

Healthy Junior Chefs



FREE FIRE COOKING ADVENTURE



HANDS-ON FUN
AND
LEARNING

EVENT
LOGISTICS

PRE-EVENT
PHOTOSHOOT

MEDIA
COVERAGE

Let's cook, learn, and create history together !

Join the World Record Event



Saturday, 1st Feb, 2025



From 8:30 AM to 12:30 PM



JPS Sports Village, Thirumudivakkam.



Entry Fee: 250 per child
(Covers event participation pack)



Last Date of Registration 10th Jan, 2025

MORE INFO



+91 82204 55826,
+91 86438 52093,
+91 7418899437



principal@jpschennai.org
info@jpschennai.org

Register Now



Scan Me

Chief Guests



Big
Thought by
PLAN
PRODUCTIONS

Producers



DO'S

Pre-Prepared Ingredients

Bring only healthy, pre-prepared ingredients from home.

Examples include:

- ❖ **Chopped or Grated Vegetables:** Carrots, cucumbers, coconut, tomatoes, etc.
- ❖ **Boiled or Semi-Cooked Items:** Millets-based items, sweet potatoes, moong dal, chickpeas, rajma, quinoa, poha, etc.
- ❖ **Fresh Fruits & Nuts:** Apples, bananas, pomegranate seeds, almonds, peanuts, etc.
- ❖ **Traditional Indian Foods:** Small portions of items like mini idlis, dhoklas, paneer cubes, or steamed upma.
- ❖ **Dairy:** Small portions of milk or curd are permitted as ingredients for dishes.

Packing and Transporting Food:

- ❖ Use spill-proof, eco-friendly containers for easy transport.
- ❖ Pack manageable portions for kids to work with independently.
- ❖ Ensure that all items brought to the event are clean, fresh, and safe for consumption.

DON'Ts

Restricted Food and Tools



- ❖ **No Fire or Heat:** Do not bring items requiring an open flame, stovetop, or heat source.
- ❖ **No Sharp Objects:** Knives, peelers, or any sharp tools are not allowed.
- ❖ **No Uncooked or Raw Non-Vegetarian Ingredients:** Raw meats, fish, or eggs are strictly prohibited.
- ❖ **Avoid bringing highly perishable items.**

Complex Dishes:

- ❖ Avoid recipes that are too complex for kids to assemble independently.

Display Etiquette:

- ❖ At the end of the event, dishes will be displayed to showcase the healthiest creations.
- ❖ Please do not disturb the display area or other participants' dishes during the setup.

Associated with



Let's come together to make history

For Registration



MORE INFO

+91 82204 55826, +91 86438 52093, +91 7418899437

principal@jpschennai.org | info@jpschennai.org

Last Date of Registration 10th Jan, 2025