



Kothari International School

Report on Friday Activity “Master Chef”

On **29th January**, students of Kothari International School of **Grade K2** donned their ‘Chef Caps’ to prepare fruit salad for the Friday Activity- **“Master Chef”**.

Our little chefs sat with some chopped fruits, lemon juice, chaat masala and thoroughly enjoyed the process of making the fruit salad in the most hygienic way. Children were informed to pre wash the fruits before taking help from the parents to chop them. At every stage the kids were asked what they need to mix next, this gave the kids a sense of ownership and helped in their communication skills.

Cooking with kids is a perfect time to bond with them. It not only creates interest in their culinary skills but also harnesses imagination and empowers creativity. The objective was also to help the kids understand the importance of healthy food.