



SCOTSPINE
INTERNATIONAL SCHOOL

Dear Students,

Greetings from Scotspine International School!

As we celebrate the Nutrition week from September 1st to Sept 7th, register in our scot little chef competition.

Fireless cooking: Exhibit your culinary skills with the nutritious food prepared without fire.

Scot Little Chef competition: [K1 – G2] Online (6th September)

- i) Video to be covered only with kid's preparation
- ii) Fireless cooking with Chef's attire.
- iii) Ingredients can be kept ready.
- iv) Time of the Video – 5 minutes.
- v) Timings : 11 : 00 AM – 12 : 30 PM

Criteria: Good explanation | Clarity | Colour of the recipe | Presentation

Scot Smart Chef Competition [Offline] G3 – G9 [7th September]

Categories: Grade 3 to Grade 5 [Juniors]

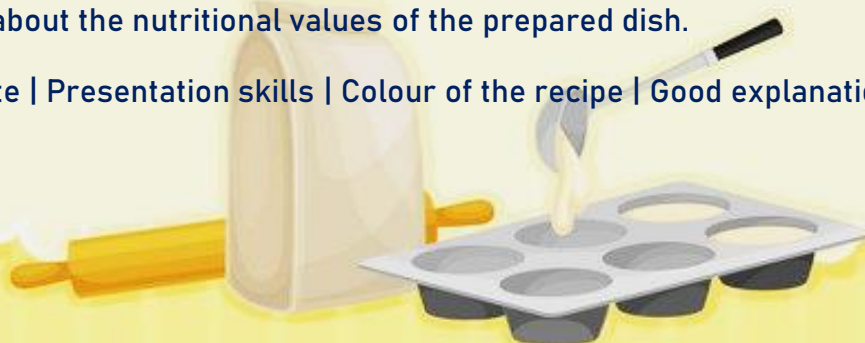
Grade 6 to Grade 9 [Seniors]

Venue : Campus

Timings: 10 AM – 11 AM

- i) Fireless Cooking with Chef's attire.
- ii) Ingredients to be brought from home.
- iii) Time: 20 minutes.
- iv) Should present / Display well.
- v) Speak about the nutritional values of the prepared dish.

Criteria: Taste | Presentation skills | Colour of the recipe | Good explanation | Chef attire.



Follow the following to spread the spirit of Food with values around.

FEED SMART RIGHT FROM THE START

Sprouts

-

Monday



Nutty

-

Tuesday



Veggie

-

Wednesday



Green

-

Thursday



Fruity

-

Friday



Salad

-

Saturday



Regards,
Nirmala Butta
Principal