



Bal Bharati PUBLIC SCHOOL

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BAL SABHA ACTIVITY

(Cooking without fire)

DATE : 28.02.2020

CLASS : Pre-school

VENUE : Classroom

NATURE : Group

Brief about the Activity : -**A sound health is the product of healthy cooking!**

To make them aware of this fact the school conducted 'Cooking without Fire' activity for pre-school children. The activity was conducted with a view to create awareness about the nutritional value of food cooked without flame and to experience hands on activity. The students prepared coconut laddoos using milkmaid, coconut and cardamom powder . During the activity students learnt some new words like serving spoon, chef, napkin and some crockery and ingredient names. After making the laddoos they enjoyed altogether. This activity helped them to showcase their talent and explore new areas of interest.

. Learning outcome :

- To create awareness about the nutritional value of food cooked without flame.
- To aware them of healthy eating and to encourage students to stay away from the junk food.
- They learnt the spirit of teamwork, appreciating the hard work of their mothers put into cooking.
- This activity enhanced their social skills, vocabulary and all-round personality.

Teacher In- Charge : Ms. Anju

Bal Sabha Coordinator : Ms. Anju

Activity Co-Ordinator : Mr. Rohit

