

Preps Culinary Journey: Nurturing Young Minds through Experiential Learning

The school's commitment to fostering holistic development took centre stage as Prep A, Prep B, and Prep C embarked on a culinary journey, weaving together hands-on cooking experiences with various learning components.

Each class choose to make a healthy snack.

Prep A: Pita Pockets

Prep B: Open sandwich

Prep C: Bruschetta

Prep A: Pita Pockets Extravaganza

Introduction: Prep A's culinary event, the Pita Pockets Extravaganza, was a celebration of cooking exploration intertwined with educational engagement. From delving into the concept of shapes to fostering language development, Prep A offered a unique blend of learning experiences.

Highlights:

- **Shape Exploration:** Circle time was not just about discussion; it was a hands-on exploration of shapes using pita bread. Children learned **fractions** by physically dividing the circle-shaped pita bread into halves and quarters, adding a tactile dimension to their understanding.
- **Nutritional Awareness:** Through playful **riddles** the nutritional value of ingredients was introduced, engaging children in a fun and interactive manner. This approach not only made learning enjoyable but also instilled awareness of healthy eating habits.
- **Language Development:** Integration of language development into the cooking session was done seamlessly by introducing vocabulary related to culinary skills. Children decoded words like squeezing, transferring, and chopping, enhancing both their cooking prowess and language skills.
- **Creative Expression:** The culinary journey extended to the classroom as children created vibrant collages using pita bread shapes. This artistic activity connected cooking with creative expression, fostering imagination and innovation.

Prep B: Fun-filled Culinary Adventure with Bread Pizza

Introduction: Prep B's cooking without fire session began with the sweet melody of "Aadaab, sat shri aakal," The atmosphere was filled with excitement and anticipation as children and parents gathered for a fun-filled culinary exploration.

Highlights:

- **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 cooking experience.
- **Mathematical Engagement:** The session was transformed into a math playground when the children enthusiastically counted the number of ingredients through beading activity. Incorporating math further, children explored **number bonds** of 11 (total number of

ingredients). The children collaboratively made number bonds 6 and 5 makes 11, 8 and 3 makes 11 and so on, showcasing their mathematical thinking ability.

- **Scientific Inquiry:** The session turned into a mini science lab as children explored the concept of sink and float. Through **prediction and observation**, children learned about the properties of different ingredients. This scientific exploration added depth to the cooking experience, making it both educational and entertaining.
- **Language Development:** Language development was seamlessly woven into the cooking session, allowing children to **construct meaningful sentences** based on item arrangements. This hands-on approach fostered language development in a practical and engaging manner.

Prep C: Culinary Journey Through Bruschetta

Introduction: Prep C's culinary journey through Bruschetta was a holistic exploration of artistry, history, and mathematical concepts, offering a multi-faceted learning experience.

Highlights:

- **Cultural Exploration:** Children delved into the **history of Bruschetta**, connecting the cooking activity with cultural exploration. This historical context added depth to the cooking experience, fostering an appreciation for diverse culinary traditions.
- **Nutritional Awareness:** Ingredients were introduced alongside their nutritional value, promoting awareness of a balanced diet. Through a fun matching activity, children associated ingredients with **My Plate** components, reinforcing nutritional concepts.
- **Mathematical Integration:** Math activities seamlessly integrated mathematical concepts into the cooking experience, with children exploring shapes, **counting in 10's**, and understanding fractions.
- **Scientific Experimentation:** The cooking session turned into a scientific experiment as children **explored the melting of cheese in the oven**. This scientific inquiry added depth to the cooking process, transforming it into an exciting journey.

Conclusion: Each class offered a unique and enriching experience, blending hands-on cooking with a meaningful engagement. From shape exploration and nutritional awareness to mathematical integration and scientific inquiry.

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

Prep A, Prep B, and Prep C's culinary events nurtured young minds through experiential learning, leaving a lasting impression on both children and parents alike.

Following the session, children engaged in **self-assessment** of their skills by drawing their most enjoyable and most challenging experiences during the activity.

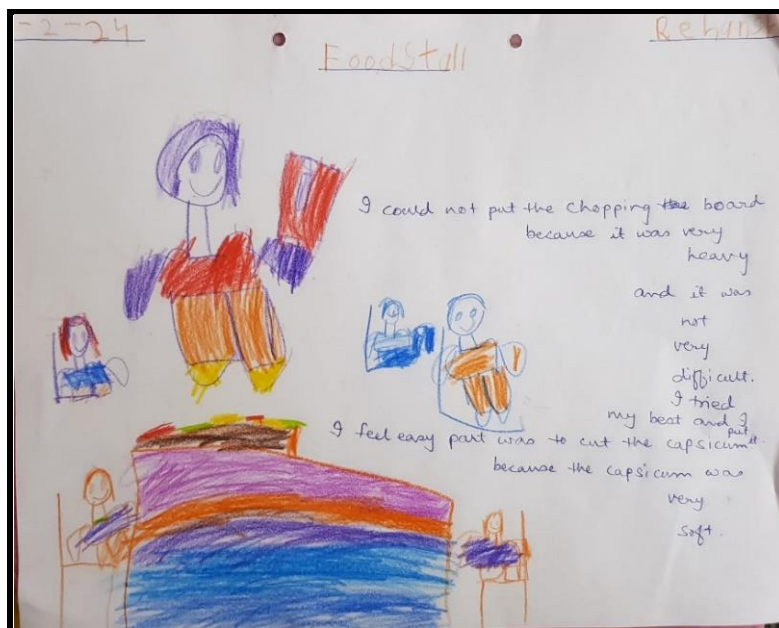
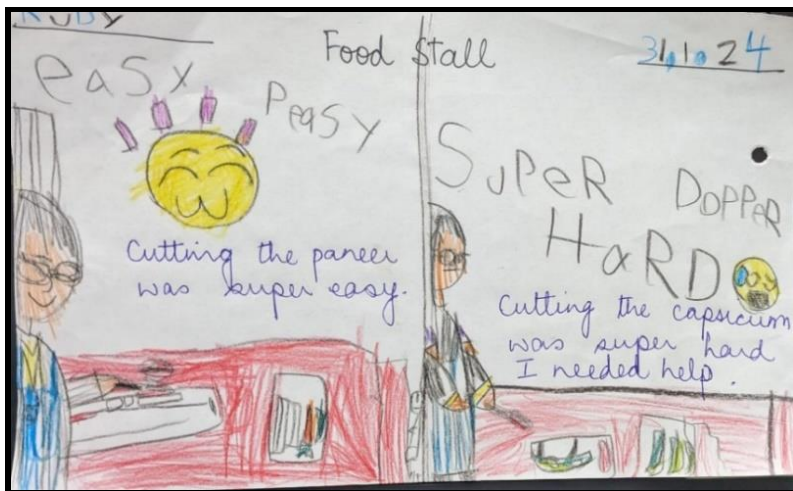


Photo Gallery









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