

Dear Parent,

“Competition is always a good thing. It forces us to do our best. A monopoly renders people complacent and satisfied with mediocrity.” Competitions is a chance for students to, showcase their skills and creativity. We are happy to announce, ‘**June Month**’ competition to unravel our student’s inner talent.

Kindly find the list of competitions for the month of June 2022 is as follows:

<p>Grade III to V</p> <p>Salad Making Competition</p>	<ol style="list-style-type: none"> Participants will bring their own items (such as vessels, ingredients...etc) for the competition. Participants should not present any pre-cooked items. They should process it on the spot within the allotted time. Participants are supposed to display a chart/A4 sheet having the name, ingredients and calorie count each dish they have prepared. Participants must speak about the dish in few sentences. The child should present himself or herself in a neatly dressed attire. Students can bring their own apron and chef’s hat. <p>*For grade III to V, the competition will be held on Thursday,30th June 2022. Interested participants for the competitions are supposed to give their entries to their respective class teachers on or before 24th June 2022, Friday.</p>	<p>Judging Criteria:</p> <ol style="list-style-type: none"> Nutritional level Cleanliness Presentation Unique name of the dish
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Points to Remember:

- Students have to bring all the materials/ingredients required for the competition **from home**. **Items includes:** Apron, gloves, chef’s hat, ingredients for the dish, disposable crockery and cutlery, **Newspaper (to spread on the table as a mat)**, hand towel/Napkin/tissue paper etc.
- Participants must not present pre-cooked items.
- Participants must bring cut vegetables/fruits from home. ***Knives and sharp objects are strictly prohibited at school.**
- Participants are supposed to display a chart/A4 sheet having their name, ingredients and calorie count of the dish they have prepared.
- The sandwich nutrient chart/A4 sheet needs to be made before hand @home and should be displayed along with the dish.
- Student will be given maximum **30-minutes** to prepare the dish.
- Each participant will get maximum **1-minute** time to speak on the topic.
- Participants must pack all the materials required for the competition in a bag. Students must take responsibility of their belongings @school.
- Non- participants will be engaged in some other activity.

Looking forward for a tasty, healthy and colourful salads from all the Junior Chefs!

All the best!!!



Principal