



presents

National All Rounder Championship

1 December 2020- 28 February 2021

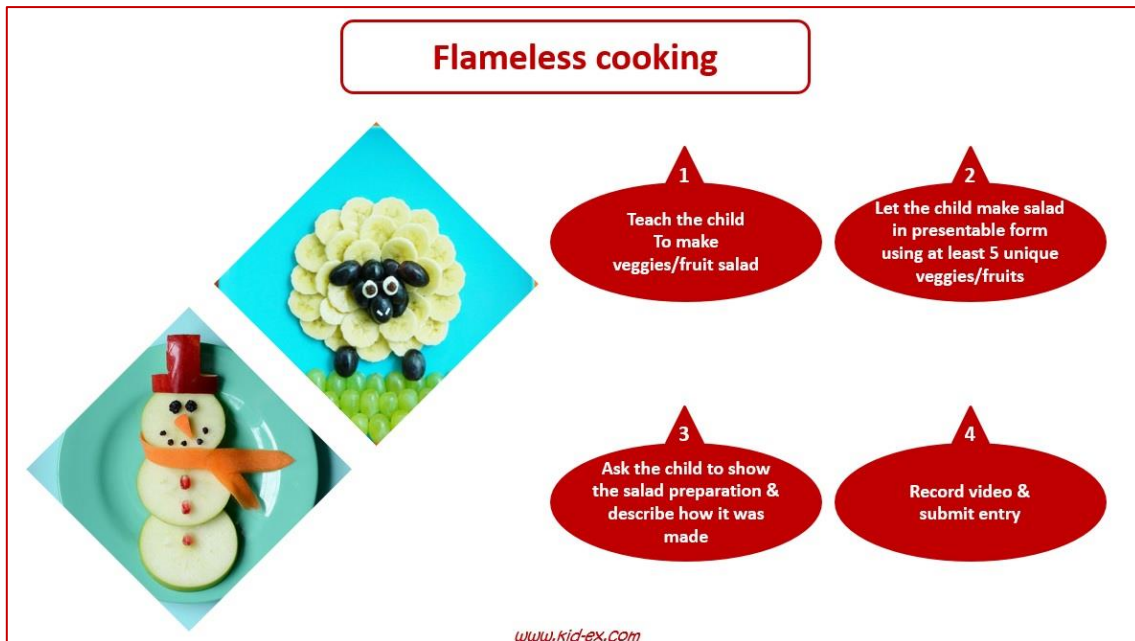
Self-Learning Manual: Activity 23
Creativity and Imagination:
Flameless cooking
Age: 12-17 years

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Activity description

For the given activity, the child is required to make a healthy, veggie/fruit salad. Sample videos & web links to teach the same can be found in “Useful Web Resources” section.

To do this activity, the child would need different type of veggies or fruits along with some healthy oil, spices or curd. The child is free to decide the type of salad the child wishes to make – there are no constraints other than that the salad should involve combination of at least five unique veggies and/or fruits. The created salad must be edible. After creating the salad, the child is required to decide the salad presentation in a visually attractive form.

Allow the child to practice the activity multiple times. The child will soon get comfortable to the activity and will feel confident. Once done, the child should make the salad. Record a video of the child presenting his/her salad preparation & describing how was the same made (ingredients & the sequence of preparation). Submit the recorded video.

Assessment guidelines

The total non-bonus points for this activity is 30. Every submission would be rated as either of below.

M = Master
(100%)

The child can create a visually appealing & innovative salad preparation using at last 5 unique fruits/veggies & describe the entire preparation process correctly

The child can create a visually appealing & standard salad preparation using at last 5 unique fruits/veggies & describe the entire preparation process partially

I = Intermediate
(80%)

B = Beginner
(50%)

The child can create a standard salad preparation using at last 3 unique fruits/veggies & describe the entire preparation process partially

For participating in the event & making an event relevant submission which does not meet assessment guidelines for M, I or B.

A = Aspirant
(25%)

NA (Not applicable)

No submissions or any submission which is irrelevant for the activity.

50% bonus marks: If the child securing an M can correctly mention the estimated value of total calories & key nutrients (e.g. vitamins, proteins, carbohydrates, fats, sodium etc.) in 100 gms of salad

Expert coach speaks

It's important to get kids cooking ASAP (we're talking toddlers as well here). While it may try your patience at times, cooking with kids has loads of benefits that carry way beyond the kitchen. It helps builds self-esteem, teaches the importance of following directions, and puts them on the path to a lifetime of healthier eating habits. It can be a powerful tool in overcoming picky eating.

Every kid is different, so use your best judgment on your child's ability and readiness. An adult should always supervise steps that involve hot or sharp tools, or other equipment that must be handled with caution. Happy cooking!



Key benefits of this activity

The activity benefits in many ways:

- Boosts confidence
- Encourages kids to be more open to eating/experimenting dishes
- Builds healthy mindset
- Teaches kids to be thankful
- Enhances fine motor skills
- Increases maths skills
- Introduces to scientific concepts
- Improves focus & attention

Common mistakes to avoid

- *Ensure child follows hygiene guidelines*
- *Do not let the child come close to any hot utensil or sharp object*
- *Do not let the child operate independently in the kitchen*
- *Guide the child on which fruits/veggies can be mixed together*

Useful web resources

- [Cooking skills by age](#)
- [Cooking guide/skills by age](#)
- [Best salad recipes](#)
- [Salad recipes for kids](#)
- [Making green salad](#)
- [Salad making by toddler](#)
- [Video: Making green salad](#)
- [Video: Creating salad](#)
- [Video: Indian kid creating green salad](#)
- [Video: Salad presentation ideas](#)

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