

**Date: 21st April 2025** 

Ref: BBPS/KGN/CIR/108/25-26

Circular: Millet Bonanza Competition Classes: VI – X

Date of Activity: 29th April 2025
Theme: Healthy Dishes with Millets

In support of SDG 3 - Good Health & Well-Being

Dear Students and Parents,

We are delighted to announce the **Millet Bonanza Competition**, an initiative to promote *Sustainable Development Goal 3 – Good Health and Well-Being*, through the celebration of **millets** – India's ancient superfoods packed with nutrition and wellness.

This fun and educational activity aims to highlight the **nutritional benefits** of millets and to encourage students to explore **healthy cooking practices** creatively and confidently.

## \* Highlights of the Activity:

- Dish Theme: Prepare a dish using millets such as ragi, jowar, bajra, foxtail millet, etc.
- Focus: The dish should reflect health, nutrition, and creativity, aligning with SDG 3.
- Presentation: Dishes to be assembled and served during the event at school.

## Guidelines for Participants:

- 1. All ingredients must be pre-washed and chopped at home under parental supervision.
- 2. Students must bring:
  - o Ingredients in labelled containers
  - Apron and napkin
  - o Disposable gloves, spoon/spatula
  - o A clean serving dish/plate
- 3. Dishes will be judged on nutritional value, presentation, and creativity.

## **@** Learning Outcomes:

- ✓ Understand the **nutritional power** of millets
- ✓ Recognize the importance of a balanced diet
- ✓ Develop culinary, teamwork, and presentation skills
- ✓ Foster awareness of sustainable and healthy eating habits

We encourage all students to participate enthusiastically and discover the goodness of millets while nurturing a spirit of health, sustainability, and creativity.

Let's make health delicious and exciting with Millet Bonanza 2025!

Warm Regards

Dr. Neeru Talwar

Principal