



**T.M. PATEL  
INTERNATIONAL SCHOOL**

CBSE Affiliation - 430410

T. M. PATEL INTERNATIONAL SCHOOL  
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**TMPIS/CIR/58/21-22**

**Date: 04th October, 2021**



**Dear Parents,**

**Greetings from T.M. Patel International School!**

**“To make a good salad is to be a brilliant diplomatist - the problem is entirely the same in both cases. To know how much oil one must mix with one's vinegar.”-Oscar Wilde**

T.M Patel International School is known for its outlandish and innovative activities. This time, it has planned something healthy and refreshing for the students and parents.

School is organizing an online immunity booster Salad Making Competition for the children to inculcate healthy food habits, to develop temptation to eat and to make the youth aware about the right choice of food which can give them high nutritive values. The objective behind the competition is that the juveniles or the rising generation should include salad in their regular diet and maintain good health, maximize their immunity and keep diseases at bay, especially in such a pandemic time. Hence, the competition for the October month is integrated in their learning process and the details are shared here.

SR NO.	GRADE	NAME OF THE COMPETITION	MODE	DATE	TERMS	TIME DURATION	JUDGEMENT CRITERIA
1	Pre primary	Salad Making Competition	ONLINE	13/10/2021	To inculcate healthy food habits and awareness regarding the choice of food among the youth. The participants' creativity reveals through the beautiful designs and patterns formed with different mouth watering salad.	1.00 hour	1. Hygiene 2.Presentation (plating) 3.Ingredients used (Freshness) 4. Health value (Nutrition)

**Note :**

- Cutting, shopping should be done by parents only.
- Use of sharp objects like knife, peeler and chopper should only be used by parents or guardian.

**Regards,  
Principal**

**Ms. Anuradha Premnath**