



FIRELESS COOKING

SGS2024-25 Circular No.0055

Date: 15th October 2024

Dear Parents,

Namaskar!

We are excited to announce a **Fireless Cooking Activity** for students of **Grades VI to VIII**, which will be held on **16th October 2024** in their respective classrooms. Continuing our **SGD Goal 2: Zero Hunger** this engaging activity aims to encourage students to develop culinary skills, understand the importance of nutrition, and foster a sense of responsibility towards food.

Each grade will participate in different cooking activities designed according to their age and skill level. The details are as follows:

Grade VI: Healthy Fruit Salad

Students will learn how to prepare a colourful and nutritious fruit salad using various fruits. They talk on the importance of balanced meals and discuss the nutritional value of different fruits.

Grade VII: Veggie Wraps / Sandwiches

Students will prepare healthy vegetable wraps (chapatis or tortillas) using pre-cooked or raw veggies. They will combine different vegetables for taste and nutrition.

Grade VIII: Chaat Preparation

Students will make their own version of a healthy chaat, using ingredients such as sprouts, boiled potatoes, and other garnishes. They will explore the balance of flavours between sweet, sour, and spicy.

We request you to guide your child in preparing and packing the necessary ingredients hygienically at home. Kindly ensure the following points are followed by the children while preparing their dishes:

- All items are pre-chopped and ready to use, as no chopping will be allowed in the classrooms.
- Students should carry their food items in proper tumblers with lid.
- All parameters for hygiene should be followed such as wearing gloves and caps while preparing the dish in the classroom, should carry sanitizers, and tissues/napkins in case of any spills.
- Students need to carry their own utensils for preparation and presentation.

We look forward to a day filled with fun, learning, and healthy eating!

Thank you for your support.

Warm Regards

Principal

Sparsh Global School