

DIETETICS AND DELICACIES CLUB

DATE-13.09.2024

COOKING WITHOUT FIRE: COLOURFUL SANDWICH ON MY PLATE

The students were instructed to bring the material for Sandwich making activity from home .They were also told to watch the YouTube video sent in advance to learn the method and awareness about ingredients.

LEARNING OUTCOMES	ACTIVITIES INVOLVED
The students will be able to :	
<ul style="list-style-type: none">• explain the importance of healthy food.	BRAIN STORMING -The students were engaged in the discussion after watching the video link shared before the activity.
<ul style="list-style-type: none">• understand as to how to prepare the colourful sandwiches.	DEMONSTRATION - The facilitator demonstrated how to prepare the sandwiches hygienically and presented it to the students.They were also directed to use innovative ways to decorate them .
<ul style="list-style-type: none">• prepare the chocolate laddoos in groups	ACTIVITY METHOD - The students enjoyed doing the activity by preparing laddoos, decorating them using raw materials like gems,tutty fruity etc.
<ul style="list-style-type: none">• discuss the benefits and all the nutritive values in a dietary item.	SPEAKING ACTIVITY - The students narrated the recipe of the food items prepared by them and wrote the recipe in the scrap book. They discussed the nutritious value and the benefits of having it.



