

Class 3-EVS

Nutritious Salad Making Competition 2021 'Salad Story on My Plate'

Results



From stirring a pancake batter or tearing lettuce for the salad to assembling a pizza, cooking activities for kids can help them develop confidence and skills needed in the kitchen. From following a recipe and learning how to safely handle kitchen equipment to cleaning up spills, putting things away and helping in the kitchen provides ample opportunities for children and teens to learn responsibility. Cooking together can also help in inculcating healthy habits that can last a lifetime. To make this learning process fun filled and enjoyable, an **online Nutritious Salad Making Competition titled 'Salad Story on My Plate' was organised in Class 3** on September 2nd, 2021, to let the children showcase their creativity and culinary skills.



The children participated with much enthusiasm. They had sliced the fruits/vegetables prior to the activity. During the online session, they displayed a beautiful combination of culinary skills and the knowledge they gained from their EVS lessons in terms of choosing the right ingredients. The little chefs looked adorable plating their salads creatively and extraordinarily. The teacher questioned the students about the the salad ingredients and also discussed the **nutritional benefit** of those ingredients based on their understanding of **the food pyramid**.

The children tasted the salad, prepared by them, in the class and treated their families too. This *learning by doing* activity not only gave the children the confidence but also an opportunity to make smart as well as informed food choices.

Heartfelt thanks to the parents who helped our young Agnelites and made this activity a great success!



Section	I POSITION	II POSITION	III POSITION	CONSOLATION
A	SWARIT KANAK	KARAMVEER SINGH AADRITI MOHANTY AANYA SHARMA	ATHARV GUPTA	VINAYA MITTAL KSHITIJ SANGAL
B	AAGAM JAIN	VIHAAN MITTAL NAVYA GARG	VIHAAN DHINGRA TUSHITA TANEJA	AVIKA SINGH ANAGHA SINGH AMAIRA SINGH
C	AANYA KAMRA TEJAS GUPTA	PRATIKSHA MISHRA MYRA GUPTA SHARVILKUMAR	AYAH KHAN	ARSHIA SINGHAL PARTH KOUL
D	BIANCA BISHT	CHINMAY GULATI	VIVAAN PANDEY AADISH SAXENA	SHRESTHI GAUTAM ANIKET SINGH RADHYA SINHA AASHEENI JAIN
E	ATHARVA NAGAR	APARAJETA CHATTERJEE	ARYA KAUSHIK AYUSH GHOSH	TEJANSHI TANISHI SINGH ANDREA JIMS AGRIMA SINGH SHIVAM KHANDURI
F	ANWESHA SRIVASTAVA	KIARA DAVID	MEHAR ABEER PAAKHI GUPTA ARSHIA OBEROI	PRATHAM CHAUHAN NAYSHA SHARMA MYRA BANATI