

GRANDMA'S RECIPE TO HEALTHY ME

CLASS- MONT I and MONT II

DATE-25.09.20



"Grandparents hold our tiny hands for just a little while, but our hearts forever."

Grandmothers play a vital role in families. They are a family's greatest treasure, founders of a loving legacy, greatest storytellers, and tradition keepers. To honour them and to give them an opportunity to show love for their children's children, MAPS MONTESSORI celebrated Grandparents Day first time virtually on 25th September 2020. MAPS Montessori conducted 'Grandma's Recipe to Healthy me' with a view to create awareness about the nutritional value of food cooked without flame, the necessity and advantages of healthy eating and to encourage students to stay away from the junk food. Through this activity tiny tots learnt the spirit of teamwork, culinary skills, appreciating the hard work put into cooking. The students with the help of grandmothers prepared healthy dishes like Salad, and many more using easy and quick recipes. It was a delicious sight to watch the little hands chopping, decorating and preparing salad/dessert/sandwich. Like presentation of a dish is as important as the taste, aroma and texture of what is served, our grandparents surprised the on-lookers with a variety of decorations and the display tickling to the taste buds. They presented the dishes in an artistic and aesthetic way which was most appealing. Our children spontaneously mentioned the ingredients and the methods used to prepare their dishes. The event not only provided a platform for the students to foster their creativity and decision making skills but also helped them explore their hidden talents and discover new areas of interest.

