



presents

National All Rounder Championship


1 December 2020- 28 February 2021

Self-Learning Manual: Activity 23
Creativity and Imagination:
Flameless cooking
Age: 5 years

Our sponsors



Flameless cooking



1

Teach the child to make a roll using flatbread (roti) & any cooked veggies

2

Let the child make the roll

3

Record video of child making the roll

4

Submit entry

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Activity description

For the given activity, the child is required to make a flatbread-roll (roti-roll). Sample videos & web links to teach the same can be found in “Useful Web Resources” section.

To do this activity, the child would need a flatbread (roti) & any dry/curry veggie cooked along with the meal. The child is required to spread the veggie on the flatbread (roll) and then, roll the flatbread (roti) using own hands such that the roll is complete. On leaving the roll without any support on a flat surface (plate), the roll should not open up again. This activity can be done by the child outside the kitchen as well & the child need not necessarily operate in the kitchen.

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 roll & record a video while the child is making the roll.

Record a video of the child & submit the entry.

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 roll independently which can remain stable (does not open up again)
The child can create a roll with small help which can remain stable (does not open up again)	I = Intermediate (80%)
B = Beginner (50%)	The child can create a roll with major help which can remain stable (does not open up again)
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 share another video in which the child rolls a dough into a flatbread (roti) with >75% roundness

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

- *Do not let the child come close to any hot utensil or sharp object*
- *Ensure child follows hygiene guidelines*
- *Do not let the child operate independently in the kitchen*

Useful web resources

- [Cooking skills by age](#)
- [Cooking guide/skills by age](#)
- [Video 1: Kid making lemonade](#)
- [Video 2: Kid making lemonade](#)
- [Video 1: Kid rolling roti](#)
- [Video 2: Kid rolling roti](#)
- [Video 3: Kid rolling roti](#)
- [Making a roti roll](#)
- [Salad making by toddler](#)

To submit your entry, visit our website (www.kid-ex.com). For any queries, email us at info@kid-ex.com.

Keep learning! Keep growing! Stay happy! Be successful!