



NATIONAL PUBLIC SCHOOL, Kengeri, Bengaluru
Academic Year 2018 - 19

REPORT ON FIRELESS COOKING CLUB
Grade-VI to IX

‘Cooking is an art. No one is born as a great cook, one learns by doing’. To garnish this art of cooking, the students were provided an opportunity to experience the essence of cooking for healthy eating.

To parboil their culinary skills students learnt the following:

- ♣ Chopping vegetables and fruits.
- ♣ Preparing different delicious dishes without fire.
- ♣ Mixing the ingredients in the proper manner, and in an order.
- ♣ Garnishing the prepared dish in the best possible manner.
- ♣ Serving on a plate or in a cup.
- ♣ Cleaning the table after the activity.
- ♣ Sharing the prepared dish with their friends.

The club students participated with a lot of zeal and enthusiasm. Every week they were excited to learn and prepare the dishes.

Students understood the nutritive value of the ingredients used and the importance of consuming fresh vegetables and fruits in their daily diet. They also understood the proportion and ratio of adding the ingredients like, salt, pepper, coriander leaves, sugar, cheese, and sauce etc.,

The dishes prepared under the able guidance of teachers were:

- ♣ Sprouts Salad
- ♣ Milkmaid Ladoo
- ♣ Corn Sandwich
- ♣ Sevpuri
- ♣ Fruit Salad
- ♣ Fruit Chat

With these activities teachers observed certain qualities among the students like planning, coordinating, sharing, time management and, the joy of preparing the dishes.

It was a great experience for the students where, they were **LEARNING BY DOING.**

Cookery club presentation was given on 06-09-2018. Students of the club prepared and presented Bhelpuri and Salt lassi.

The ingredients used for Belpuri were puffed rice, roasted ground nuts, grated carrot, finely chopped onion, tomato, coriander, garam masala, lemon and salt. They mixed all the ingredients well and prepared bhelpuri.

The ingredients used for salt lassi were churned curd, salt and lemon. All the three ingredients were mixed well and lassi was prepared.

Students explained the nutritive values of the ingredients used. They garnished Belpuri in plates and lassi in glasses and served with pride.

