



Tips for writing your justification

Full Flavoured Fats

If using the trend, Full Flavoured Fats, consider:

- How does your dish represent the Full Flavoured Fats theme?
- In what ways is one of the butters 'better-for-you'?
- What decisions did you make to select the ingredients/foods for each of the three butter boards (cultured, better-for-you and sweet)?
- What decisions did you make to when determining how to present your breakfast butter board?
- Which ancient grain did you select, why did you select it and how it was included in the butter board?

Everyday French

If using the trend, Everyday French, consider:

- Which French cooking technique you selected and why?
- What other culture did you include in this recipe and why did you select this particular culture?
- What factors did you take into consideration when deciding to make the dish sweet or savoury?
- What vegetables and/or fruits did you incorporate into your dish and what factors did you consider when selecting them for your dish?
- What protein source did you include in the dish and why was it selected?
- What decisions did you make to ensure that this recipe did not fall into the discretionary category of the Australian Guide to Healthy Eating?

Beyond Heat

If using the trend, Beyond Heat, consider:

- Did you adapt the heat of your Viet Cajun spice? If yes, how did you make it hotter or milder and why?
- How did you ensure that you 'heroad' the spice blend in the dish?
- What decisions did you make to determine if you made a pasta or pizza dish and what factors did you take into consideration when deciding?
- What two cooking techniques did you use, why did you decide to use them and how did you incorporate them into the dish?
- What decisions did you make to ensure that this recipe did not fall into the discretionary category of the Australian Guide to Healthy Eating?