



**Ref: BBPS/KGN/CIR/105/25-26**

**Date: 9<sup>th</sup> April 2025**

**Circular: Little Hands Big Flavours (Cooking Without Fire Activity)**

**Classes: I – V**



**Date of Activity: 17<sup>th</sup> April 2025**

Dear Parents,

At Bal Bharati Public School, we believe in nurturing life skills from an early age through engaging, hands-on experiences. In line with this vision, we are excited to conduct a **“Cooking Without Fire”** activity for our young learners of **Classes I to V**.

This enjoyable activity will offer children the opportunity to explore the basics of food preparation, develop an understanding of nutrition, and express their creativity – all while ensuring a safe, fire-free environment.

♦ **Objective:** To promote healthy eating habits, encourage creativity, and instil confidence in children through experiential learning.

♦ **Activity Details:** Students will participate **individually or in small groups** (as guided by the teacher).

They will prepare simple, nutritious, and visually appealing recipes such as:

🥪 Sandwiches | 🥗 Sprout Salads | 🍌 Fruit Bowls | 🥛 Milkshakes | 🌯 Bhel Puri etc.

No cooking appliances, sharp tools, or open flames will be used.

♦ **Instructions for Participation:**

- All ingredients should be **pre-washed and chopped at home** under parental supervision.
- Students must bring the following on the day of the activity:
  - Required ingredients (in labelled containers)
  - Apron & Napkin
  - Disposable gloves & spoon/spatula
  - A serving plate/dish
- Kindly avoid items that may cause allergies (e.g., nuts), unless prior permission is taken.
- Encourage your child to learn the recipe beforehand and understand its ingredients.

♦ **Learning Outcomes:** By the end of this activity, students will be able to:

- Identify and appreciate **healthy food choices**
- Develop **fine motor skills** through food handling
- Practice **basic hygiene and table manners**
- Learn the importance of **planning and presentation**
- Build **teamwork and communication skills**
- Gain confidence through **independent execution** of tasks

We look forward to your enthusiastic support in making this event a joyful and enriching experience for our students. Let's encourage our budding chefs to explore the joy of creating, sharing, and celebrating food — the fire-free way!

Warm regards,

**DR. NEERU TALWAR**  
**PRINCIPAL**