

BAPUJI EDUCATIONAL ASSOCIATION (R)



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**DEPARTMENT OF CENTRAL BOARD OF SECONDARY EDUCATION  
(CBSE)  
Tholahunase, Davangere-07.**

**INTER-HOUSE  
COOKING WITHOUT FIRE  
COMPETITION - V & VI , VII & VIII  
BOYS/GIRLS**

Conducted on 13-07-2023

## **Introduction:**

The Inter-House Cooking Without Fire Competition was held on Thursday, July 13, 2023 at PSSEMR School. The competition was open to students in grades 6 to 8, and each house was allowed to enter one team of three students. The teams were given a list of ingredients and were asked to create a dish that did not require the use of fire.

## **Event Details:**

The event witnessed enthusiastic participation from members of each house, which was remarkable considering the weather conditions. The teams showcased their culinary skills by preparing a wide range of dishes, displaying innovation and adherence to Indian traditional culinary values.

## **Objectives & Outcomes:**

**Health benefits:** Cooking without fire can be a healthy option as it often involves the use of fresh fruits, vegetables, and other raw ingredients that are rich in nutrients and vitamins. Raw foods are also high in fiber, which can help with digestion and weight management. Additionally, cooking without fire avoids the use of oils and fats that are often used in traditional cooking methods, which can reduce the calorie and fat content of meals.

**Improved food safety:** Cooking without fire eliminates the risk of burns and fires associated with traditional cooking methods. It also eliminates the need for potentially hazardous cooking appliances, such as stovetops and ovens.

**Learning opportunities:** Cooking without fire can be an excellent learning opportunity for children and adults alike. It allows for the exploration of different ingredients and recipes, and can help develop skills such as meal planning, food preparation, and presentation. It can also be a fun and engaging way to learn about nutrition and healthy eating habits.

## **Results:**

The competition was judged by Ms Akashta, Ms Yuvarani, and Mr Pratha. The judges considered the following criteria when making their decisions:

- **Nutritional value** was another important parameter considered by the judges. The students were encouraged to use healthy ingredients in their dishes, and the judges evaluated them based on the nutritional value of the dishes. Many students used fresh fruits and vegetables, whole grains, and lean proteins in their dishes, making them both tasty and healthy.
- **Hygiene** was also an important factor in the competition. The students were required to maintain cleanliness and hygiene while preparing their dishes, and the judges evaluated them on this parameter as well. The students demonstrated good hygiene practices, such as washing their hands before cooking, using clean utensils, and cutting boards, and storing the ingredients properly.
- **Presentation** Finally, the judges evaluated the dishes based on their presentation. The students were encouraged to present their dishes in an attractive and creative way, and many of them did so with great success. Some students used colorful plates and bowls, while others used edible flowers and other decorations to make their dishes look more appealing.

The competition was closely contested, with each house putting forth their best efforts. After careful evaluation based on taste, nutritional level, cleanliness, and presentation, the winners were announced. The results were as follows:

1<sup>st</sup> Place: **Raman House** - 46.5 points

2<sup>nd</sup> Place: **Tagore House** - 45.5 points

3<sup>rd</sup> Place: **Gandhi House** - 43.5 points

### **Dishes and Innovations:**

The participating teams demonstrated their creativity by preparing a variety of dishes. Some notable dishes included mango pudding, Papdi Chaat, Ragi milkshakes, Carrot Garlic Chutney, Lemon Dill Dressing, Compressed Fruit Chaat, Sprouts Chaat coconut ladoo, and churmuri. These dishes reflected Indian traditional culinary values while also emphasizing the importance of nutrition for a healthy body and gut.

### **Conclusion:**

The Inter-House Cooking Without Fire Competition was a great success. The students had a lot of fun, and they learned a lot about cooking without fire. The judges were impressed with the creativity and skill of the students, and they were happy to see that the students were able to create healthy and nutritious dishes.

The competition was a great way to promote healthy eating and to encourage students to be creative in the kitchen. The students learned a lot about cooking without fire, and they had a lot of fun in the process. The judges were impressed with the creativity and skill of the students, and they were happy to see that the students were able to create healthy and nutritious dishes.

















Thank You