



Guidelines:

- Cutting of vegetables and fruits should be done on the spot.
- Participants must display a chart having the name and ingredients of the dish.
- All the participants must maintain hygiene throughout and leave their working area clean after the preparation is over. (Includes disposing of all trash and cleaning up any spills).

Here are some examples of ingredients that are allowed: Fruits, vegetables, grains, nuts, seeds, spices, herbs, oils, vinegar, honey, other natural sweeteners, milk (whipped cream if required to be prepared on the spot only), yogurt, etc. Any raw and unprocessed items

Forbidden items include:

Canned foods, Frozen foods, packaged meals, processed milk products (like cheese), alcohol, packed items such as biscuits, chips, etc.