



The Bishop's Co-Ed School, Undri

'EAT GOOD, FEEL GOOD'

REPORT ON THE MIDDLE SCHOOL COOKING WITHOUT FIRE

CLASSES: VI AND VII (BAGLESS DAY ACTIVITY)

'A recipe is a story that ends with a good meal.' – Pat Conroy

An exciting activity of cooking without fire was held on 20th January 2024, as a part of the bagless day activity. The students of classes 6 and 7 enthusiastically participated in this activity in their respective classes.

This hands-on cooking activity helped students develop confidence and skill, increases focus and instill skills like measuring, counting, following instructions and problem solving. They learn the spirit of self-confidence, culinary skills and appreciating the hard work put into cooking.

The students of class VI prepared the katori chaat, fruit sticks, lemonade, jaljeera, rice cakes, masala bhel, biscuit sandwich, variety of salads, oreo delight, paani puri.

The students of class VII prepared fruits salads, papdi chaat, cold coffee, sandwiches, corn chaat, virgin mojito, paneer roll, strawberry with cream, lime and orange tang, nachos with cheesy dip, watermelon juice, chick peas salad and many more.

The students were divided into various groups, each group had a speaker who gave information about the nutritional value of their dish and how important nutritious food is to keep us full and energetic for the day. The students were well informed about the importance of healthy food.

They believed that one can satiate one's palate with healthy food if one uses the right ingredients and cooks it smartly. The day was full of fun and enthusiasm as the students participated whole-heartedly to display their culinary skills.



Report by-

Mrs. Andrea Frantz

A few glimpses of the day

Students of class VI

Fun with cooking



Posing with the yummy food we prepared



Students of class VII

Tempting delicacies



Day well spent with some scrumptious food.

