

INTER SCHOOL SALAD AND SNACKS MAKING COMPETITION

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Reporters, Modern School Life Magazine

29 January 2019

WE, THE REPORTERS from Life Magazine team were highly excited to know that our school was organizing an Inter School Salad and Snacks Making Competition in the school premises, where the focus would be on healthy and junk free food. This competition was organized under the aiges of Sahodya School Complex on the 29th of January

healthy and junk free. They explained the ingredients used along with their benefits. This will help everyone to make their immune system strong to fight with the present scenario of health issues.

Mrs. Shefali Gupta of 'The Bread and Basket',Patiala judged the participants on the

2019. Total 16 CBSE Schools from Patiala District including DAV Kakrala, Budha Dal Public School, Our Lady of Fatima, Sri Aurobind International School participated in the event. Participants were highly excited and were exhibited confidence while preparing snacks and salads. They were keen to present their preparations which were totally

basis of presentation, taste, nutritious value and novelty of the dish displayed by the participants.

DAV Kakrala bagged the first prize. Their display was really excellent covering everyday needs with full nutrition, variety and taste. Congratulations to all the winners and participants!

