

Circular No.51(2)

Dear Parent,


**THE FOOD WE CHOOSE MAKE A DIFFERENCE!**

Cooking is more than a practical skill to learn; it can be a valuable opportunity for you to bond with your children. Education, self-confidence, and lasting family memories are just some of the benefits that make cooking with kids well worth the extra effort. It's a fun way to build a better relationship with them.

Food preparation also fosters creativity in children. The cooking recipes without using fire certainly help to explore different possibilities of cooking.

We are glad to inform that **"Fireless Cooking Competition –MOM & Child"** for **Grade VI - X** is going to be held on **Friday, 30<sup>th</sup> July 2021 @2.30pm.**

The details of the competition are as follows:

Name of the Competition	Grades	Topic/Theme/Instructions	Judgement Criteria
<p>Fireless Cooking</p> 	<p>VI - X</p>	<ol style="list-style-type: none"> <li>1. Participants should not present any pre-cooked items. They should process it on the spot within the allotted time.</li> <li>2. Parents can help their ward in cooking without fire.</li> <li>3. Participants are supposed to display a chart/A4 sheet having the name, ingredients and calorie count each dish they have prepared.</li> <li>4. Participants must speak about the dish in few sentences.</li> <li>5. The child should present himself or herself in a neatly dressed attire with apron.</li> <li>6. Participants can use equipments like mixer, chopper, juicer, grater etc.,</li> <li>7. Roaster or frozen items can be used as ingredients.</li> </ol>	<ul style="list-style-type: none"> <li>➤ Nutritional level</li> <li>➤ Cleanliness</li> <li>➤ Presentation</li> <li>➤ Unique name of the dish</li> </ul>

Interested participants should register their names in the given link by tomorrow, 5.00pm: <https://forms.gle/QbM3esG36vmYc6xv8>



Principal