

Saraswati Model School New Delhi

***Activity of the Month (Dec)
(2025-26)***



Cooking Without Fire

FIRELESS FLAVOURS



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

Dear Parents & Students,

Greetings!

As a part of Activity of the Month, Saraswati Model School announces **Cooking without Fire Competition** “**Fireless Flavours**” for all the students (**Nursery to 5th**). The theme for the competition is ‘**No fire recipes**’. The participants shall not use gas stove or induction for cooking.

Schedule:

- The competition will be held on **December 10, 2025 (Wednesday)**.

Judgement Criteria :

- Recipe composition and innovation.
- Cleanliness and Hygiene during preparation.
- Presentation.
- Flavour of the dish.

General Instructions :

- Participation is mandatory for all students.
- Participants will have to bring the required ingredients from home.
- Pre-cooked food will be disqualified on the first stage.
- Each participant will get 45 minutes for preparation and presentation.
- The ready dish has to be named.

NOTE:

1. Students should be mindful of keeping their work place neat and clean during preparation and judgement.
2. Refrigeration will neither be provided for dish nor for the ingredients.

Thanks & Regards
TEAM SMS