

Young Chefs Shine: Our Little Creators Beat the Heat!

Our Koels (Koel A, B and C) turned into enthusiastic master chefs this week. Participating in our vibrant and comprehensive "**Cooking without Fire: Summer Delights**" activity, these little hands proved that you do not need fire to create culinary magic.



It was encouraging to see that a collaborative effort by home and school gave children readiness to handle diverse materials independently. This hands-on experience extended a unique learning opportunity for children which included math concepts like sight facts, ten frame, language concepts like whole word reading, fine motor skills like chopping, whisking, mixing and much more.

Each class choose to make a healthy summer snack (famous street food of Delhi).

Koel A: The Fruit Salad

Koel B: Papri chaat (Chatpat Chaat)

Koel C: Dahi sandwich (The creamy crunch)

The presentation included concepts from all areas of development and created a wholesome experience for children.

Circle Time

The presentation started with Circle time, where all the children participated enthusiastically. Some highlights of the Circle time included:-



Nutritional Awareness:

During Circle time, children engaged in discussions about 'balanced diet'. They participated in 'My healthy plate' activity, helping them understand that a balanced meal includes three groups of food - Go, Glow and Grow foods that together create a healthy diet. The children categorized ingredients into the three food groups, followed by solving riddles related to each ingredient. They also explored the nutritional value of ingredients through a fun game "I spy with my eyes....."



Golden Rules Discussion:

Circle time laid the foundation for a safe and enjoyable cooking experience by discussing golden rules such as cleanliness and cooperation. This set the stage for responsible and mindful cooking experience.



Socio-Emotional development:

Before preparing the snack, the children sang 'The Kitchen Band' song, which highlighted various skills used in cooking, such as chopping, peeling, whisking, crushing, mixing and serving. They also sang the vibrant and fun song 'Are you eating healthy food...' This playful integration of music made the experience even more enjoyable and reinforced the different stages of food preparation.



Mathematical Integration:

Math activities seamlessly integrated mathematical concepts into the cooking experience. They discussed and quantified the total number of ingredients needed, practised sight facts, ten frame and grouped ingredients under 2D and 3D based on their shape.



Language Integration:

Children engaged in a discussion about balanced nutrition, focusing on the categories Go, Grow, and Glow foods. Children used words like transferring, crushing, chopping along with names of various ingredients. They practiced comprehension skills while solving riddles associated with the activity.



Physical and Motor Development:

The children engaged in various activities like chopping vegetables, crushing ingredients, transferring items, peeling, mixing, tossing and serving which were an indicator of their enhanced readiness level. These skills as done over a period of time contributed to the development of their hand-eye coordination and refined their fine motor abilities. After the cooking session, children cleaned up their workstations, which reinforced a sense of responsibility and fostered essential life skills related to organization and cleanliness.



Conclusion

Each class offered a unique and enriching experience, combining hands-on cooking with a meaningful engagement. From strengthening motor skills and enhancing language development to understanding nutrition and fostering teamwork, children participated fully in all the components.

As they proudly shared their creations, their smiles reflected not just the joy of cooking but also the confidence, knowledge, and invaluable skills they had gained along the way. The event left a lasting impression on both children and parents, making it a truly delightful and enriching experience.



Following the session, children engaged in self-assessment of their experience by drawing their most enjoyable and most challenging experiences during the activity. Self-assessment helps children develop critical reviewing skills, which can help them evaluate their own performance.

Self-Assessment



Parent Feedback

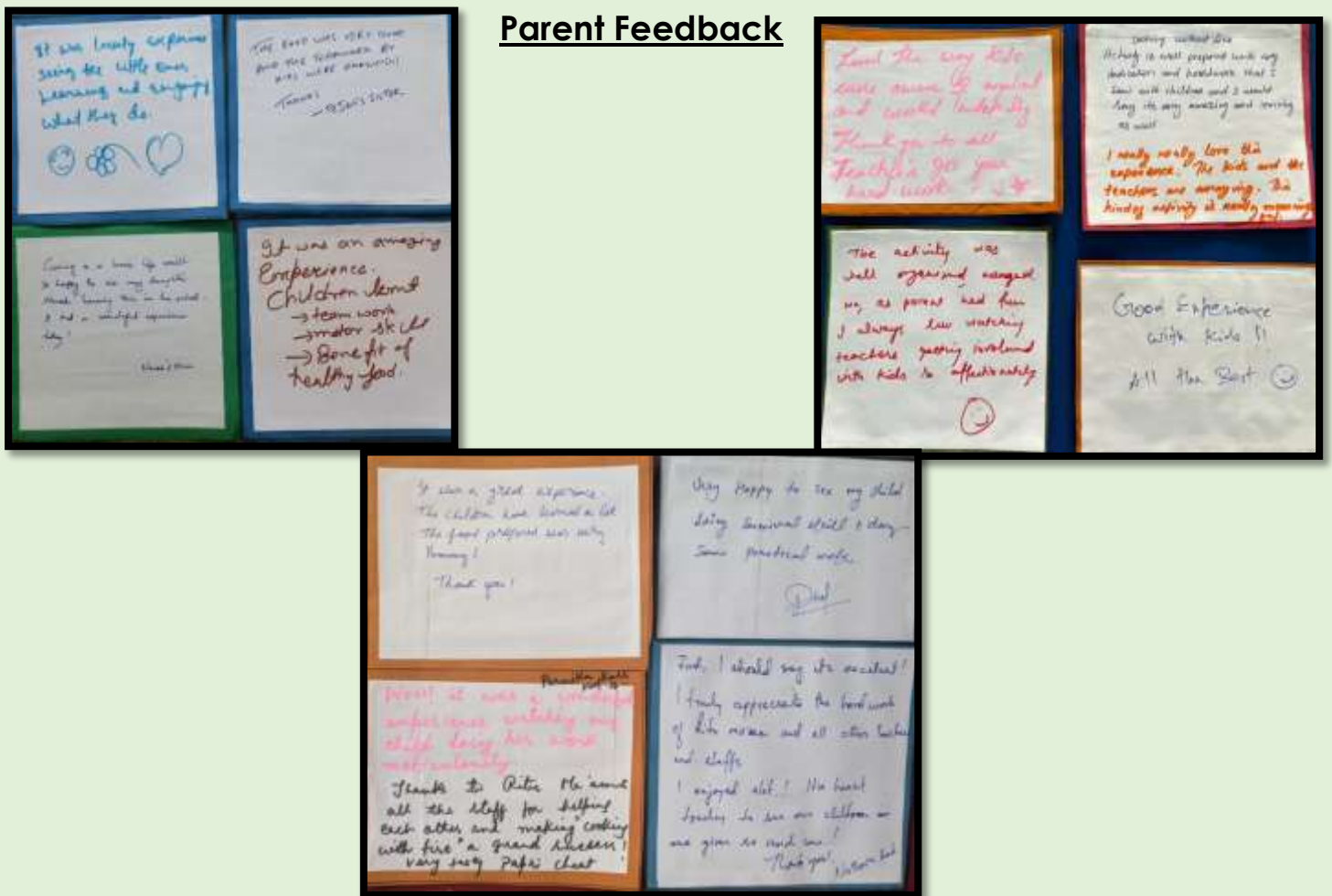


Photo Gallery









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