

Non-Fire Cooking Activity Conducted by Primary Students

As part of promoting healthy eating habits and practical life skills, a Non-Fire Cooking activity was organized for the primary students. This hands-on activity allowed the children to explore the joys of preparing simple, nutritious dishes without the use of heat.

The students were introduced to easy and healthy recipes, learning the importance of using fresh, nutritious ingredients. Through the activity, they not only gained an understanding of food preparation but also learned about the nutritional value of the dishes they created. Recipes such as *fruit salads, vegetable sandwiches, healthy bhel *were prepared using easily available ingredients, which emphasized the significance of incorporating fruits, vegetables, and other wholesome foods into their daily diet.

This engaging and educational experience empowered the students to take an active role in preparing their own meals, reinforcing the idea that healthy eating can be both fun and easy. The activity not only enhanced their cooking skills but also deepened their understanding of nutrition, fostering lifelong habits for a healthy lifestyle.







