

# THE BISHOP'S SCHOOL, CAMP JUNIOR SCHOOL

## A REPORT ON "FIRELESS COOKING" 2023 – 2024

### "A Recipe Has No Soul. You As The Cook Must Bring Soul To The Recipe"

Fireless cooking refers to the process of preparing food without the use of gas or fire. It not only teaches children to cook but also some valuable life skills.

Students of the Junior School donned their '**Chef caps**' to exhibit their culinary skills in the "**Fireless Cooking**" activity. The Bishop's Junior School conducted the Fireless **cooking** activities on different days for the students of classes 1 to 5.

The aim of the activity was to provide a platform for students to showcase their talent and explore new areas of interest. It was conducted with a motive to create awareness about the nutritional value of food cooked without flame, the advantages of eating healthy and staying away from junk food.

The students of Class-2 had their Fireless cooking activity on **5<sup>th</sup> April 2023**. Our students prepared yummy, lip-smacking dishes like bhel puri, fruit popsicles, sandwiches, sprouted bhel and healthy biscuits. They dressed themselves as professional chefs wearing an apron, chef's cap and gloves to maintain utmost hygiene. They also served the dishes in an artistic manner which was a treat to the eyes and a tickle to the taste buds.

Children participated with full zeal and enthusiasm as they doled out nutritious yet delectable delicacies. The students then relished the scrumptious delicacies made by them.

**This Fireless Cooking activity helped the students in exploring their hidden talents, fostering their creativity, and becoming independent.**

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