



# 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): \_\_\_\_\_

\_\_\_\_\_

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# Checklist

## Recipes

- Each of the four 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 four (4) different food trends from the McCormick Flavour Forecast 2015 report
  - cost \$33 or less for ingredients for all four 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
  - presentation.
- Costing breakdowns should be included for each recipe. Provide costings for two serves only and do not include the set ingredients.

## Images

- 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

PO Box 404

Kew East

VIC 3102

Entries are to be received by last mail Monday 26 October 2015.

Good luck!