



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 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!