which had a combination of delicious fruits presented in a fine art form. Class 1 B put together a sumptuous ‘Bunny Sandwich’ with veggies and cheese. ‘Biscuit Magic’ was seen on different biscuits particularly on Monaco biscuits with cheese, sauce, and mayonnaise by the children of Class 1 C. Class 1 D was busy making ‘Dry Bhel’ a dry mixture of shew, onions, coriander leaves and puffed rice. What a delicious dish it turned out to be! It’s Summer and the children of Class 1 E faced the summer heat with their ‘Summer Salad’ a cool and refreshing salad with groundnuts, sprouted green gram, lettuce, corn, and lemon.

The activity not only provided a platform for the students to foster their creativity and decision-making skills but also helped them explore their hidden talent of cooking without fire and discover new areas of interest. A lot of enthusiasm in participating and a sense of achievement were visible in the sparkling eyes of our little Master Chefs, and they showed us that, Cooking is love made visible!

Mrs. Sleva DMello Alex

Assistant Teacher – Class 1



