

## **PODAR INTERNATIONAL SCHOOL, MANGALORE**

### **FOOD WITHOUT FLAME**

**Ref No: PIS/ACT/SEAT/2022-23/33.**



*“Fireless cooking teaches some valuable skills of life. This encourages children’s creativity & thinking. Also improves their knowledge of basic skills like measuring and counting.”*

***Date of Event: 10th October***

***Activity:***

***Preparation of food items without flame.***

***Guidelines:***

- 1. Students can choose the food items to be prepared.*
- 2. All the ingredients (fruits, vegetables, dry fruits, etc.) and required materials should be brought by the students.*
- 3. Ready-made food items are not allowed.*
- 4. Only nutritious foods will be considered.*
- 5. Items that need to be chopped should be arranged from home.*
- 6. Area for preparation will be allotted class wise.*
- 7. One hour Time will be allotted for the event.*

*Preparation time: 40mins & Presentation: 10mins*

*Pack up time: 10mins*