



**National Public School, Kengeri, Bengaluru**  
**REPORT ON SKILL DEVELOPMENT ACTIVITY**



***“If we could give every individual the right amount of nourishment and exercise, not too little and not too much, we would have the safest way to health.” – Hippocrates.***

*CBSE aims to integrate vocational education with academic stream. Skill Development Activity equips students to work independently.*

*National Public School, Kengeri, Bengaluru, initiated skill-based learning sessions for Grade 7 students on ‘Food and Nutrition.’*

*In today's fast-paced world, it is essential for individuals to have a comprehensive understanding of nutrition and its impact on health. The goal is to equip the students with practical skills that will empower them to make informed and healthy food choices, both for themselves and their acquaintances. In this regard the students were introduced to Skill Education on 23rd, 24th & 25th January 2024 on the Topic ‘Food and Nutrition’ for Grade VII.*

*This activity focused on making students aware of the importance of nutrients present in the food; know the importance of hygiene during cooking and their benefits; precautions to be adopted during cooking and to be a cautious food consumer.*

*On day 1, 23<sup>rd</sup> January 2024, the students were given a live demonstration on various cooking methods, which included Sauteing, Simmering, shallow frying, deep frying, baking, steaming; importance of flavours and to identify different types of herbs and spices used in kitchen. Medicinal value of the herbs and spices was also the focus of discussion. They were made to know the importance of nutrients present in the food. Further they got an insight on hygiene and its importance during cooking.*

*On day 2, 24<sup>th</sup> January 2024, an expert talk was organized to provide students to know more about nutrition and food. Students had an interactive session with the resource person Mrs. Arzu Nisha-Master's in Nutrition and Dietetics from Shillong University, currently associated with Apollo Hospitals, Bannerghatta Road, Bengaluru as Associate Clinical Dietician.*

*On day 3, 25<sup>th</sup> January 2024, assessment through projects was conducted to focus on project-based evaluations that allowed students to showcase their creativity, critical thinking, and practical skills in the field of nutrition.*

*The most awaited day for the students to get onto something hands-on was during the Fireless cooking activity. Students of each class were divided into small groups. Each group had to choose a dish from the list of ingredients-Corn Chat (Sweet / Savory), Vegetable Sandwich, Poha (Sweet / Savory), Green Gram Salad, Bhelpuri Chat, Fruit Salad Chat, Moong dal / Peanut Masala, and prepare the dish. The final dish was tasted by the judges and the students had a viva session based on the dish present by them.*

*The students had an interesting, informative, skill-based learning session on 'Food and Nutrition'.*