



## MAHARAJA AGARSAIN PUBLIC SCHOOL

ASHOK VIHAR, PH-IV, DELHI-52

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MAPS/NURS/2019/15

### Dear Parents,

A healthy outside starts from the inside. Stop focusing on how much you eat and start focusing on what you eat and fill your plate with the colours of the **RAINBOW**. So with this aim of developing healthy eating habits in students, we have organized **"FOODIE FIX"** Competition for Pre School classes on **18th December 2019**. Each child's participation will be appreciated.

Following points should be noted for participation:-

1. Child has to prepare any dish through non fire cooking by using **SPROUTS/CORNS** in approximately **1 hour**.
2. He/she can add fruits, vegetables etc. in the dish to make it more **tasty and healthy**.
3. He/she has to bring all the ingredients and presentation material like tray, napkin, spoon, fork, etc. from home.

Judgement will be done on the basis of **Presentation**, **Nutritional value**, **Neatness** and **Ingredients** used for preparing one dish.

THANKS AND REGARDS  
CLASS TEACHER

