



SAN ACADEMY-PALLIKARANAI

Intra Competition for the Month of July – 2019

Class: IX -X

Date: 3-7-2019 (Wednesday)

Name of the competition: Fireless Cooking - Individual Event

Theme: Juice making

Rules and instruction: Students are expected to bring gloves, glasses/bowl, spoon, ingredients needed for juice (firmly packed), hand towel.

Duration: 35 minutes

Criteria for Judgement:

- Presentation
- Nutritional values
- Innovation
- Choice of ingredient

