

KidEx Do-It-Yourself National Challenge 2020

Activity description and self-learning manual

Activity: Record a video eating food using table cutlery (spoon / fork / table knife) | Physical skills | 9-11 years

Skill development milestone

Manual dexterity and hand-eye coordination are well-developed at this stage. The child is capable of drawing in detail. Child starts seeing himself/herself as athletic or unathletic and some will take a leap forward in sports like soccer, baseball, or basketball. The child may persist with a particular physical activity to the point of exhaustion and may demand motor/endurance tasks like bicycling and team sports. The child needs at least an hour of physical activity daily and should be getting 9 hours of sleep a night.

Activity description

The child is required to eat any one complete meal using table cutlery (spoon, fork, table knife). The child should not touch the food item directly using his hands & fingers.

Record a video of the child doing this exercise for submission.

Guide the child on correct table cutlery manners. Explain the use of spoon, fork, and table knife & how they are different. Guide them on which hand to hold which cutlery in. Encourage them to practice using the cutlery & try eating one full portion of any one solid dish (not lentils, rice, noodles etc. but chapati, sandwich, burger, pizza etc.).

Let the child practice this activity for a few days & when you feel the child has become comfortable with the exercise, record the video of the child eating the complete meal using table cutlery.

The video should be submitted as an entry as per submission guidelines. You may share the video with family, relatives & close friends as desired by you. Or post the videos on social media, if you wish, with the hash tag #KidExDIYChallenge or #KidExDIYNationalChallenge.

Submission guidelines

1. You have to send 1 video of the child doing the activity
2. Keep the total file size less than 20 MB
 - a. Higher resolution camera creates large size video files
 - b. Android users can install & use Camera MX player to record smaller size video files
 - i. Camera MX player can be downloaded from [here](#)
 - c. Iphone users should change resolution setting by going to Settings -> Camera & selecting lowest resolution from "Record Video" option
3. You can upload the file(s) at <https://www.kid-ex.com/diy-nc> (if total file size > 20 MB)
4. You can mail the file(s) to us at info@kid-ex.com (if total file size < 20 MB)
5. Please mention child's name, registered contact number & activity number in mail subject while submitting the file (Example: Veehan Saraf, 9654138862, Activity 1)
6. Kindly ensure you have registered for the event for us to assess the submission. If not registered, please visit <https://www.kid-ex.com/diy-reg> to register. New registrations allowed till 15th May.

Self-learning manual

Common mistakes in this activity are:

1. The child is holding the cutlery in wrong hand
2. The angle of the fork & the table knife is wrong
3. Moving knife too fast to cut
4. The child is unable to slice the food using the cutlery

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5. The child makes noise on applying the cutlery on the table
6. In the initial stage, chewing and cutting simultaneously might be difficult

Key coaching tip to excel in this exercise is as follows.

Since this activity requires many skills at once, before moving on to the above activity, you can make him practice below these activities: tearing paper (perhaps make a collage), paper rubbings, baking & mixing in a bowl, threading beads etc.

Learning how to use a knife and fork together can be tricky business, and some kids need a little extra help with this.

Steps to be followed:

1. If your child is right-handed, then the knife will go in the right hand. For the lefties, the knife goes in the left hand. Intention here is to convey that the tool, which child would use to cut the meal should be in the commanding hand out of the two.
2. To achieve a functional grasp, the index finger should be on top of the handle to allow downward pressure, with the other fingers curled round it.
3. The angle of the fork is important. Practice keeping the fork steady and that it does not need to be vertical; elbows need not be held high!
4. Stab the other tool – like fork into the food and keep it still.
5. Cut back and forth with the tool in the commanding hand while fork holds the food steady.
6. Moving knife should be done slowly and steadily.
7. Eat that piece and repeat this until your chapatti, sandwich, burger, or pizza gets finished.

Before asking your child, parents should perform all steps in front of child. Child can first practice on the soft material like boiled potato. Once he/she is comfortable, ask him/her to eat meal in the same way.

Key benefits of this exercise are:

1. Helps improves fine motor skills.
2. Bilateral coordination of using both sides of the body together.
3. Enhances coordination among different body part.
4. It increases their confidence for eating in social gathering and hence rich social interaction.

Entry evaluation guidelines

The maximum point for this activity is 20. Every entry would be rated as either:

1. Master (M): 100% score
 - a. The child can eat the entire meal using cutlery in correct hands & without using hands/fingers directly.
2. Intermediate (I): 80% score
 - a. The child can eat at least half the meal using cutlery in correct hands & without using hands/fingers directly.
 - b. The child can eat the entire meal using cutlery in correct hands & with little support of using hands/fingers directly.
3. Beginner (B): 50% score
 - a. The child can eat the entire meal using cutlery but holding every cutlery in natural hand while rotating the other cutlery in other hand & without using hands/fingers directly.
 - b. The child can eat at least one bite using cutlery in correct hands & without using hands/fingers directly.
 - c. The child can eat at least half the meal using cutlery in correct hands & with little support of using hands/fingers directly.
4. Not applicable (NA): 0% score
 - a. All other submission cases.
 - b. No submission.

For any queries, you may Whatsapp us at +91-7303755886 or email us at info@kid-ex.com.

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About KidEx

KidEx is a company founded by Kapish Saraf & Amritanshu Kumar (IIT Kharagpur & IIM Calcutta alumnus). KidEx aims to create a platform to enable holistic & comprehensive development of every child by partnering with their parents in a logistically convenient manner for the parents. KidEx offers multiple extra-curricular activity classes for kids in physical & digital form (basis screen time guidelines) to enable child's holistic development. Live classes include: Chess, Arts, Mandarin, Spanish, French, German, Guitar, Movie-Making. Upcoming classes include: Academics, Robotics, Coding, Dramatics, multiple Dance & Music, Social Etiquette etc. KidEx will offer all learning solutions to parents under one umbrella. KidEx would soon launch a suite of digital products aimed at making child-raising easier & more fun for parents.

About KidEx Do-It-Yourself National Challenge

The event is an effort to spread awareness regarding need for all rounded development of the child. This is also, designed keeping in mind the current external scenarios where lockdown/no lockdown, social distancing practices would continue & schools/colleges might be shut for a few months which would require parents to find non-screen time learning opportunities for the child while demanding lesser time for parents allowing them some breathing space for themselves.

The event is open to all Indian citizens in India or abroad across age groups of 3 to 17 years. Basis the submitted entries, for every age, a leader board would be created & declared.

Prizes & certificates

We will conduct two versions of the event for all interested parents. Parents can decide whether they want their child to participate in the paid version or the free version of the event. Entry charge for paid version of the event is INR 500 for every child.

Paid version participants would be eligible for:

1. Prizes for winners across all age category
 - a. Number of winners linked to number of paid version participants
 - b. 50% of registration fees to be distributed as prize to winners
2. Winner & participation certificates
3. Assessment score for every submitted entry & leader board position summary

Free version participants would be eligible for:

1. Assessment score for every submitted entry

Even participants interested in paid version would be required to pay the amount after 7th May allowing them opportunity to participate first & then, decide.