

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.
 - 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).
- As a condition of participating, winners may be required to be included in advertising, marketing, promotional and/or publicity activities. This may include photography, film and/or recording.** (please tick).

Please send this form and all hard copy attachments to:
Flavour Forecast Design Challenge 2024
PO Box 404, Kew East, VIC 3102

Entries are to be received by last mail Friday 25th October 2024.
Good luck!