



**VISION: To be a pioneer in education, to produce students of noble mind.**

CIRCULAR NO: IPHS/18-19/ GEN

11<sup>th</sup> June, 2018

## Pertaining to Kindergarten.

### Cookery Book Contest 2018 - 2019

Dear Parent,

At the very onset on behalf of the Management, Principal, SLT and kindergarten section -acknowledge the great parental involvement in the upbringing of our children collaboratively.

Today we live in a diverse world with its share amount of challenges and lead a hectic and busy lifestyle all in the interest of our bundles of joy.

We are pleased to inform you to help inculcate healthy food habits and give our children a variety , colour, good appealing food in their snack boxes a 'Cookery Book Contest' for Moms and Dads has been organised.

#### Criteria for the contest:

1. For Dads – Cookery Book title (IPHS Dads Can Cook).
2. For Moms – Cookery Book title (IPHS Moms on the Run) for working moms.

#### The Cookery Book Contest:

1. Any size minimum 10 recipes
2. The recipes should be for young kindergartners recess time snacks.
3. The snack should be colourful decorative, innovative and nutritious.
4. Easy to digest.
5. Non- allergic items like peanuts or food colour should be avoided.
6. Veg / Non Veg
7. Cooked / Uncooked (Salads /Fruit Salads).
8. Colourful cover page and recipe should have a picture too where possible.

Looking forward to a multitude of recipe books. Last date for submission **Saturday,30<sup>th</sup> June 2018.**

Thanking you in anticipation,

Regards,

Mrs Sandra Fernandes.  
KG Supervisor.