



National prizes

**\$2,000
Voucher**

+ School membership



The school with the national winning entry will receive a \$2,000 voucher plus an HEIA one-year school membership (for up to 6 teachers at the school), valued at \$400. Visit heia.com.au for full membership benefits.

State prizes

The winning entry from each state/territory (ACT/NSW, NT/SA, QLD, VIC/TAS, WA) will receive following Tupperware prize pack valued at \$1037:

- Tupperware U-Series™ Knife Set
- Tupperware Extra Chef™
- Tupperware Smooth Chopper™
- Tupperware Turbo Chef®
- Tupperware Herb Chopper Seal
- Tupperware Kitchen Preparation Tool Collection
- Tupperware Grate 'N Measure™
- Tupperware Twistable Peeler
- Tupperware Ergologics Can Guru
- TupperChef™ Spatula Thin
- TupperChef™ Spatula Medium
- Tupperware EZ Prep Cooks Maid
- Tupperware EZ Mix 'N Pour
- Tupperware EZ Shaker
- Tupperware adjustable rolling pin and cookie cutters
- TupperChef™ Kitchen Scissors
- Tupperware Time Savers Cookbook 2016
- Tupperware Extra Chef Cookbook 2016

In addition, each state/territory winner will receive a supply of McCormick herbs and spices for the classroom (valued at \$500).

Tupperware®



There are also student prizes and each entrant receives a participation certificate.

McCormick Foods Australia and Home Economics Institute of Australia Inc. (HEIA) invite you to involve your Year 9 and Year 10 home economics students in a national, education-focused recipe challenge

McCormick Foods Australia and the Home Economics Institute Australia Inc. (HEIA) are excited to announce the launch of the Years 9 & 10 Flavour Forecast® 2016 Student Recipe Challenge.

Each year, McCormick releases the Flavour Forecast report, a highly anticipated look at emerging culinary trends expected to drive flavour innovation over the next several years. This report is created by a team of McCormick chefs, home economists, sensory scientists, dietitians, trend trackers, marketing experts and food technologists from around the world. The global report showcases trends and flavours taking root in Asia, Australia, Europe, Africa, Latin America and North America.

Now in its fourth year, the McCormick/ HEIA Student Recipe Challenge provides an opportunity for Year 9 and Year 10 home economics students in Australian schools to explore these flavours in more detail and develop a series of recipes based around the 2016 trend-setting themes.

The challenge is for students, individually or in teams, to develop three original recipes that support the McCormick® Flavour Forecast® 2016. Entrants are required to submit:

- school and student details
- three original recipes inspired by the Flavour Forecast 2016 report (see overleaf)
- two or three supporting images of each dish
- a costings breakdown
- a justification of, and reflection on the resolution to the recipe challenge.

Judges will be looking for:

- adherence to the design brief
- appeal of the recipes
- point of difference
- justification of, and reflection on the resolution to the recipe challenge
- presentation of final food product.

Schools can submit multiple entries and any number of students can be part of a team; however, any one student can be part of only one team. If a student enters individually, they cannot also be in a team.

Each team/individual can only submit one school entry.

Schools must obtain written consent from the parent/guardian of each student prior to entry.

HEIA has worked closely with McCormick Foods Australia to develop a design brief that is grounded in the curriculum. As a result, the recipe challenge has a real-world context, modelling some of the key features of the Australian Curriculum, including critical and creative thinking, ICT capability, and Australia's engagement with Asia. This is a great opportunity for students to learn about the real demands of the food industry, have some fun whilst being creative, and potentially win some fabulous prizes.

The competition closes on 21 October 2016 and winners will be announced on 7 November 2016.

To register your interest, please email Neredith at neredith@marketmaker.com.au and request your Competition Entry Pack, which contains full entry requirements. Your school must obtain a Competition Entry Pack prior to entering as the pack contains the design brief and additional supporting materials, including a spice pack, a copy of the Flavour Forecast 2016 Report, a Food Glossary of all flavour ingredients, tips on food styling and photography, tips on writing a recipe, background on how food trends are identified, and some key information on storing and selecting herbs and spices.

* This challenge is subject to terms and conditions, which are available in the competition pack.

Request a copy from Neredith at neredith@marketmaker.com.au



McCormick Brings Passion to Flavour™



McCormick flavour trends (select three from the four listed below)	Instructions	Set ingredients /techniques
Alternative pulse proteins	Packed with protein and nutrients, pulses such as dried peas, beans and lentils are elevated when paired with other delicious ingredients.	Students are to deliver a sweet dish (dessert, cake, muffin, slice, health bar etc.) that includes one or more pulse proteins. 1) One or more pulses such as cranberry beans (borlotti beans), black beluga lentils, pigeon peas
Culinary infused sips	Classic culinary techniques provide new tastes and inspiration in the creation of the latest drinks or syrups. 	Students are to deliver a non-alcoholic drink based on a fruit, a herb and a spice, and incorporate two culinary techniques (e.g. pickling, roasting, brûléeing, smoking), within the method. 1) One or more fruits 2) A spice AND a herb 3) Two culinary techniques selected from the following: • roasting • pickling • brûléeing (caramelising) • smoking
Blends with benefits	Flavourful herbs and spices add everyday versatility to good-for-you ingredients like matcha and chia.	Students are to deliver a dish that features their own good-for-you blend made up of two of the set good-for-you ingredients, plus an additional herb and an additional spice. The good-for-you blend is then to be used within a dish of choice. 1) Two of the following good-for-you ingredients: matcha green tea, flax seed, linseed or chia seed 2) An additional herb that complements the dish 3) An additional spice that complements the dish
Ancestral flavours	Modern dishes reconnect with native ingredients to celebrate food that tastes real, pure and satisfying.	Students are to deliver a sweet or savoury dish that features two native Australian ingredients, an ancient herb and an ancient grain. 1) Two Australian native ingredients such as macadamia nuts, finger limes, lemon myrtle, quandongs, kangaroo, wattleseed, kakadu plums, paperbark, mountain pepper (also called Tasmanian pepper), yabbies, barramundi or any other native ingredients available to the students 2) An ancient herb such as thyme, peppermint, lavender or rosemary 3) An ancient grain such as quinoa, buckwheat, chia, teff, amaranth, millet, wild rice, spelt, khorasan wheat or farro

