



EMIRATES FUTURE INTERNATIONAL ACADEMY CIRCULAR FOR GRADES 6 TO 12 PARENTS

Eat Right, Get Active Campaign – “Cooking Without Fire”

EFIA /CIR-019 /2025-26

Date:20/05/2025

Dear Parent,

Greetings from EFIA!

Dear Parents and Students,

As part of our "Eat Right, Get Active" health and wellness campaign, our school is excited to organize a fun and educational activity titled “Cooking Without Fire”, which aims to promote healthy eating habits among our students of Grade 6 to 8.

This event encourages creativity, teamwork, and awareness of nutritious food choices, all while ensuring safety by avoiding the use of fire or heat. Exciting rewards await the top performers! Let your innovation and culinary skills shine through as we celebrate the best entries. Participants will be judged based on creativity, presentation, nutritional value, and hygiene.

Important Guidelines:

To align with the goals of healthy living, students are requested to prepare and present dishes that are:

Nutritious

Visually appealing

Easy to prepare without any heating or cooking

Free from unhealthy ingredients

Ingredients to Avoid:

To promote healthy eating, students must avoid using the following items in their recipes:

Packaged and processed foods (chips, instant noodles, soft drinks, etc.)

Refined sugar and sugar-loaded items (candies, chocolates, syrups)

Excess salt or salty snacks.

Artificial food colors and flavor enhancers

Mayonnaise or excessive creamy sauces

White bread or refined flour (maida) products

Instead, we encourage the use of wholesome, fresh ingredients such as fruits, vegetables, sprouts, whole grains, yogurt, nuts, seeds and so on.

Let's make this event a celebration of health, creativity, and teamwork. We look forward to enthusiastic participation and some deliciously healthy creations!

Eat Right, Stay Bright!

Warm regards,

SAJI OOMMEN

PRINCIPAL