



## ROMOLAND SCHOOL DISTRICT

Future Chefs 2024

Recipe Entry Form

*To facilitate processing, please complete this form in English.*

### COMPLETE THE PLATE WITH YOUR FAVORITE HOME OR FAMILY RECIPE!

***Open to All Elementary School Students Grades 3<sup>rd</sup>-5<sup>th</sup>!  
Return this form to your school cafeteria or main office by  
Wednesday, February 28, 2024.***

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

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 side dish to complete your plate.
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 you to **COMPLETE THE PLATE WITH YOUR FAVORITE FRUIT OR VEGETABLE SIDE DISH** so try to avoid recipes with a lot of sugar or fat in them.
7. At the main competition, judges will consider the following 7 criteria:
  - Taste
  - Originality
  - Ease of Preparation
  - Healthy Attributes
  - Kid Appeal
  - Plate Presentation
  - Student Chef Presentation to JudgesHelpful Hint: When you present your recipe, include your name, the title of your recipe, a description of how you made your recipe flavorful, how you made it healthier, and any steps you may have taken to minimize food waste.

GOOD LUCK & HAVE FUN!!!!