

TEMPTING TIFFINS BECOMES TALK OF THE TOWN

CONSUMER CONNECT INITIATIVE

PHOTO: ARUN KISHORE



Amity International School in association with Education Times organised a two day healthy food workshop, 'Kids Tempting Tiffins: Cook up healthy' on October 20-21 at the school campus. The event aimed to promote healthy cooking for the young ones, so that when they open their tiffin in the school, they get to eat tempting, yet nutritious food.

The event saw a large number of footfalls. Approximately 300 people, including mothers, grandmothers, sisters, brides-to-be, fathers and people passionate about cooking had gathered on the two days of the workshop.

An assortment of health and taste was served on the platter by the master chef, Pankaj Bhadouria, who demonstrated



live for the audience. She informed, "It's usually a daily routine to see kids being crabby about their lunch packed in the tiffin. They may eat less but they want yummy food. Today, we will learn to cook healthy recipes that will make them happy and filled once they eat their lunch in the school."

Food should be pleasantly stimulating to the senses and tempting to the taste-buds. Seeing the number of obesity cases due to junk food addiction, children are losing their concentration in studies these days. This event was given a welcome by the Lucknowites. The event saw a plethora of children sitting and enjoying by their mother's side. Ashank Gupta, a six year old child, stat-

ed, "I am here with my mother and happy because I will get to eat nice food in the school from now onwards."

Mukta Ghosal, Headmistress, Amity International School, quipped, "Tiffin is a thing connected with the mothers. Preparing variety for the tiffin is a problem of everyday that a mother faces in the kitchen. We believe in the complete nourishment of a child. Because healthy minds nurture healthy brains, so we decided to do this event and I am glad to see the number of participants."

Reema Arif, who attended the event on both the days, shared, "I am so happy to be a part of this event as I felt, I am going to be relieved off such a big problem that I face every day in the morning. I had already seen Pankaj on TV, which was again an icing on the cake that forced me to participate today."

It was a chance to grab the art of learning various easy-to-pack and yummy-to-chew recipes for the kids that was held to delight their taste buds and nourish their whole. Jyotsana Srivastava, a school coordinator, averred, "When I read that the master-chef, Pankaj Bhadouria will exhibit her easy and delicious platter of recipes, I decided immediately that I will attend this workshop. I was always researching on the internet and here and there, about what to cook for the kids' school tiffin. Since, I believe in making the kids eat healthy and nutritious food, I thought, this would be a good start." Because I leave for the job early in the morning and can't give much time to cooking, I knew, I will get

"better options of what-to-cook-in-the-morning" here.

To start from choco raisin oats cupeakes, soya burgers, pastas, naughty boy cakes, pin wheel sandwiches, paneer Frankie and many more recipes were being prepared by the master chef, who also gave tips and broke many myths while cooking delicious delights. She also taught the art of presentation, which as per her further "tempts" the children to eat their lunch packed for them.

Cooking is an art where one can express one's creativity by giving the dish a nice taste and finally presenting it in a manner, convincing to taste-buds.

When asked, the reason that drove him to be a part of this workshop, Tarun Gurnani, a



businessman, concurred, "I am here because I love to cook. I found this as the best platform wherein I could get to learn new skills and tips to improve my cooking. I am happy to be a part of it today and wish more of such events should happen in the city."

People came up with their queries to which Pankaj answered with élan. When asked to share the experience, Surabhi Chandra, a college student, said, "It was a wonderful experience to see Pankaj demonstrating live in front of us. I am not married, yet I wanted to come here because I knew I will get to learn something worthwhile. Cooking is fun and so I am here."

The event was powered by Radio Mirchi.

SANJITA SINGH



Amity International School, Gomti Nagar, Lucknow organised Healthy Food Workshop
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Master Chef, Ms. Pankaj Bhadouria conducted a healthy and nutritious food workshop for the young fussy eaters. The demonstrations of various easy to cook and healthy recipes were greatly appreciated by one and all.