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Development of Cookery Skills and Hygiene Practices among Students in Government School at Ghari Bazidpur village School of SOHMCT Management and Catering Technology

Introduction:

An initiative was launched to enhance the cookery skills and promote hygiene practices among students in a government school located in Ghari Bazidpur village by SOHMCT. The program aimed to empower students with fundamental culinary knowledge and emphasize the importance of food safety and sanitation in culinary settings. Through a series of hands-on training sessions, theoretical lessons, and practical demonstrations, students were introduced to the art of cooking while instilling a culture of cleanliness and hygiene in food preparation. Students engaged in creating food without the use of fire, focusing on safe and age-appropriate culinary techniques. This approach prioritized the students' well-being and allowed them to develop their cookery skills in a controlled and secure environment. The case study explores the impact of this collaborative effort on students' learning outcomes, practical skills development, and awareness of hygiene practices in the culinary domain. By immersing themselves in real-world culinary experiences under the guidance of industry experts from the School of Hotel Management and Catering Technology, students were able to acquire essential cookery skills and cultivate a strong foundation in food safety and hygiene principles. The case study delves into the methodologies employed, challenges faced, and the transformative journey of students as they embraced the art of cooking and adopted hygienic practices in their culinary pursuits.

Objective of the case study:

1. Educate students about basic food preparation techniques and the importance of nutrition.
2. Promote hygiene practices in the kitchen and during food handling.
3. Empower students to create simple and healthy meals without the use of fire.

Methodology: A qualitative case study approach was utilized to explore the impact of a cooking skills workshop on government school students. A diverse sample of 20 government school students aged 12-15 was selected to participate in the workshop based on their interest in cooking. Researchers observed workshop sessions to document teaching methods, student engagement, and learning outcomes. Semi-structured interviews were conducted with



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workshop facilitators and participants to gather insights on their experiences and perceptions. Pre- and post-workshop surveys were administered to assess changes in cooking knowledge, skills, and confidence levels. Workshop materials, recipes, and feedback forms were analysed to supplement data collection. The workshop spanned four sessions, each focusing on different aspects of cooking such as basic knife skills, food safety, nutrition, and meal planning. Hands-on cooking activities were integrated into each session. A mixed-methods approach was used to evaluate the workshop's through and post-workshop assessments, participant feedback, and observation of skill demonstration. Data work analysed using thematic analysis to identify patterns, themes, and insights related to the development of cooking skills among the students.

Implementation:

Visits Conducted by SOHMCT Students in the School for Workshops and Their Impact

As part of the initiative to enhance cookery skills and promote hygiene practices students in Ghari Bazidpur, the School of Hotel Management and Catering Technology (SOHMCT) organized visits by students to conduct workshops at the local government school. These visits aimed to provide hands-on learning experiences and practical knowledge to the students, leaving a lasting impact on their culinary skills and awareness of food hygiene.

Workshop Activities:

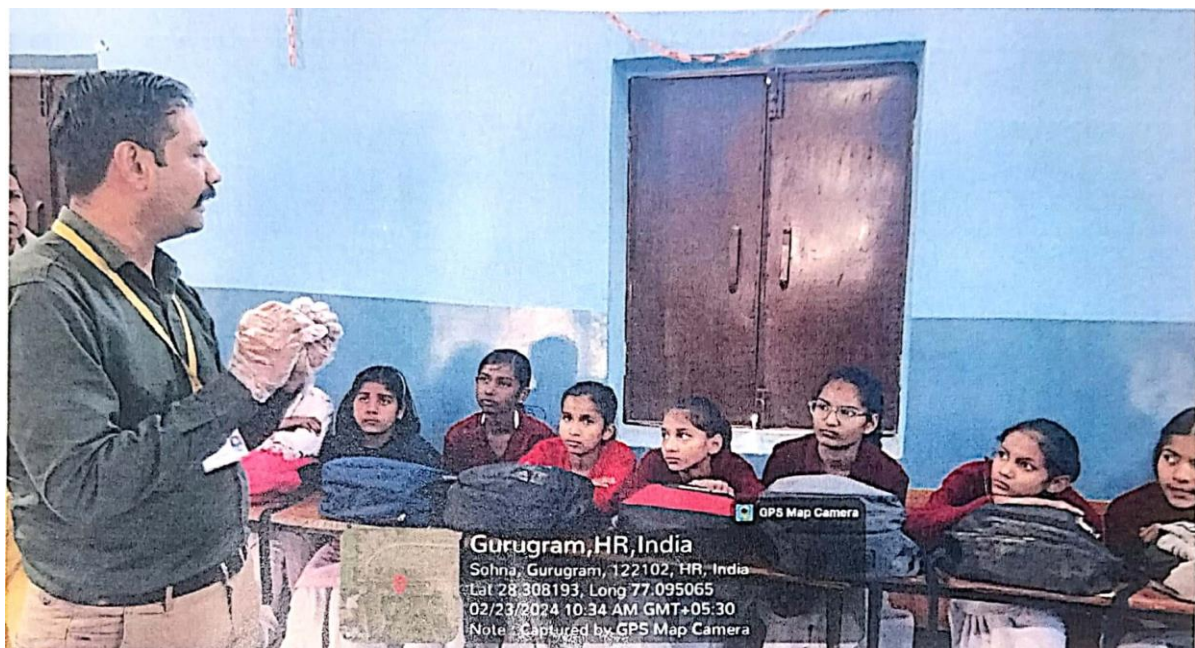
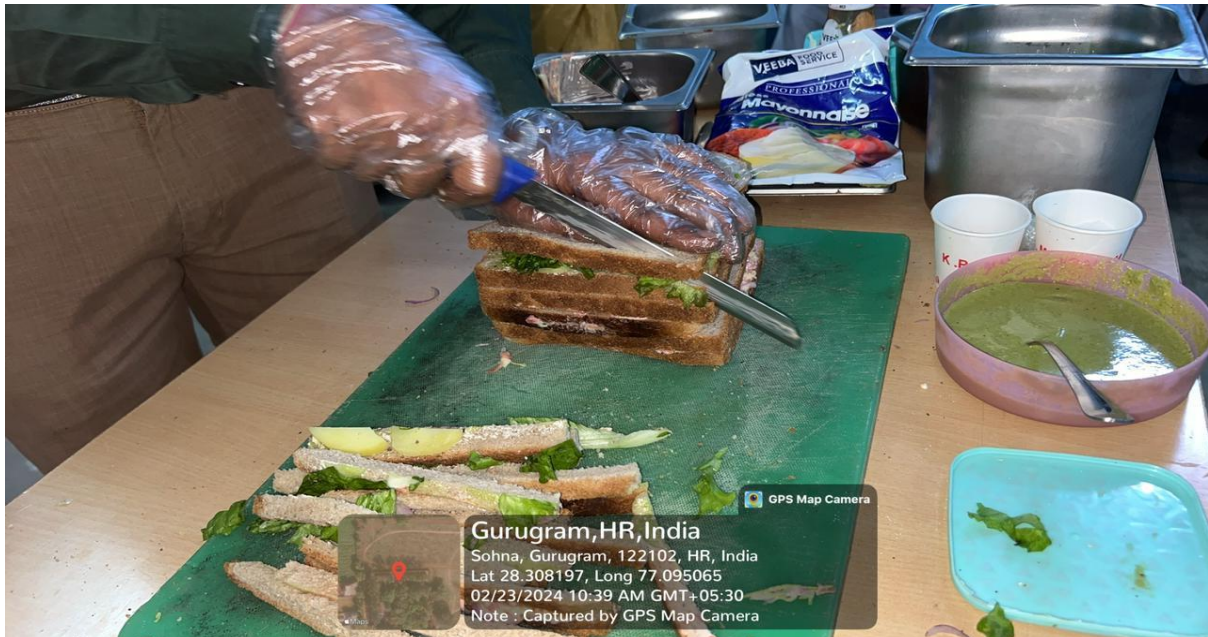
During the visits, SOHMCT students facilitated interactive workshops that focused on various aspects of food preparation, hygiene, and safety. The activities included:





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Introduction to basic cooking utensils and their uses.



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Hands-on sessions for food preparation without the use of fire.



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Demonstrations on proper handwashing techniques and hygiene practices



Discussions on the significance of food safety, storage, and cleanliness in the kitchen



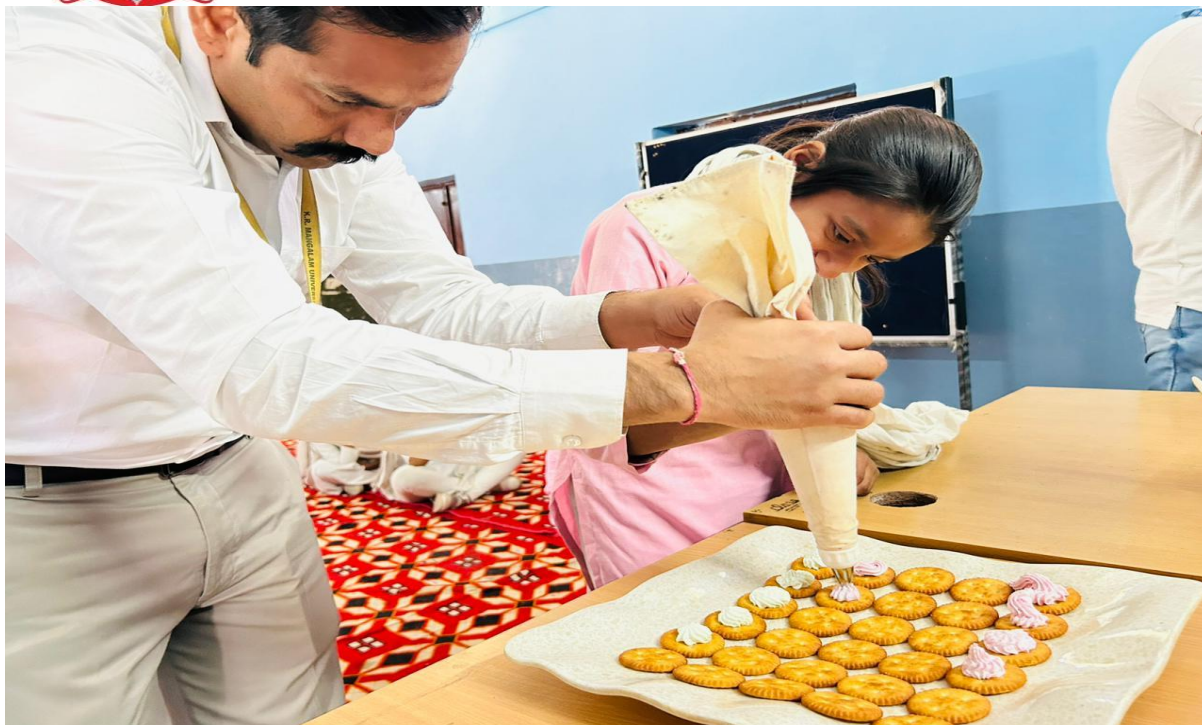
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Group activities to foster teamwork, communication, and creativity among the students

Impact on Students: 1. Skill Development: The hands-on allowed students to develop essential cooking skills, such as chopping, mixing, and handling ingredients. They gained practical experience in preparing simple and nutritious meals, boosting their confidence in the kitchen.

2. Hygiene Awareness: Through demonstrations and discussions on hygienic practices, students became more conscious of the importance of cleanliness and sanitation while handling food. They learned the significance of washing hands before and after cooking, maintaining a clean cooking environment, and storing food properly.

3. Engagement and Participation: The interactive nature of the workshops engaged the students and encouraged active participation. They enjoyed the practical learning experience and were eager to try out new recipes and techniques under the guidance of SOHMCT students.

4. Teamwork and Collaboration: Group activities promoted teamwork and collaboration among the students. They learned to work together, communicate



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effectively, and support each other in completing cooking tasks, fostering a sense of camaraderie and shared achievement.

5. Feedback and Reflection: Positive feedback from both students and teachers highlighted the impact of the workshops on enhancing the students' cookery skills and hygiene practices. The engaging and informative sessions left a lasting impression on the participants, motivating them to continue exploring the world of culinary arts.

Outcomes:

1. Improved understanding of basic cooking techniques and ingredients.
2. Increased awareness of the importance of hygiene practices in the kitchen.
3. Enhanced confidence in independent meal preparation.
4. Development of teamwork and communication skills.
5. Positive feedback from students and teachers on the engaging nature of the workshops.

Conclusion:

The program conducted by SOHMCT successfully achieved its objectives of developing cookery skills and promoting hygiene practices among students in Ghari Bazidpur. The hands-on workshops provided valuable learning experiences, empowering students to make healthier food choices and practice safe food handling. Continued support and reinforcement of these skills will be crucial for long-term impact and sustainability. This sample provides a brief overview of the case study on the development of cookery skills and hygiene practices for students in Ghari Bazidpur. The visits conducted by SOHMCT students in the school for workshops not only enriched the students' culinary skills and hygiene awareness but also aligned with the SDGs of quality education (SDG 4) and decent work and economic growth (SDG 8). By imparting practical knowledge, fostering teamwork, and promoting sustainable practices, the workshops contributed



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to the holistic development of the students and supported the global agenda for inclusive and sustainable growth.