

## Food Stall-Prep 2019

**“A pinch of patience. A dash of kindness, a spoonful of laughter and a heap of love is what is needed for cooking”**

### Objective of Food Stall:

Teaching children about nutrition at a young age and fostering their knowledge as they grow and develop is one of the best ways to help children inculcate good eating habits. Preschoolers are at the crucial age where they can begin to understand how nutrition/food plays a major role in their lives, which is why nutrition/food is such an important component. And so, the preps had their food stalls with the theme “Plant life and Food”.

Children were looking forward to do this activity, to experience for the first time their hands-on cooking without fire. It started with Prep C on 6<sup>th</sup> September, Prep A on 13<sup>th</sup> September, Prep D 20<sup>th</sup> September and finally Prep B on 18<sup>th</sup> October'19.

The recipes selected by Prep's were:

Prep C- Canape Basket

Prep A- Murmure with a twist

Prep D- Big Fat Sandwich

Prep B- Fruit Basket





Teachers and children discussed about the recipes and the ingredients needed for the same during circle time and were given list of things to be brought from home. A detailed discussion helped children to understand their role during the activity. They came to know that they will not only be good chefs but also welcoming host to their guests from K.G classes and to the parents who would be witnessing their children's newly developing culinary skills.

Everything was set for the day. Entrance was decorated with welcome posters. The tables and chairs were covered with newspaper in the hall with all ingredients needed for the recipe, the attractive coupon counter decorated.



Each class had made their own choice of welcome song and energiser song. The teachers and children participated in a brief discussion on the objective, method and other important points about the activity, like nutritional facts and the need for hygiene.



Every table had all the ingredients ready and the recipe was shared with all. Children experienced different aspects of cooking like washing vegetables and fruits, peeling and chopping, mixing the ingredients as required. The ingredients were recognized and some were even tasted in their original form. Children then cleaned the tables for the guests to come and sit down.



Once the preparations were done, Preps were waiting to serve the guests. They guided the K. G's to the coupon counter then to their tables to be served.



Kg's were served the delicious snack prepared by their friends. Some even asked for a second helping. Parents also came forward to help and observe children do this team activity. They all enjoyed working in the team.





It was a proud and memorable moment for each child, teacher and parents that they will always remember and recall.

### Learning outcome

- Exploring their senses while preparing the snacks
- Encouraging kids to new taste and palate.
- Learning to not to waste food
- Learning some cooking skills like chopping, peeling, cutting, squeezing
- Boosting confidence
- Building basic pre number concepts and language skills.
- Foundation for healthy snacking.

*"Cooking with Love provides food for the soul"*

Happy Eating!

Thank you

Elizabeth

(S.M.I.L.E)