



ROMOLAND SCHOOL DISTRICT

Future Chefs 2025

Recipe Entry Form

COMPLETE THE PLATE WITH YOUR FAVORITE MAIN DISH

COMPLETA EL PLATO CON TU PLATO PRINCIPAL FAVORITO

Open to All Elementary School Students Grades 3rd-5th!
Return this form to your school cafeteria or main office by
Wednesday, February 28, 2025.

Student's Name: <i>El nombre del estudiante:</i>	
Student's School: <i>Escuela del estudiante:</i>	
Student's Grade: <i>Grado del estudiante:</i>	
Teacher's Name: <i>Nombre del profesor:</i>	

My recipe is called:

Mi receta se llama: _____

List all ingredients and exact amounts of the ingredients here:

Enumere todos los ingredientes y las cantidades exactas de ingredientes aquí:

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.)

Enumere el “método” o exactamente cómo preparar este plato. Asegúrese de incluir la cantidad de porciones que crea su receta. (Si necesita más espacio, adjunte y engrape otra hoja de papel a este formulario).



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 Judges

Helpful 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!!!!