

Preps Culinary Journey: Nurturing Young Minds Through Experiential Learning

In the month of October, Prep A, B and C showcased various skills through a comprehensive activity 'cooking without fire'. It was encouraging to see that a collaborative effort by home and school gave children readiness to handle diverse materials independently.

This activity extended a unique learning opportunity for children which included maths concepts like number bonds, subitization, language concepts like whole word reading, fine motor skills like chopping, squeezing and much more. This year we picked traditional recipes that offer a glimpse into India's diversity in food, each unique to a specific region.

Prep A: Mini Raj Kachori

The Mini Raj Kachori was inspired by the famous dish originating in Bikaner, Rajasthan. Raj Kachori was improvised to make it a healthy snack without interfering with its authenticity of looking grand and luxurious.

Prep B: Bhel Puri

Bhel Puri is a popular street food from Maharashtra. Bhel Puri and its regional variations, such as Jhalmuri from Bengal and Churmuri from Karnataka, showcase the diversity of this beloved snack.

Prep C: Katori Chaat Bites

Katori chaat or Basket chaat is a famous dish of Lucknow in Uttar Pradesh. Traditionally the basket was made of Aloo lachha, it is from there that the culture of eating chaat in an edible basket become common.

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:-

Heritage and History:

Each class shared a brief history of the snack they were preparing, with its origins highlighted on the map.

Prep-A - Mini Raj Kachori from Rajasthan

Prep B: Bhel Puri from Maharashtra

Prep C: Katori chaat bites from Uttar Pradesh.

Nutritional Awareness:

During Circle time, children engaged in discussions about balanced diet and learned about 'Go, Grow, and Glow foods' in creative ways.

Prep-A- 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

Prep B- The children categorized ingredients into the three food groups, followed by solving riddles related to each ingredient.

Prep-C- 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 of Prep A and B sang 'The Kitchen Band' song, which highlighted various skills used in cooking, such as chopping, peeling, plucking, crushing, mixing and serving. Prep-C 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:

Maths activities seamlessly integrated mathematical concepts into the cooking experience, allowing children to explore shapes, count by ten's, count backward from 10 to 0, and understand number bonds. They discussed and quantified the total number of ingredients needed, practised subitization 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 sorted and matched names of ingredients in Hindi and English. They practiced comprehension skills while solving riddles associated with the activity.

Physical and Motor Development:

The children engaged in various activities like chopping vegetables, plucking leaves, 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 shape exploration and nutritional awareness to mathematical integration and general awareness.


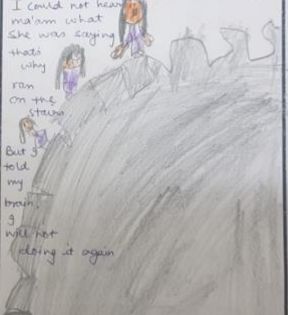
Children concluded their 'cooking without fire' session by diligently clearing their tables and serving the parents with a sense of pride and accomplishment.





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

Name: Jyoti Cooking without fire Date: 24.10.24



Things I could do (✓)	Things I could not do (X)
 <p>I could chop the potatoes in small pieces. It was easy because I practiced in home chopping.</p>	 <p>I could not hear what she was saying that's why I ran on the stove. But I told my brain, I will not do it again.</p>

Name: Misha Cooking without fire Date: 24.10.24

Things I could do (✓)	Things I could not do (X)
 <p>I can do chopping of cucumber and tomatoes.</p>	 <p>I can't mix because spoon is so big, I can't hold and then I can't mix.</p>

Koushik • Food stall Mini Raj Kachori • 22.10.24 Prep-A

✓ I can do... X I cannot do...






Mixing was easy to do. I do it so nicely.

I find it difficult to tell parents about the quantity of food because I was feeling shy.

Ally • Food stall Mini Raj Kachori • 22.10.24 Prep-A

✓ I can do... X I cannot do...

I was not shy to serve mini raj kachori to the parents.

I was shy to tell my lines because all parents are watching me.

Javishi Food Stall - Bhel puri 23.10.2024 Prep B




I liked saying in Marathi on the mike.

I don't like onion because when we open it, it hurts my eyes.

Mudra Food Stall 23.11.2024 Prep B




I like chopping tomatoes and slicing potatoes.

Bhel puri is a mix of vegetables and spices.

Photo Gallery







Parent Feedback

Dear ma'am,

It was wonderful to see the children explain the origins of the dish, its ingredients and the benefits from it. I had never heard of glow, go and grow foods; it was a nice way to introduce the macronutrients of food.

It also made me as a parent realise that I was wrong in thinking he was too young for a lot of the activities.

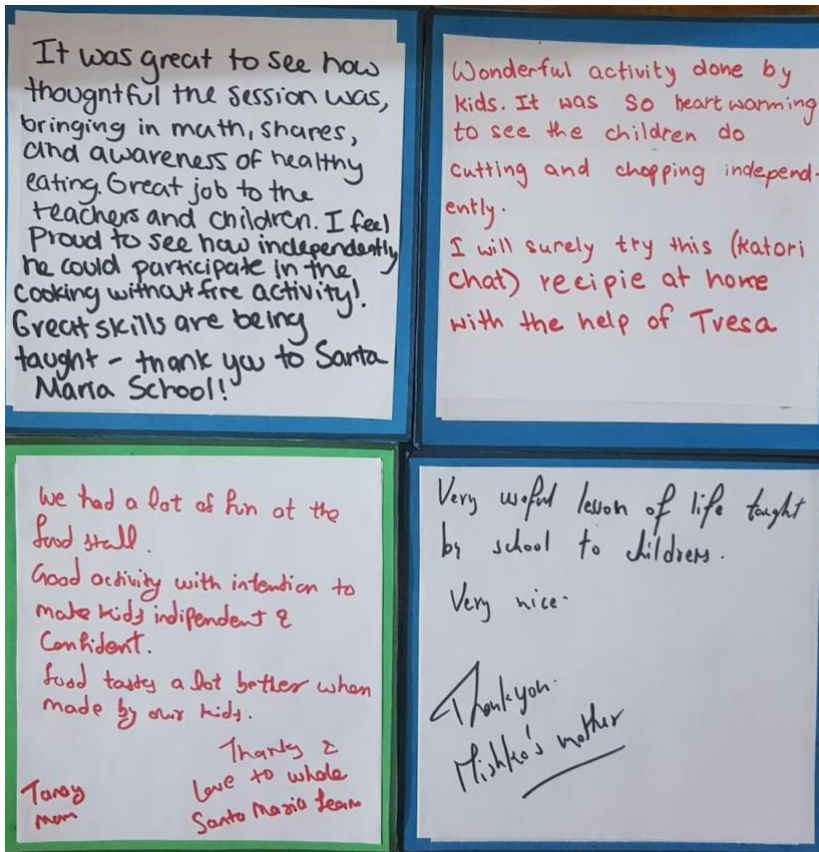
Above all else the food was very tasty.

Kudos to everyone who patiently sat with the children and guided them.

Warm regards,

Parijata

Mother - Kanishka



Report By
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