

# St Cecilia's Public School

## CLASS IX-X CULINARY ACTIVITY

Make it healthful, tasty and affordable



A 4 course meal cooking activity on 21.01.17 at St. Cecilia's Public School, Vikas Puri was conducted for students of Class IX-X to create nutritious, low-cost meals that their classmates would enjoy.

As Class IX-X students got down to cooking, the Fragrance of fresh cooked food took over the complete floor of the Senior Wing in the school building.

At the next cooking station, you could breathe in the aroma of starters and appetizers in the micro-oven placed in the Lab.

Nearby you got a whiff of fresh citrus as oranges were being sliced.

Take a few more steps and you could smell an apple carrot crisp baking.

The culinary creativity was indeed an attempt to advocate environmental health and wellness in schools along with self reliance in students who further experience hostel life and study abroad where these culinary skills definitely come handy.

Many teachers were glad as the students understood that it is always a challenge to meet the nutritional parameters and stay within a budget. It was amazing to witness how the students cooked food that met nutritional guidelines and still tasted great.

Madam Vice Principal took rounds in all classes to acknowledge the hard work and culinary skills of the students. She also tasted the food and appreciated that the food prepared was healthy and flavorful.

The students showed a lot of creativity despite working with the constraints. All classes had a fantastic presentation — each dish was varied and bright and colorful with phenomenal taste.

The event was great fun as the students later enjoyed sharing the feast with their teachers and class-mates. The activity also promoted healthy cooking habits amongst the students.