



## Guidelines for participation

1. All NetProFaN chapters across India are eligible to participate
2. Participation can be done in teams of 4 members (*see details in **Participant eligibility criteria***)
3. No participant will be entitled to participate in more than one team
4. The entries can be submitted online through a google form (link is provided on the website) (*see details in **Format of entries***).
5. The submissions by teams will be evaluated at three levels by Regional and National Jury (*see details in **Stages of evaluation***)
6. Jury members are not entitled to participate in any participating team
7. Winners will be announced on the website and informed through email
8. Awarded recipes will be available on the FSSAI's Eat Right website, YouTube channel and Facebook page
9. Any query related to the competition can be sent to **nlsc.fssai@gmail.com**

### Kindly note:

1. All entries will be the property of FSSAI to use, as FSSAI sees fit, in public interest
2. Any work using inappropriate images and/or language regarding religion, region, community, age, gender etc. will be disqualified
3. FSSAI or any other organizers take no responsibility for plagiarism or any copyright violations. In case of any discrepancy found, the team will forfeit the prize/award/certificate
4. The decision of the judges for all levels will be final

### Participant eligibility criteria

1. All 4 team members should be the members/ambassadors/registered on website of NetProFaN (**Visit NetProFaN at <https://fssai.gov.in/NetProFaN/memRequest>** )
2. Each team shall comprise of,
  - a. Chef (*with minimum 7 years of experience*)

- b. Nutritionist/Dietician/Food Technologist/Public Health Nutritionist/Professional from related fields (*minimum of 7 years of experience*)
- c. Student studying culinary science (*currently enrolled in culinary sciences at Bachelor's/ Master's/ Diploma course at a recognized university/institute*)
- d. Student studying nutrition/dietetics/food technology/public health nutrition/home science/related fields (*currently enrolled at Bachelor's/ Master's/ Diploma course at a recognized university/institute*)

### **Format of entries**

- Each team shall be required to prepare one meal (lunch or dinner) consisting of most popular and widely consumed food from their region (e.g. rice-dal-chapati-vegetable, dosa-sambhar-chutney, etc) with less salt
- The meal should represent a complete thali for lunch or dinner. The overall meal should be healthy in terms of balance of all nutrients
- All the entries shall be made in English

### **Submission shall be made through the google form and should include following:**

- A completed recipe form to be uploaded via google form (*download form from [https://docs.google.com/document/d/1Cc0hpFPFHHcdqA6Gg7iwA42Hz\\_mOkxqeHeocoXz9yZ4/edit?usp=sharing](https://docs.google.com/document/d/1Cc0hpFPFHHcdqA6Gg7iwA42Hz_mOkxqeHeocoXz9yZ4/edit?usp=sharing) )*
- Upload a single page word document containing pictures of ingredients (with labels) (not more than 6 pictures on one page) used in the meal. Name the document with your team name and suffix as "Ingredients Pic"
- Upload a single page word document containing pictures of meal preparation and cooking stages (label pictures) (not more than 6 pictures on one page). Name the document with your team name and suffix as "Prep Pics"
- Upload a single page word document containing pictures of the prepared meal in a thali (not more than 4 pictures). Name the document with your team name and suffix as "Thali Pics"
- Upload the video of preparation of the meal (not exceeding 15 minutes) (share the video via [WeTransfer](#) or [TransferNow](#) link and paste the link in google form). Name the video with your team name.

***(Note: Do not add or mention the participant's name and avoid capturing participant's face in the pictures/video)***

**Google form link: (<https://forms.gle/vS7ZWP7ufbieChwC8> )**

### **Stages of evaluation**

- **Round 1:** Of all entries received, regional jury will score entries and select the top 20 scoring entries
- **Round 2:** Of 20 qualifying entries from Round 1, National jury will give scores and select the top 5 scoring entries
- **Round 3:** The final round will be a LIVE question and answer (Q & A) round. The national jury will ask questions from the 5 qualifying teams from ROUND 2 and give scores. The highest scoring team (adding up scores of 3 rounds of evaluations) will be declared as winner.

### Important Dates

S. No.	Description	Dates
1	Masterclass and announcement of dates	27 <sup>th</sup> January, 2021
2	Entry submission open	27 <sup>th</sup> January, 2021
3	Submission deadline	15 <sup>th</sup> February, 2021
4	Result announcement - 1 <sup>st</sup> Round	25 <sup>th</sup> February, 2021
5	Result announcement - 2 <sup>nd</sup> Round	5 <sup>th</sup> March, 2021
6	3rd Round and Culmination/Award Ceremony on the occasion of <b>World Salt Awareness Week (8 to 14 March, 2021)</b>	12 <sup>th</sup> March, 2021

### Evaluation criteria for meals/recipes

1. Salt or sodium/100 g of the meal
2. Overall reduction in salt/sodium as compared to traditional/ original recipe
3. Availability of ingredients used for salt/sodium replacement
4. Method/s used for salt reduction
5. Overall balanced meal
6. Acceptability of the meal
7. Presentation
8. Ease of preparation
9. Time required in preparation and cooking

### Award Categories

- **1<sup>st</sup> Winner Team:** E-certificate and prize money of 40,000 INR
- **1<sup>st</sup> Runner-up Team:** E-certificate and prize money of 30,000 INR
- **2<sup>nd</sup> Runner-up Team:** E-certificate and prize money of 20,000 INR
- **Consolation Prizes:** E-certificate and prize money of 5,000 INR
- **Participation e-certificate:** All participating teams