



# ENTRY FORM

## School details

School name:

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School address:

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School contact name:

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School contact phone:

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School contact email:

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## Individual or team details

Individual or team name:

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Individual or team year level/s:

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Team members (for a team entry):

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# 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 food trends from the McCormick Flavour Forecast 2016 report
  - 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**  
**PO Box 404**  
**Kew East**  
**VIC 3102**

Entries are to be received by last mail **Friday 21 October 2016**.

Good luck!