

# RULES FOR COOKING WITHOUT FIRE COMPETITION.

## GRADE 8<sup>TH</sup>

1. Competition will be held on 25th April, 2026.
2. **Eligibility** - Participants must be students of 8<sup>th</sup> grade 10 members. The class teacher will follow the class groups. Each group will make only three dishes.
3. **Time limit** - The participants will get 45 minutes to prepare and present their dish.
4. **No fire or heat** - Use of gas stove, induction, microwave or any other 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 vegetable, 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 pack 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 short description of the dish should be displayed.
10. **Criteria for judgement** -
  1. Creativity and originality
  2. Taste and nutritional values.
  3. Cleanliness and hygiene.
  4. Presentation and explanation.

Fr. Henry Joseph Raj  
Principal



Cultural Co-Ordinator  
Mam Pooja