



# ENTRY FORM

## School details

School name:

School address:

School contact name:

School contact phone:

School contact email:

## Individual or team details

Individual or team name:

Individual or team year level/s:

Team members (for a team entry):

---

---

---

---

---

---

---

---

---

---

# CHECKLIST

## Recipes

- ☐ Each of the three recipes should be:
  - original
  - suitable to be prepared in a typical home economics kitchen
  - prepared and/or cooked within 100 minutes or less
  - suited to serve 2.
- ☐ The set of recipes should:
  - incorporate three (3) different recipes, two recipes from one trend and one recipe from the other trend
  - cost \$26 or less for ingredients for all three recipes combined, excluding the set ingredients
  - include no more than one recipe that falls into the discretionary/eat in small amounts category of the Australian Guide to Healthy Eating.
- ☐ Each written recipe should include:
  - title
  - preparation time
  - cooking time
  - total serves/makes
  - ingredients
  - method
  - suggestion/s for presentation of the final dish.
- ☐ Costing breakdowns should be included for each recipe. Provide costings for two serves only and do not include the set ingredients.

## Images

- ☐ Include two or three supporting images of each dish from different angles.

## Justification

- ☐ The justification for each dish should be no more than 300 words and include two or three images of work-in-progress.

## Reflection

- ☐ The reflection for each dish should be no more than 150 words.

- ☐ **I have read and agreed to the terms and conditions including the Privacy Statement in Clause 40** (please tick).

Please send this form and all hard copy attachments to:

**Flavour Forecast Design Challenge 2019**

**PO Box 404**

**Kew East**

**VIC 3102**

Entries are to be received by last mail **Friday 18 October 2019.**

Good luck!