

DATE: 21.06.25

DAY: SATURDAY

## Cooking without fire activity Classes I- V



The students of Air Force School Kalpi exhibit their culinary skills in the 'Cooking Without Fire' activity.. It was a delicious sight to watch the little hands chopping and decorating away. Learners participated with full zeal and enthusiasm as they doled out nutritious and

delectable delicacies. Through this activity they learnt the spirit of teamwork, culinary skills and appreciated the hard work that goes into cooking. Our learners prepared healthy dishes and yummy lip-smacking items like fruit salad, jal jeera, sprout salad, sandwich and bhel puri. It was a great way to create awareness about the nutritional value of food cooked without flame, the necessity, and advantages of healthy eating and to encourage our learners to stay away from the junk food.