



SAN ACADEMY-PALLIKARANAI

Intra Competition for the Month of July – 2019

Class: VII

Date: 3-7-2019 (Wednesday)

Name of the competition: Fireless Cooking - Individual Event

Theme: Sandwiches

Rules/Instructions: Students are expected to bring gloves, plates, spoon, ingredients needed for sandwich (firmly packed), hand towel

Duration: 35 minutes

Criteria for Judgement:

- Presentation
- Nutritional values
- Innovation
- Choice of food materials

