



Parents' Day Celebration

"Cooking Without Fire" – A Parent & Child Culinary Showcase

Theme: *"Made with Love – by Me & My Super Chef!"*

A Celebration of Togetherness, Creativity, and Flavour!

This Parents' Day, we're turning up the joy — not the flame! Join us for a delightful **Cooking without Fire** experience where children and parents team up as culinary creators. It's not just about food — it's about **memories made, smiles shared, and bonds strengthened** over fun, healthy, and fire-free treats.

Let your little chefs and their super parents express creativity, nutrition, and teamwork — all served on a plate!

Grade-Wise Culinary Adventures

Grade	Activity	Description
Montessori I	<i>Cupcake Decoration Party</i>	Decorate ready-made cupcakes with cream, sprinkles, gems, and jelly – a sweet celebration of creativity!
Montessori II	<i>Biscuit Monster Faces</i>	Design adorable or silly faces using biscuits, cream, raisins, and choco chips! Use edible decorative of your choice to make your biscuit monsters
Montessori III	<i>Rainbow Veggie Sandwich</i>	Turn slices of bread into colourful sandwiches using fresh veggies and cheese or stuffing of your choice
Grade I	<i>Fruit Salad</i>	Create vibrant, healthy fruit patterns on skewers or in bowl – tasty fruit salad is what we want!
Grade II	<i>Tropical Treat Cone</i>	Fill crunchy cones with chopped fruits, jelly, and a drizzle of honey – topped with mint or flavours of your choice!
Grade III	<i>Chat Challenge</i>	Fill papdi or puri with sprouts, chopped veggies, curd, and sew for a tangy delight or any stuffing of your choice. Make it tasty with tangy chutneys
Grade IV	<i>Pizza Crackers</i>	A fun and crunchy treat made with a cracker base, layered with pizza sauce, cheese, and colourful veggies — a perfect no-fire mini pizza bite!
Grade V	<i>Healthy No-Fire Wrap</i>	Wrap up veggies and spreads creatively – the healthier and tastier, the better!

Registration Details

Deadline: 23rd July 2025

Registration Link: https://docs.google.com/forms/d/e/1FAIpQLSdJ3gAOKM3BMkzf-jlD6m77GPYnq7VqcOV_yPyKW3FDJx2Mnw/viewform

Limited slots per grade. Register early to avoid disappointment!



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INTERNATIONAL ACADEMY

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Judging Rubric – Cooking Without Fire Competition

All participants will be evaluated on the following well-defined parameters. Each category will be scored out of 5 points.

Criteria
1. Presentation & Creativity
2. Nutritional Value
3. Taste & Aroma
4. Teamwork & Involvement
5. Cleanliness & Hygiene
6. Explanation & Confidence

Note: Extra five marks will be awarded for creative names given to your dish.

Let's celebrate food, family, and fun – all on one plate!

We cannot wait to witness your love, laughter, and little bites of magic!

Warm regards,


Ruchi Masih

Principal

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For any queries please email:
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