



SWARNPRASTHA PUBLIC SCHOOL

SESSION: 2025-26

Classes: 3 & 4

INTRA CLASS SPARKLESS COOKING CHALLENGE

“Cooking is a wonderful mix of learning, creativity and joy—one that nourishes both mind and heart.”

Dear Parents,
Greetings of the Day!

Swarnprastha Public School is pleased to announce the **INTRA CLASS SPARKLESS COOKING CHALLENGE** for students of Classes 3 & 4, scheduled to be held on **16 October 2025, Thursday**, on the occasion of **World Food Day**. This activity aims to encourage creativity, healthy eating habits and self confidence among our young learners while ensuring safety through fireless cooking. The event will provide children with an opportunity to explore the joy of preparing simple and nutritious dishes, showcasing their innovation, presentation skills and awareness of healthy food choices.

Kindly find below the guidelines for participation:

- Each student will prepare one sparkless dish (without the use of fire).
- All ingredients must be brought from home, pre washed, chopped and measured.
- The dish should be simple, healthy and safe to prepare in the classroom.
- No sharp objects, electrical appliances or fire based items are allowed.
- Students may bring a small tablecloth, apron, chef’s cap, mixing bowl and decorative items for neat presentation.
- A small recipe card with the name of the dish and ingredients used should accompany the preparation.
- Each participant will be given **1 hour** to prepare the dish.

*** Please note that due to ongoing festivities and school activities, there will be no Inter Class Competition for this event.**



Evaluation Criteria: Based on creativity, presentation, cleanliness and nutritional value.



We request parents to kindly guide their ward(s) in selecting a suitable recipe and ensure all necessary materials are carried safely as **sharing of articles is not allowed**. The purpose of this activity is not competition but confidence building, hands on learning and fostering independence among children.

Megha
Headmistress

Johnita
Principal