



# 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, from three (3) different trends
  - 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. In 2023, this recipe must be one that addresses Full Flavoured Fats trend.
  
- 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 2023**  
**PO Box 404, Kew East, VIC 3102**

Entries are to be received by last mail Friday 20th October 2023.

Good luck!