

Tiny Hands, Tasty Treats: A Fun-Filled Food Adventure!

The KG Food Stall was a vibrant and enriching experience where the young learners of KG-A and KG-B combined hands-on cooking with essential life skills, language exploration, and a deep understanding of nutrition. This engaging event not only fostered independence and teamwork but also created a joyful atmosphere of discovery and accomplishment.



A Hands-On Culinary Adventure

With enthusiasm and confidence, the children of KG-A prepared a delightful *Macaroni Fruit Salad*, while KG-B crafted a refreshing *Fruit Salad*. Each child actively participated in every stage of the preparation. These simple yet essential tasks that were done during the year strengthened their fine motor skills, enhanced hand-eye coordination, and built their readiness for a consolidated activity like cooking without fire.



Exploring the Nutritional Goodness of Ingredients

The food stall was not just about assembling delicious dishes; it was also an opportunity to understand the nutritional value of the ingredients used. Children explored the health benefits of all ingredients, discussing how they provide essential vitamins, fiber, and energy for a healthy body. Through engaging conversations, they learned that strawberries and apples boost immunity, bananas provide quick energy, and macaroni offers carbohydrates for strength. This awareness deepened their appreciation of making healthy food choices.

A Language and Mathematical Rich Experience

The food stall also provided an interactive platform for language development. Children confidently read the names of ingredients, identified the first sounds in these words, and matched ingredient names to their designated numbers. To further enhance literacy and numeracy skills, they engaged in a fun matching activity, where they paired subitization cards with number names—reinforcing early math concepts in a playful way.



Bringing Learning to Life Through Music

The joy of cooking was amplified with music, as KG-A sang “*Our 2 little hands go wash-wash wash!*”, setting a cheerful and engaging tone for the activity. Meanwhile, KG-B sang the lively tune “[Chop the Apples, Chop!](#)”, which creatively incorporated all the skills they used—chopping, mixing, transferring, and serving. This musical element added rhythm and excitement, making the experience even more memorable.

Developing Responsibility and Confidence

Beyond cooking, the event nurtured a sense of responsibility and independence. After preparing their dishes, the children diligently cleaned their workstations. Children confidently served their beautifully prepared salads to parents, showcasing their hard work and learning journey.

A Celebration of Experiential Learning

The KG Food Stall was more than just a cooking activity—it was a celebration of hands-on learning, where children explored essential skills through real-world experiences. 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.



KG's Food Stall Highlights



Regards,

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