



Dear Parents

Greetings from OPBMS!

**“Cooking is not just about ingredients, recipes and cooking. It’s harnessing imagination, empowerment and creativity.”**

Is it possible to cook without fire? “Yes very much possible!”

With a view to create awareness about the nutritional value of food cooked without flame, the necessity and advantages of healthy eating and to give a platform to the parents to demonstrate their creative culinary knowledge and skills related to cooking without fire, the school will be conducting **‘Flameless Cooking Contest’** for the parents on **Friday, February 17, 2023.**

**Judgement Parameters:**

Dish Name, Innovativeness of the Dish, Taste, Presentation, Nutritive Value, Hygiene & Neatness of workplace.

**Note:**

- All the required material, tools, equipments for the competition need to be arranged by the participants. Display tables will be provided by the school.
- Participants should not bring any pre-cooked items. All ingredients should be raw.
- Participants are supposed to display the name and ingredients of the dish.
- Preparation and Presentation Time: 1 hour.

Kindly confirm your participation latest **by Monday, 13<sup>th</sup> February, 2023** by filling the consent form sent with your ward so that suitable arrangements can be made.

We are looking forward to enthusiastic participation of creative mothers and fathers donning the chef’s hat.

Warm regards

Sd/-

Sangeeta Sharma

Principal