家庭與學校合作事宜委員會
Committee on Home-School Co-operation

"Nurturing Children with Loving Care; Home and School, a Partnership We Share"
Recipe Design Competition Entry Form and Recipe Design Sheet

Participants must complete all fields on the entry form. Incomplete applications will not be accepted. The personal information collected in the entry form will only be used for communication, judging, or identity verification related to this competition.

(1) Information of Participant / Participant's Parent

Name of Student:	
Name of school (Full English):	
Class:	
Parent's Name	
Contact phone no.:	
Email address:	
Category: (Please put a "✓" in appropriate box)	◯Upper Primary (P.4 - P.6) ◯Secondary

(2) Information of Contact Person (If a school is submitting this form on behalf of the participant, fill in the details of school contact person in this part)

Name of parent of the participant / contact person:	
Contact phone no.:	

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（3）Recipe Design Sheet

1. Name of the Dish：

Ingredients	Quantity E.g.: (80g / 2 teaspoons)	Ingredients	Quantity

2. Ingredients Preparation and Cooking Steps:
   (Please write briefly in bullet points and **no more than 250 words**)

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

3. Design Concept:
(Please describe the design concept in **no more than 150 words**)

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4. Food Categories included in the Dish: (Please tick the relevant options)	
Grains：	☐ Whole Grains ☐ Refined Grains ☐ Grain-Based Processed Foods
Vegetables：	☐Leafy Greens ☐Root Vegetables ☐Legumes ☐Gourd ☐Others
Fruits：	☐Citrus ☐ Berries ☐ Melons ☐ Others
Proteins：	☐Meat ☐Poultry ☐Fish or Seafood ☐Eggs ☐Nuts and Seeds ☐Legumes and Soy-based food
Dairy：	☐ Milk and Milk Alternatives ☐Yogurt ☐Cheese ☐Cream
Fats：	☐Vegetable oils ☐Animal Fats ☐Processed fat ☐Others

5. Photo of the dish: (Please attach a photo of the finished dish)