

ST. JOSEPH SCHOOL, MTPP, MEJA

Non-Fire Cooking Activity

Cooking is an art of making food delicious and suitable for consumption by the addition of ingredients in the right proportion. In order to make our students independent when it comes to satisfying their hunger, the school is going to conduct non-fire cooking activity for classes I to IV on 26th July 2025 i.e. Saturday, in 1 and 2 periods respectively and to learn simple recipe which can be prepared with ease and absolutely without fire. Classes I – Fruit yogurt salad Classes II- churmura/bhel/puffed rice Classes III mixed sprouts chaat Classes IV Burger All the students will be dressed as professional chefs i.e. they will wear the chef's cap and an apron brought in the bag from home (can be cloth, plastic, paper or made from any best out of waste) on top of the school uniform.

Please note the following prep to be sent on that day for the
Class 4

Burger

1. Two buns
2. Mayonnaise
3. Tomatoes slice
4. Onions slice
5. Cheese slice
6. Disposable small plate
7. Napkins
8. Table cloth small

Parents Guide lines

- 1- Every veggie to be chopped from home.
- 2- Every item should in limited quantities.
- 3- No sharp objects knife to be sent.
- 4- Big bowl and big container to be sent.
- 5- Neatness and hygiene should be the first priority.
- 6- Children will be dressed in chef costume.

Note: - Parents are free to send any necessary items for the activity if they feel so.

Avoid sending any sort of knife or sharp objects.

Regards,
Principal – SJS Meja

Healthy Eating

बर्गर

1. दो बन्स
2. मेयोनेज़
3. टमाटर के टुकड़े
4. प्याज का टुकड़ा
5. पनीर का टुकड़ा
6. डिस्पोजेबल छोटी प्लेट
7. पट्टियां
8. मेज़पोश छोटा