



**INDIAN SCHOOL KHASAB
SULTANATE OF OMAN
CIRCULAR TO THE PARENTS OF CLASS III TO VIII**

World Food Day Celebration

Ref No. CR/20/2025-2026

October 07, 2025

Dear Parents,

Greetings from Indian School Khasab!

World Food Day is celebrated every year on **October 16th** to highlight the importance of food security, healthy nutrition, and sustainability. The official theme for 2025 is “*Hand in Hand for Better Foods and a Better Future.*” To mark this occasion, our school is organizing a “**Cooking Without Fire**” **Competition** to encourage creativity, teamwork, and healthy eating habits among our students.

Details of the Competition:

- **Date:** 16th October 2025
- **Time:** 8:00AM – 9:00 AM
- **Venue:** School MPH
- **Participants:** Students of Classes III to VIII (individual/pair)

Rules & Guidelines:

1. Students must prepare innovative dishes **without using fire/flame**.
2. Ingredients should be **pre-washed and brought from home**.
3. Dishes may include salads, sandwiches, sprouts, smoothies, fruit platters, wraps, desserts, etc.
4. Focus should be on nutrition, creativity, hygiene, and presentation.
5. Time allotted for preparation and presentation is 45 minutes.
6. Students should bring their own utensils, aprons, gloves, and serving plates.
7. Use of junk food or excessive sugar/fried items is discouraged.

Judging Criteria:

- Creativity & Innovation
- Nutritional Value
- Taste & Appeal
- Presentation & Garnishing
- Teamwork & Hygiene

Recognitions will be given under the following categories:

- *Most Nutritious Dish*
- *Most Creative Dish*
- *Best Presentation*

We look forward to your enthusiastic participation in making this event a meaningful and fun-filled celebration of healthy living and responsible food choices. Interested students may give their names to the class teacher by **October 14, 2025**.

Kind Regards



Bindhu Saji
Principal

