



CCA- 5

OCTOBER – G2



SALAD MAKING



ACTIVITY - 5

Activity Title: Salad Making

Duration of the activity: 40 minutes

Classes: Grade 2

Teacher Responsible: Class Teachers

Description of the activity:

“Learning how to cook for yourself is a beautiful expression of selfcare.”

With this aim in mind, Grade II students engaged themselves enthusiastically in a Salad Making Activity organized during the online sessions. The little chefs looked adorable while preparing their salads. They also learnt about the nutritional benefits of healthy eating. The event saw the participation of parents with great zeal. The children treated their families with a yummy and healthy salad.

Learning Outcome

1. Knowledge:

- Students are involved in an activity where they come to know about the health benefits of fruits & vegetables and healthy eating habit.
- Develop their creativity in displaying and serving of salad
- children get the healthy habit of eating salad with meals.
- Encourages children to think logically and problem solving.
- Model positive behaviors.

2. Skills & Attitudes:

- **Social-Emotional Development:** Hands on salad making activities help children develop confidence and skill. Following recipes encourages children to self-directed and independent, it also teaches them to follow directions and develop problem-solving skills.

- **Physical Development:** Fine motor and eye-hand coordination skills are developing by chopping, mixing, squeezing, and spreading.

- **Cognitive Development:** It encourages children's thinking, problem-solving, and creativity. It also allows children the opportunity to use the knowledge they have and apply it by counting, measuring, following a sequence, following directions, and cause and effect.

- **Language Development:** It offers the opportunity to develop language development by linking it to all other areas, including Mathematics, Science, Social Studies, Arts, and Literacy. This is done by encouraging children to talk about what they are doing, counting, and watching materials change color, texture, and medium.

Responsibility: From following a recipe and learning how to safely handle kitchen equipment to cleaning up spills and putting things away, helping in the kitchen provides ample opportunities for children to learn responsibility.

Subjects Integrated:

English : Provide students with a golden opportunity to practice and exhibit their listening & communication skills. Reading recipes helps improve reading comprehension

Math : Basic math skills ("How many fruits do we need?") and sequencing skills ("What is first ... next ... last?") give way to fractions ("Is this $\frac{3}{4}$ of a cup?") , proportions, measurements.

EVS : Health benefit and healthy eating habit. Safety and hygiene .
Importance of nutrition and nutrients

Evidence:



