



THE BISHOP'S CO-ED SCHOOL KALYANI NAGAR, PUNE

CLASSES 6 TO 8 : BAGLESS DAY ACTIVITY FIRELESS COOKING DAY



For school students, fireless cooking is an interesting and sustainable culinary approach that might be a useful skill. With this technique, people can cook a range of foods without using open flames or direct heat. Rather, it uses the principles of insulation and heat retention to cook food slowly and effectively.

On bagless days, our school organised these activities for our sixth, seventh and eighth graders.

The students enthusiastically engaged in the activity and found it enjoyable. Preparing a wide range of foods together and with much forethought. The kids were split up into groups of six in each division to encourage collaboration, responsibility sharing, and the development of teamwork abilities.





This was a great method to introduce young cooks to cooking without having to worry about getting burned or starting a fire. Students could enhance their culinary abilities and creativity by experimenting with different recipes. The preparation of various mocktails, sandwiches, Oreo pops, iced tea, fruit salad, chats, chocolate pieces, Monaco sandwiches, canopies, pasta and bhel dishes, and much more was enjoyable for them. Students learn about time management and planning through fireless cooking. It's an important life skill since they have to make plans and make sure the food is ready when it's needed.

To sum up, fireless cooking is a useful and sustainable culinary method that has several advantages. It is the perfect skill for young learners because it encourages convenience, safety, energy efficiency, and nutrition. Additionally, it promotes virtues like sustainability, accountability, and creativity while giving pupils priceless life lessons that will benefit them in the long run.



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