



# COOKERY CLUB

## CLASSES : VI - VIII

### REPORT FOR THE PERIOD : APRIL 2020-MARCH 2021

S. NO.	DATE/ MONTH	OBJECTIVE	ACTIVITY	LEARNING OUTCOME
01.	April - July	The Club aims to encourage everyone to have an understanding of food hygiene and food safety, have the opportunity to try new cuisines and understand the importance of a healthy and balanced diet.	Students were taught to prepare <ul style="list-style-type: none"><li>Balanced Diet – Importance and Ways to achieve</li><li>Protein Chaat salad</li><li>Rosy Delight</li><li>Masala Cone</li><li>Tissue Paper Folding (2 Types)</li></ul>	Students were able to prepare nutritious food item in a new and interesting way. They enjoyed the classes thoroughly.
02.	Aug - Oct	To make the students aware of the importance of nutritious food and motivate them to consume it.  To make the students learn how to properly set a table, as well as why this is important.	Students were taught to prepare <ul style="list-style-type: none"><li>Tissue Paper Folding (3 Types)</li><li>Coconut Swizz Rolls</li><li>Prepare Sambhar Masala</li><li>Watched You tube videos Saamgri and Sampati</li><li>Informal Table Setting</li><li>Papri Pizza</li><li>Chocolate Bites</li></ul>	Students were able to demonstrate proper table setting etiquettes on various occasions and were able to prepare the snacks which were taught to them.

<p><b>03.</b></p>	<p>Nov - Jan</p>	<p>Cookery club aims to engage young people and help them understand and appreciate how preparing and eating the right type and amount of food can help them in maintaining a healthy diet. Students are trained to prepare easy and healthy recipes. They learn to work in a team and come up with innovative ideas.</p> <p>To make the students aware about the antioxidant benefits of chocolates if eaten in moderate amounts</p> <p>To introduce students to the Indian tradition of pickle making; origin, ingredients, preparation, benefits and various kinds pertaining to different states.</p>	<p>Students were taught to prepare</p> <ul style="list-style-type: none"> <li>• Quiz related to names of Indian spices in Hindi and English</li> <li>• Bread dahi bhallas</li> <li>• Learn different tissue paper foldings.</li> <li>• Nutritious 'Datepops'.</li> <li>• Various types of chocolates</li> <li>• Decoding the age-old Indian ritual of Pickle Making</li> </ul>	<p>Students were able to learn the names of different Indian spices and pickles, their origin as well as their various benefits. They were also able to prepare different dishes made up of chocolates and nuts, enriched with various minerals. Dates were used in an unconventional way along with peanuts, dry fruits etc to make variety of pops, which were healthy and at the same time, appealing on the occasion of Christmas.</p>
<p><b>04.</b></p>	<p>Feb - Mar</p>	<p>To make the students learn an innovative method to prepare vitamin-c enriched Amla candies and to motivate them to include the same in their diet.</p> <p>To make students aware of the names of our Indian traditional spices in Hindi and English and the stories behind their origin along with their medicinal value.</p>	<p>Students were taught to prepare</p> <ul style="list-style-type: none"> <li>• Amla Candy</li> <li>• Quiz on Traditional Spices</li> </ul> <p>Students also showed their file work of post term and grades were allotted for the Annuals.</p>	<p>Students were able to understand the importance of Amla, its nutritive value, role of sugar in preservation, and how it can be converted into a very tasty candy, which can be stored for a long period of time.</p> <p>Students were able to identify the nutritious value of amla and consume it with interest.</p>

**GLIMPSES OF THE ACTIVITIES UNDERTAKEN BY  
THE STUDENTS DURING THE PERIOD APRIL-MAY 21 :**



***Protein Chaat Salad***



***Rosy Delight***



***Masala Cone***



***Coconut Swizz Rolls***



***Sambhar Masala***



***Tissue Paper Folding***



***Table Setting***



***Papri Pizza***



***Date Pops***



***Amla Candy***



***Various types of Chocolates***



***Tissue Paper Folding***



***Pickle PPT***



***Bread Dahi Bhalla***

**Teacher In-charges: Ms. Sweta Gupta and Ms. Neha Gupta**