



SEETHALAKSHMI RAMASWAMI COLLEGE



(AUTONOMOUS)

Affiliated to Bharathidasan University

Tiruchirappalli

Accredited with A+ by NAAC (4th cycle)

DEPARTMENT OF NUTRITION AND DIETETICS

National Nutrition Month' 2024

Swasthya Utsav

Theme: Nutritious Diets for Everyone

SRC MasterChef Competition



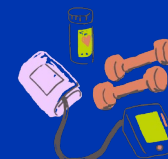
24/09/2024



10:00 am - 12:30 pm



Department of N&D



SRC MasterChef Competition

Rules and Regulation for the competition

Eligibility: One student from each department

General Guidelines:

- 1. No-Fire Cooking Only:** All dishes must be prepared without the use of fire, including stoves, ovens, or any heat-producing appliances.
- 2. Allowed Appliances/Tools:**
Participants may use non-heat-based kitchen tools like peelers, graters, mixers etc.
- 3. Dish Requirements:**
 - Participants must prepare one dish within the allotted time.
 - The dish can be a snack, salad, dessert, or beverage, but must be made without any heating or cooking.
 - Creativity and innovation in presenting no-fire dishes are encouraged.
- 4. Time Limit:**
 - Participants will have **60 minutes** to complete their dish.
 - Time will be strictly monitored, and dishes must be presented within the time frame.

Registration

Fee

Rs.30

Ingredients:

- Participants must bring their own ingredients. They are encouraged to focus on fresh, healthy, and easily accessible ingredients.
- Organizers will not provide ingredients, so participants are responsible for bringing all necessary items (including spices, condiments, and garnish).

Presentation Guidelines:

- Participants will be evaluated for their recipe along with display of menu card design, innovative product name, nutritional values and health benefits.

Prize

The winner will be awarded “SRC MasterChef” title for the year 2024.

A prize will be given along with certificate to the winner.

E-Certificates will be given to the participants.