

## **Fun cooking day for Grade I students as they turn chefs for a day.**

This week grade I students of The Orchid School stepped into the shoes of chef as they enjoyed a memorable cooking day at the school. The 'Chefs at Work' is a culinary activity conducted to enforce learning beyond classrooms where they can integrate learning with cooking.

For this activity, students began preparations by going to the grocery store for shopping all the required ingredients for their big day. The ingredients shopping was an exciting experience for the grade I students as they loved vegetable and essential items screening and shopping.

The following day the day started with children eagerly waiting at the cooking stations to observe and follow the instructions of their beloved teachers and maushi's. these little chefs chopped vegetables, peeled potatoes, and learned the significance of each vegetable for body nourishment. With this activity, the teachers made them learn and observe that healthy food habits can be tasty at the same time.

Students learnt the concept of steam and condensation with this activity as teachers demonstrated it while boiling the potatoes. Students in batches were shown the process of mixing all the ingredients and how the texture of the potato changes. Additionally, the kids helped in creating cutlet and observed the steps in making delicious snack food. Reinforcement of choosing healthy food vs. unhealth food was reiterated with this activity.

The menu for the day was 'Vegetable Cutlet and Green Chutney' that the grade I chefs along with the teachers and maushi's prepared. This menu was meticulously curated to include variety of nutritious vegetables, ensuring balance in flavour and nutrients.

Once the dishes were prepared the kids gathered and shared the meal together making the event a memorable one. Hands-on experience of cooking with friends gave an immersive and learning experience to the children that would last forever.



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Grade 1



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