



IRIS INTERNATIONAL SCHOOL

Nalasopara - East

Grade: Nursery to Sr. Kg.

01/02/2022

LITTLE CHEF COMPETITION

Respected Parents,

Our school is organizing the **Little Chef** Competition for grade Nursery to SR.KG. The theme of this year's celebration is **"Young Chef"**.

The Little Chef Competition is conducted for students to -

- Inculcate healthy food habits and awareness regarding the choice of food among children.
- Create awareness about the nutritional value of food prepared without fire.

| Sr. No. | Date | Grade | Categories | Timings |
|---------|------------|---------|--------------|----------|
| 1 | 12/02/2022 | Nursery | Lemon Juice | 11:00 AM |
| | | Jr. KG. | Bhel | |
| | | Sr. KG. | Veg Sandwich | |

Instructions :

1. The celebration will be conducted under the supervision of Mrs. Snehal Correia.
2. All the students must participate in the celebration.
3. The student will have to prepare food as per the category allotted to them.
4. The students will prepare the food by themselves (fire free cooking) as per the instructions of the event incharge.
5. List of materials needed for food preparation:
Lemon Juice - Lemon, Sugar.
Bhel - Puffed Rice, Boiled Potatoes, Onions, Various Chutneys, Herbs, Ground Spices and Sev.
Veg Sandwich – 4 Bread slice, Butter, Tomato ketchup, 1 Boiled Potato, Slice of Onion, Slice of Carrot, Slice of Cucumber and Slice of Beetroot.
6. All the students need to bring with them all the necessary materials for preparing the food.
7. The students will share and enjoy their food with their friends.
8. Duration of the event: 40 minutes.
9. The assigned teacher will conduct the celebration in their supervision.