



**IS IT POSSIBLE TO COOK WITHOUT FIRE?  
“YES VERY MUCH POSSIBLE!” say the  
students of  
ST.ANTHONY'S CONVENT SCHOOL,  
PALWAL**

**The school conducted a inter-class  
'Cooking without Fire' competition for  
classes 9 &10 on 7/04/2022.**

**The competition was conducted with a  
view to create awareness about the  
nutritional value of food cooked without  
flame , the necessity and advantages of  
healthy eating and to encourage students  
to stay away from the junk food.**

**Through this activity the students learnt  
the spirit of teamwork, culinary skills,  
appreciating the hard work put into  
cooking.**

**The aim of the activity was also to provide  
a platform for students to showcase their  
talent and explore new areas of interest.**



