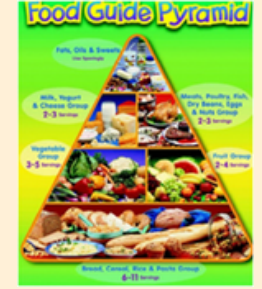




St. Ann's College for Women

Autonomous & Affiliated to Osmania University
Accredited with 'A' Grade by NAAC (4th Cycle)
College with potential for Excellence by UGC
Mehdipatnam, Hyderabad 500 028



DEPARTMENTS OF NUTRITION & MICROBIOLOGY

is jointly organizing

Prebiotic & Probiotic Chocolate Delights Recipe Contest

Celebrating Chocolate Day with a
delicious blend of nutrition, microbiology,
and creativity

11th July 2025

*Join us for an unforgettable event
prizes for the winners!*

Don't miss out! 🎉





RULES

Create a chocolate-based recipe that incorporates both prebiotics and probiotics to promote gut health through a functional, microbiology-inspired food product.

Participants are encouraged to explore the symbiotic relationship between:

Probiotics: Live beneficial bacteria (e.g., Lactobacillus, Bifidobacterium).

Prebiotics: Non-digestible fibers or food components (e.g., inulin, oats, banana, chicory, flaxseeds) that nourish probiotics

COMPETITION RULES

1. Eligibility:

Open to all students across streams (Intracollegiate Recipe Contest)

Individual entries

2. Dish Requirements:

Must use chocolate as the main ingredient.

Must clearly include at least one prebiotic and one probiotic component.

Recipe should be suitable for human consumption and made using safe food handling.

3. Microbiological Relevance:

Participants must include a brief explanation of:

The microbes used (probiotics)

The prebiotic ingredients

How these support gut health through symbiotic action

4. Presentation Format:

Submit:

Final dish for tasting

Written recipe (ingredients, method, and microbiology note)

Creative name and simple nutrition label

5. Time & Preparation:

Dishes must be prepared in advance and brought on the day of competition.

A live presentation is required during judging.

VENUE: Microbiology Dept, St. Ann's College for Women

