

RULES FOR COOKING WITHOUT FIRE COMPETITION

GRADE VII

1. The competition will be held on 24th October, 2026.
2. **Eligibility:** Participants must be students of VII grade. It will be a solo competition.
3. **Time Limit:** Participants will get 1 hour to prepare and present their dish.
4. **No Fire or Heat:** Use of gas stove, induction, microwave or any heating method is strictly prohibited. Only raw or pre-cooked ingredients are allowed.
5. **Preparation Only On-Site:** All preparation must be done during the competition. Pre-cut vegetables/fruits or pre-assembled items are not allowed.
6. **Ingredients and Utensils:** Participants must bring their own ingredients, utensils and serving plates; school will not provide any materials.
7. **Hygiene:** Maintain proper hygiene and cleanliness. Use gloves, tie hair back and clean the work area before and after the competition.
8. **Dish Type:** Participants can prepare salads, sandwiches, mocktails, bhel, desserts, etc. The dish should be creative, nutritious, and presentable.
9. **Presentation:** Dishes should be neatly plated. Decorations or garnishing can be done to enhance appeal. Name and a brief description of the dish should be displayed.
10. **Judgment Criteria:** Judging will be based on:
 1. Creativity and originality
 2. Taste and nutritional value
 3. Cleanliness and hygiene
 4. Presentation and explanation

Fr. Anil Sequeira
Principal



Mam Pooja
Cultural Co-Ordinator