



RAYBURN HIGH SCHOOL

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LITTLE CHEF DAY OBSERVATION

21st August, 2025

Dates : 11th – 12th September, 2025

Days : Thursday - Friday

Classes : Prep., LKG, UKG

Skills Focused:

1. Fine Motor Skills
2. Listening Skills
3. Problem Solving Skills
4. Sequencing
5. Measuring Skills
6. Hygiene Practices
7. Vocabulary and Language Skills
8. Table manners
9. Social Skills
10. Sensorial Development

Activities:

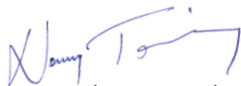
Date	Activity	Learning Outcomes
11 th September, 2025	Making Food Chart / Placemats	<ol style="list-style-type: none">1. Building vocabulary2. Awareness of the different food groups.3. Encourage healthy eating habits.
	Making Chef Hats	<ol style="list-style-type: none">1. Following Instructions2. Develop fine motor skills3. Encourage creativity and problem-solving
12 th September, 2025	Fireless Cooking	<ol style="list-style-type: none">1. Building vocabulary of kitchen terminology.2. Demonstrate clean and safe practices when handling food and equipment.3. Encourage problem solving by using recipe - measuring, cutting, mixing and arranging.4. Encourage sharing5. Practice good table manners6. Boost confidence and independence

Materials required:

1. Chart Paper
2. Paper Plates
3. Paper Cups
4. Plastic Knives
5. Measuring cups
6. Bowls
7. Knives
8. Cutlery
9. Recipe ingredients

Menu & Recipes:

1. Sprouts Salad:
 - a. Take a packet of dry mung beans and soak overnight.
 - b. Drain water the next morning and repeat the process changing the water 2-3 times throughout the day.
 - c. On the third day drain all the water and cover with a damp cloth.
 - d. In 1-2 days watch your mung beans sprout.
 - e. Dice onions, tomatoes and carrots.
 - f. In a large mixing bowl mix diced vegetables and corn flakes with sprouted mung beans.
 - g. Sprinkle salt and chaat masala to taste.
2. Open Sandwich:
 - a. Take a slice of bread and spread some mayonnaise on it
 - b. Take any toppings of your choice and decorate your sandwich. Toppings – cucumber, carrot, capsicum, boiled eggs.
 - c. Your sandwich is ready to be eaten.
3. Banana Smoothie:
 - a. Peel and cut one banana into three pieces and add to blender
 - b. Pour in 1/2 cup of milk
 - c. Pour in 1/2 cup of water
 - d. Pour in 1/3 cup sugar
 - e. Add 1/2 tsp vanilla essence
 - f. Blend until smooth



(Nemy Lalnem Tombing)
HOD, Pre-Primary Department