



G.D. GOENKA PUBLIC SCHOOL, SARITA VIHAR

SALAD MAKING AND SUMMER COOLERS

THEME: Summer Enrichment Programme

REPORT: KITCHEN ACTIVITY- SALAD MAKING AND SUMMER COOLERS

DATE: JUNE 12, 2020

CLASS: NURSERY TO II

“Cooking is one of the strongest ceremonies for life.”

Drinking and eating foods and beverages that help to cool down the body is extremely important during hot weather conditions. Cooking is ripe with opportunities for kids to describe what they see and taste, and to learn new terminology as they shred and slice. Hands on cooking activities help children develop confidence and skill.

Keeping this in view G D Goenka Public School Sarita Vihar planned an activity on salad making and making of summer coolers during Virtual Summer Enrichment Programme. The highlight of the activity was the involvement of the parent and child both of classes Nursery-class 2. They followed the recipe given by their teachers and made delicious salads, desserts and summer coolers. This activity taught them to follow directions. They were also encouraged to be self directed and independent. Cooking together created a special bond between school and family.

