


BISHOP COTTON WOMEN'S CHRISTIAN COLLEGE

PG DEPARTMENT OF NUTRITION & DIETETICS

INTRA DEPARTMENTAL COMPETITION

VENUE : MSC NUTRITION LAB

1. “MYSTERY DISH” COOKING COMPETITION

 *"Pick Blind – Cook Smart!"*

 Rules & Guidelines:

- Participants must bring one main ingredient for cooking from their home.
- Participants will randomly pick any one ingredient from a “Mystery Box” containing ingredients of all the participants.
- Using that ingredient, they must create a unique recipe and cook the dish on the spot.

Team Format: Pairs allowed

Time limit: 30 minutes

Date : 30-05-2025 (Friday)



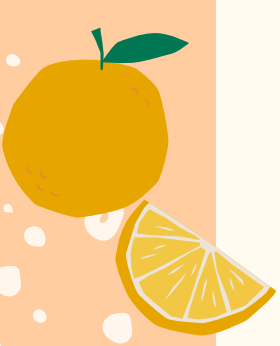



2. COLLAGE MAKING

Design a visual collage



Materials Allowed:

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- Magazine or newspaper cutouts
 - Printed pictures or hand-drawn illustrations
 - Coloured paper, markers, scissors, glue, etc.
 - A3 size paper

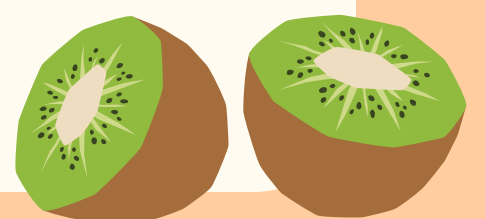
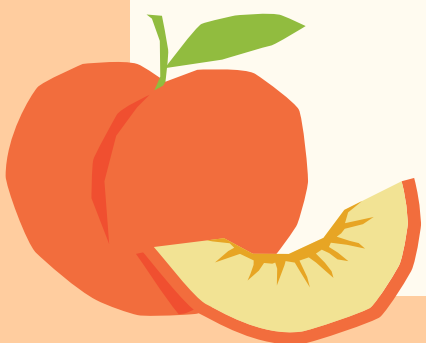
Specification for collage:

Keywords : food safety, preventing food borne illness

Individual participation

Time limit: 30 minutes

Date : 29-05-2025 (Thursday)



3. Pictionary

Team format : 3 in a group

Date : 29-05-2025 (Thursday)

