



**AMITY**  
**UNIVERSITY**  
— LUCKNOW CAMPUS —

Relive, Rejoice,  
and Recharge...

at

**AMIPHORIA**  
**2025**

5th, 6th & 7th March 2025

Experience the Magic of Amity University's  
Annual Cultural Extravaganza

**Event Title :** Healthy Cooking Competition – Healthy cooking for healthy life

### **Event Overview**

A healthy cooking competition is an event where participants will showcase their skills in preparing nutritious, balanced, and flavourful meals. The focus is on using wholesome ingredients, promoting better eating habits, and demonstrating culinary creativity while adhering to health-conscious principles.

### **Organizers**

- Amity School of Hospitality
- Chef Gaurav Tewari 7607330124
- Dr Ranjeeta Tripathi 8303377733

### **Eligibility Criteria**

All UG & PG level Students above age of 18 yrs enrolled in a recognized University/Institution.

**Event Dates: 06 March 2025 (Thursday)**

### **Registration Process**

Registration needs to be done through online mode by filling up application form and making payment of participation fee of Rs 100/-.

### **Competition Format**

Competition will be conducted through offline mode in the University campus and participants must prepare and present their dishes to the judges for evaluation at the venue.

### **Judging Criteria**

Nutritional Value- 10 marks

- Taste and Flavour- 10 marks
- Creativity- 10 marks
- Presentation - 10 marks
- Adherence to Theme - 10 marks

### **Prizes & Awards**

Top three positions will be awarded trophies/ prizes/certificates as per detail given below –

- **1st Position**- Cash prize of Rs 1000/- alongwith Trophy and certificate
- **2nd Position**- Cash prize of Rs 500/- alongwith Trophy and certificate
- **3rd Position** - Trophy and certificate .

Certificates will be awarded to all the participants.

### **Rules & Regulations**

- Participants have to bring all ingredients required to prepare any one dish (SNACK /MAIN COURSE/ DESSERT /OTHER) to be cooked at the venue by them and present the same to the judges for evaluation.

- Basic kitchen equipment along with one workstation with gas burner will be provided by organizing Institute. Participants will be provided designated table with table number

- Cutlery and crockery will NOT be provided by organizing Institute.

- All participants must explain to the Judges about how their dish be considered as a healthy dish.

- All participants must maintain the highest standards of food hygiene.

- All dishes should align with the principles of healthy eating, focusing on balanced nutrition, fresh ingredients, and minimal processed foods.

- Encourage creativity in using wholesome, local, and seasonal ingredients.

- Portion Control: Dishes should be appropriately portioned

- Healthy Cooking Techniques: Steaming, grilling, baking, poaching, and stir-frying should be preferred over frying.

- Minimal Oil Use: Encourage minimal oil use by using non-stick pans or techniques like dry roasting.

- Preserve Nutrients: Minimize nutrient loss by avoiding overcooking vegetables and using methods like steaming

- Appeal: Dishes should be visually appealing, focusing on fresh and vibrant colors to indicate nutrient-rich ingredients.

- Plating: The presentation should reflect portion control, nutritional balance, and creativity in combining ingredients.

**Timeline**

- Reporting Time :10:30 AM
- Briefing time : 11:00 AM
- Event time 11:15 AM to 2.30 PM

Last date of registration 24 hrs before event commencement

**Contact Information**

Chef Gaurav Tewari , faculty member, Amity School of Hospitality, Lucknow, contact number-7607330124, E-mail id- [gtewari@lko.amity.edu](mailto:gtewari@lko.amity.edu) ,