

TITLE

- Heat the meat

RULES & REGULATIONS ANNOUNCED BY FOOD & NUTRITION SOCIETY RULES

- The main ingredient in your dish should be red meat.
- The recipe should include at least two other food groups (vegetables, fruits, nuts, and dairy)
- The dish should be served as a main meal.
- The recipe should be unique one, copywriting will not be entertained.
- Picture of the dish should be original.
- Nutritional profile should be added.
- Recipes should be equally healthy for all age groups.
- Innovation in your dish preparation and garnishing would be highly favoured.
- The world limit for cooking procedure is 200.

EVALUATION CRITERIA

Evaluation will be done on the basis of:

- Methods of preparation
- Nutritional content of the dish
- Use of local ingredients
- Cost per serving
- Cost per dish
- Serving sizes
- Presentation
- Inclusion of other food groups

DATE

26 July ,2021