

SEEDLING MASTER CHEF



II - Prize



III - Prize



"Let's get together to promote the super foods and to inculcate the healthy food habits and awareness in our loved ones."

SEEDLING MODERN HIGH SCHOOL

INVITES YOU FOR SALAD MAKING COMPETITION

PREPARATION:- Salad, Innovative Drink
(Like Blue Lagoon) and Appetizer
(Like Crostini, Bruschetta, Tart)

NO. OF PARTICIPANTS :- 3
Mother and Child (3 to 12 Years)
Father/Uncle/Aunt/
Grand Mother/Grand Father
TIME DURATION: 2 HOURS



ATTRACTIVE PRIZES:

I - Prize



10 CONSOLATION
PRIZES

THEME::

- Disneyland
- Aqua Life
- Beach Sunny Side up
- Jungle or Forest



For rules, regulations and the details of the competition,
Please contact Ms. Neelam Sharma (9636370071), Ms. Divya Singh (8306991636).

VENUE:- SEEDLING MODERN HIGH SCHOOL, ASHOK MARG, MAHAVEER NAGAR - II, DURGAPURA, JAIPUR

DATE & TIME :- 27TH NOVEMBER, 2021 at 09:00AM

Rules:

1. Participants will bring their own materials such as Exotic fruits and vegetables, super foods, platter, drink and other decoration material.
2. Participants can use dressings for more elegancy and style in presentation. Participants can wear suitable costume and use props.
3. Participants must add a punch line as a cherry on the cake. (Jingles are allowed)
4. Nutritional value of the salad or the ingredients used in the salad to be mentioned.
5. Participants have to decorate the salad in the given time frame.
6. The ingredients used should be strictly vegetarian.
7. A detailed recipe of the preparation with the name of the salad shall be shown beside the dish and each team to bring recipe in printed version.

Judgement and Evaluation criteria:

- Innovation, creativity and artistic presentation.
- Uniqueness of the prop and the costume.
- Thematic based with the caption and a punch line.
- Cleanliness and hygiene.
- Taste, texture and salad dressing with the nutritional value and its health benefit.
- Note : -
- Participants should confirm their participation before 22nd November 2021.
- Participant should be present at the school by 8.30 AM.

Contact Link:

- www.seedlingschools.com
- smhsjaipur@jnujaipur.ac.in

Send your entries to the given link

- <https://forms.gle/3m8urcNNqSGVFd8e8>