

Sikh Children Day 2016

Parshaada Competition Guidelines

We all are here by acknowledging that the judge's decision will be final and will be accepted respectfully.

1. First prize winners from last years can not compete in the same group and only can compete in higher groups
2. The whole idea of the competition is to have respect in Langar, to do seva, to learn our ethnic cooking and to help parents at home.
3. Only participants and sevadaars are allowed to be present at the cooking site.
4. While cooking please stay safe and do not touch hot pans rather use the towel and flippers to handle parshaada
5. Please do not adjust stoves and if you need any help, ask sevadaars.
6. Be prepare for on-site judging, which includes but not limited to:
 - a. Washing hands before cooking
 - b. Covering head
 - c. Reciting Waheguru or Gurbaani Shabad during cooking
 - d. Behavior
 - e. No shoes
7. Remaking of the peda (ਪੇੜਾ) is not allowed.
8. Group #3 participant will make only two Parshaadas and can present only one for judging
9. Group #4 and #5 will make two Parshaadas and can present only one for judging
10. Participants will be provided with the ready to use hot plate (ਲੋਹ ਜਾਂ ਤਵਾ) and all the required tools to make Parshaada along with dough (gujhaa attaa)
11. Coordinator will write participant's participation number on the front of the plate with the parshaada on the plate. This plate will be presented to off-site judges for final scoring.
12. Each participant will be assigned a participant number and that number will be marked on the parshaada plate and that plate will be sent to off-site judges. The sheet with participant names will not be disclosed to the judges
13. For the safety reason only 4th grade through below 20 years of age participants can enroll in this part of the competition
14. Judges will rank as follows;

Roundness	15
Even cooking around	5
Fully inflated	5
Flatness	5
Dark spots distribution	5
On-site Judging	10

Please ask any sevadaar if you have any question or need any help