

'Food Without Fire' Fiesta! Inter House Competition Class V

Friday- 1st April 2016, saw the little Master Chefs from Grade 5th of Delhi Public School Hyderabad, putting their culinary skills to the best use to compete in the 'Food without Fire' competition. The students represented their houses in groups of 3-5 and the



dining hall was agog with excitement and anticipation. As part of this competition, the students were asked to bring the ingredients and assemble their dish in school without using fire or any cooking process.

Attired in chef caps and aprons, the students made a pretty picture and displayed their skill, knowledge and creativity by making scrumptious

sandwiches, salads, rolls and burgers within 20 minutes. The excitement was infectious and their knowledge of food was astonishing. They worked in teams and successfully presented their dishes in an innovating manner.

Mayonnaise, curd, cheese, cucumber, carrots, fruits and assorted vegetables were some of the most popular ingredients used. The dishes had been given creative names and their food value and list of ingredients was displayed for the benefit of the judges. The four categories were Healthy Starters, Sandwiches, Fruit and Vegetable Medley with Fruit Punch and Nutri Salads.

The judges Ms Mona and Ms Delzine Singh faced the biggest challenge of selecting the best ones from a host of delicious and nutritious preparations. The judges evaluated the dishes based on parameters like taste, presentation, nutritional value, ease of making, preparation time, ingredients etc.

The event generated a lot of positive interest in the children and they participated eagerly and it was a great success.