



CIRCULAR FOR CLASS II

TIS/ VV/ 2021-22/087

September 2021

Dear Parent

The purpose of education is to prepare students to become self- dependent and acquire skills throughout their schooling years. Cooking is a skill that goes a long way in making an individual self-supporting. To encourage and challenge the culinary skills of our students, **we are organizing 'Haute Cuisine' an intra class flameless cooking competition on the theme- Tasty Nutritive Delight.** The competition is open to all. However, participation is optional.

The guidelines for the competition are given below:

1. The participant should prepare a nutritive dish without the use of fire, using all the given ingredients. **The preparation has to be recorded as a video.**
  - Any two fruits
  - Any two vegetables
  - Any two dry fruits
  - Biscuits
  - Cheese / Cottage Cheese
  - Butter/Jam/Nutella (any one)
  - Salt/ pepper/sugar/ oregano (as required)
2. A suitable title should be given to the prepared dish.
3. While preparing the dish, the participant should also explain the ingredients, procedure and it's nutritional aspects. The medium of communication should be **English**.
4. Appropriate clothes should be worn and safety should be followed.
5. A parent can help prepare (peel, cut, chop etc.) the ingredients. The participant should assemble the final dish.
6. An introduction (name & class of participant) should precede the presentation. The video should not exceed 3 mins (including the introduction).
7. Judgement Criteria
  - Novelty of the Dish
  - Plating of the Dish
  - Confidence
  - Overall Presentation
8. The entries must be mailed to the class teacher by **Monday, 20 September 2021 before 4.00 PM.**
9. The result will be posted on the website on **Friday, 24 September by 12.00 noon**

**"A recipe has no soul; you as the cook must bring soul to the recipe"- Thomas Keller**