

NON - FIRE COOKING

"A Recipe Has No Soul, You As The Cook Must Bring Soul To The Recipe"

Cooking is an art of making food delicious and suitable for consumption by the addition of ingredients in the right proportion. In order to make our students independent when it comes to satisfying their hunger, the school has provided them an online platform to learn new recipes which can be prepared with ease and absolutely without fire. Students also learnt how to lay out the table and fold cloth napkins. The aim of these classes was to create awareness about the nutritional value of food cooked without fire and to provide a platform for students to showcase their talent and explore new areas of interest. The students relished the recipes prepared by them.

During the class, many mouth-watering recipes were prepared:

- Pinwheel sandwich
- Sprouts, Pasta hung curd salad
- Mango shrikhand
- Healthy Oat breakfast jar
- Dalgona Coffee
- Mug cake in microwave
- Banana peanut butter smoothie
- Three layered smoothie
- Fruit Trifle

DAY 1- PINWHEEL SANDWICH



TABLE LAYOUT AND NAPKIN FOLDING



PINWHEEL SANDWICH



DAY 2- HUNG CURD PASTA, SPROUT SALAD & MANGO SHRIKHAND



DAY 3- DALGONA COFFEE & MUG CAKE



DAY 4- HEALTHY OATS JAR



DAY 5- THREE LAYER SMOOTHIE & BANANA PEANUT BUTTER SMOOTHIE



DAY 5- FRUIT TRIFLE



A GLIMPSE OF THE SESSION

The image is a screenshot of a Zoom meeting interface. At the top, the title bar reads "Zoom Meeting" and includes standard window controls. Below this is a gallery of participant thumbnails. From left to right, the thumbnails show: a logo for "50th Anniversary AMBIENCE", a child, a woman with the name "vijln sharma", a man in a red hat, a person with their video off, and a woman with the name "3F Kyra Saluja". The main video window in the center shows a woman with long dark hair wearing a white paper hat with "Little Chef's" written on it. The background of her video is a brightly lit room with wall sconces and framed pictures. At the bottom of the Zoom window, there is a control bar with icons for "Unmute", "Start Video", "Participants" (14), "Chat", "Share Screen", "Record", "Reactions", and a red "Leave" button. The Windows taskbar is visible at the very bottom, showing the search bar and various application icons. The system tray in the bottom right corner displays the time "11:36" and the date "26-04-2021".