

**HEY
STUDENTS!**

CAN YOU COOK?



Calling all **“FUTURE CHEFS”** for our
CULINARY COMPETITION

**WE’RE LOOKING FOR YOUR FAVORITE
HEALTHY ASIAN FUSION RECIPE!**

20 lucky (4th & 5th graders) winners from each school will be chosen as finalists to compete in our contest at McNary High School on March 9th, 2018. As an added bonus, the winner of this event will be entered into a National Competition for some great prizes!

**PICK UP YOUR
ENTRY FORM TODAY!**
They’re available
in the Cafeteria and in
the Main Office!
Turn them in to the
Cafeteria or Main Office
by Feb 14th, 2018.



Salem Keizer School District
Recipe Entry Form

~Healthy Asian Fusion Recipe~

Open to All Elementary School Students!

Student's Name:	
Student's School:	
Student's Grade:	
Teacher's Name:	

Return to your teacher or the office by **February 14th, 2018**
Teachers: please send to the main office if received.

My recipe is called: _____

List all ingredients and exact amounts of the ingredients here:

List the "method" or exactly how to make this dish. Make sure to include the number of servings your recipe creates. *(If you need more room, attach and staple another piece of paper to this form.)*



Tips to be a Finalist in this Year's Culinary Competition

Have your eye on the prize? Here are some tips that may help!

1. **Be original** - You don't have to be like everyone else. Consider putting a new twist on your favorite Asian Fusion recipe.
2. **Be creative** - A student once submitted a recipe for "dill cookies!" Sounds terrible, but they were actually great! Don't TRY to be too weird, but we love to see recipes that are different!
3. **Don't do recipes that are too easy or too complicated.**
4. This doesn't have to be your own, original recipe. You can get them off the Internet or anywhere, but try to alter it slightly to make it your own!
5. SORRY, only **ONE** person can make each recipe at the competition.
6. We are looking for **healthy Asian Fusion food** recipes, so try to avoid recipes with a lot of sugar or fat in them.
7. At the main competition, judges will consider the following 6 criteria:
 - Taste
 - Originality
 - Ease of Preparation
 - Healthy Attributes
 - Kid Appeal
 - Plate Presentation

The use of one or more of the following ingredients will earn up to 3 **bonus points** at the judging:

Low Sodium Soy Sauce, Low Sodium Teriyaki Sauce, Brown Rice, Bok Choy, Fresh Mushrooms, Lean Chicken, Lean Pork, Rice Noodles, Tofu, Garlic & Ginger.

GOOD LUCK & HAVE FUN!!!!