

小營廚減鹽減糖

好煮意比賽

Junior Chefs' Culinary Ideas of
Salt and Sugar Reduction Competition



 食物環境衛生署
Food and Environmental
Hygiene Department

 食物安全中心
Centre for Food Safety

簡介

「小營廚減鹽減糖好煮意比賽」由食物安全中心(中心)與教育局合辦，中華廚藝學院和家庭與學校合作事宜委員會協辦，目的是(一)發掘既能減少鹽糖又能保持食物美味的實用食品製作小主意；以及(二)鼓勵在製作食物時應用食物安全小貼士，藉此推廣健康飲食及注重食物安全的習慣。

參賽組別及形式

- 高小組(小四至小六學生和家長)(親子隊)
 - 參賽者由一名家長和一名學生以親子形式參賽，需要由一名教師作為聯絡人
 - 參賽者需設計及製作兩款三人份量的**健康小食**。
- 初中組(中一至中三學生)
 - 參賽者以三名學生組成一隊參賽，需要由一名教師作為聯絡人。
 - 參賽者需設計及製作兩款三人份量的**健康主菜**。
- 參賽者於初賽設計全新低鹽和低糖小食/主菜的食譜或根據傳統小食/主菜減少當中的鹽和糖，入選決賽的參賽者須現場製作小食/主菜。

比賽詳程

比賽分為初賽及決賽兩部分。

初賽

- 參賽者請於2016年3月9日或之前填妥報名表格，並由聯絡人(負責教師)以電郵、郵寄或傳真至食物安全中心。中心亦會於2016年3月16日(暫定)舉辦賽前講座，簡介比賽詳程。
- 參賽者須於2016年4月6日前將設計的小食/主菜的食譜及相關資料以簡報演示遞交至食物安全中心。
- 參賽的簡報須包含以下的資料：

小食/主菜設計

- 食譜
 - 小食/主菜的名稱
 - 材料(包括調味料及裝飾)
 - 烹煮步驟
 - 小食/主菜減少鹽糖後仍能保持食物美味的方法(如果是根據傳統小食/主菜減少當中的鹽和糖，須要描述比較傳統食譜的鹽糖用量。)
- 製作過程及製成的小食/主菜照片
- 3名(高小組)或5名(初中組)親友簽署支持該食譜，並對小食/主菜減少鹽糖後但仍能保持食物美味的方法給予評價(每項評價不多於20字)

- 健康信息及食物安全
 - 2個減少鹽糖的相關健康信息
 - 3項在製作參賽小食/主菜時的相關食物安全小貼士

備註

- 簡報演示總頁數不多於10頁，表達方式要有創意和吸引，可考慮插入自製短片。於簡報演示中的短片總時間不超過三分鐘。
- 可以郵寄文本或光碟遞交。

決賽

- 將於2016年4月27日後個別通知入圍決賽者，並提供決賽的詳細資料。
- 入圍決賽者需要2016年6月30日在比賽地點於30分鐘內現場製作小食/主菜。
- 決賽者須自行購買及預備材料作比賽之用，總金額不能超過\$120(高小組)和\$180元(初中組)。決賽者須交回所有購買材料的單據及支出細項，以便中心發還款項。
- 所有材料不可於賽前烹調及醃製，但可以作簡單預備如清洗、去皮等。

評選準則

初賽	決賽
<p>初賽評審團會就提交的簡報演示按以下準則進行評審，挑選入圍決賽的參賽者：</p> <ul style="list-style-type: none"> ● 所設計的小食/主菜符合減少鹽糖的主題，並富營養及運用健康的烹調方法 ● 使用不同方法或材料令小食/主菜保持美味 ● 生動有趣地介紹減少鹽糖的相關健康信息 ● 為小食/主菜建議合適的食物安全小貼士 	<p>決賽評審團會根據下列準則為小食/主菜評分：</p> <ul style="list-style-type: none"> ● 合適的材料 ● 隊員之間的合作性及各隊員的參與程度 ● 製作食物時採用食物安全原則 ● 小食/主菜的感官評價及上菜技巧

* 不符合要求或有錯誤信息會被扣分

評選方法及獎項

- 經過評審團初步甄選後，將於每組別中選出六組進入決賽。決賽者將在決賽現場製作小食/主菜，評審團評分並於各組別中選出冠、亞、季軍乙名。
- 進入決賽組別的簡報演示會上載至特定的網頁作公開投票。各組別得票最高之簡報演示將獲選為「網上最具人氣獎」。

- 得獎組別可獲頒發禮品及獎狀：

獎項	禮品(書籍禮券)
冠軍	價值港幣\$4,800
亞軍	價值港幣\$2,400
季軍	價值港幣\$1,200
網上最具人氣獎	價值港幣\$1,200

- 中心會在2017年的月曆中介紹是次比賽得獎小食/主菜的食譜及得獎者等等。

賽前講座

- 中心會於2016年3月16日(暫定)舉辦賽前講座，簡介比賽詳程。中心建議學校安排有意參賽者出席賽前講座，並鼓勵參賽家長或其代表撥冗出席，以了解比賽的要求及詳情。講座亦會介紹減鹽減糖資訊、營養標籤及食物安全五要點等資料，亦會派發相關資源給參賽者以作參考。

日程

日程事項	日期
報名日期	即日起至2016年3月9日
賽前講座	2016年3月16日(暫定)
簡報演示提交截止日期	2016年4月6日
甄選入圍決賽者	2016年4月27日
網上投票(只限入圍決賽組別)	2016年6月15日至6月22日中午
決賽日期(冠、亞、季軍)	2016年6月30日(暫定)
頒獎典禮	2016年6月30日(暫定)

參賽細則及條款

- 每位參賽者只限遞交一份報名表，同一份食譜不可遞交多於一次。
- 參賽作品一經遞交，不能再作修改、調換及不獲退還。
- 參賽作品必須為原創，及不會侵犯任何第三者的任何權利(包括知識產權、保密權或私隱權)。如有違規，即被取消參賽或得獎資格。參賽作品如有抵觸法例，一切法律責任將由參賽者承擔，主辦機構概不負責。
- 參賽者必須保證其作品未曾以任何形式或渠道作公開發表、出版、播放等；亦未曾涉及其他商業用途及參與其他比賽。
- 參賽者必須注意遞交作品及有關製作檔案的保安及病毒問題，如發現檔案存有病毒，將被取消參賽資格。
- 參賽者必須清楚並同意所有獲獎的作品，其版權將歸於主辦機構所有。主辦

機構有權將作品的內容、錄像、標題、簡介及參賽者資料以任何媒體形式展覽、出版、宣傳或作非牟利用途。主辦機構亦有權將有關作品作出修改、翻譯、改編、使用、複製及派發全部或部份內容而毋須取得參賽者同意或繳付任何費用。

- 參賽作品不能含有淫褻、暴力、色情、誹謗、不良意識、侮辱成分或任何具爭議性及不適當之內容。
- 參賽作品一旦入圍決賽，其作品包括參賽者姓名、簡報演示及小食/主菜簡介將會上載到特定的網頁供公眾瀏覽及投票。
- 入圍決賽組別的簡報如引用他人之作品作為素材，如音樂、圖像、錄像或影片片段等，參賽者必須自行負責取得有關的合法授權。如有需要，主辦機構可能會要求參賽者提供合法授權的書面證明。
- 入圍決賽組別須同意主辦機構上載簡報演示至特定的網頁及讓主辦機構以任何媒體展覽、宣傳或作有關的非牟利用途。
- 所有評審結果，以評審團的最後決定為準。如有任何爭議，主辦單位擁有最終決定權。
- 主辦機構將保留一切比賽活動中之最終決定權，包括演繹、更改、取消或暫停此活動的細則及條款、獎項及其他安排，而不需另行通知。
- 得獎者必須出示香港身份證、學生證或其他有效文件以供主辦單位核實身份。
- 得獎者不得將其領獎資格轉讓予任何人。
- 參賽者一旦遞交作品參賽，則相等於接納上列的相關條款及細則，如主辦機構相信有任何違反此活動的相關細則及條款的行為，主辦機構將保留隨時取消其參賽及獲獎資格的權利，是次比賽亦不設任何上訴機制。
- 參加者必須為香港居民。主辦單位的員工及其直系親屬以及參與籌辦比賽的人士不得參賽。

報名及查詢

- 請於2016年3月9日或之前填妥報名表格，並以電郵、郵寄或傳真至食物安全中心，並請註明「小營廚減鹽減糖好煮意比賽」。
- 如有任何疑問及查詢，歡迎以下列方法聯絡我們：
- 電郵：rc@fehd.gov.hk
- 電話：**3962 2091/2381 6793**

下載報名表格



有關比賽的最新資訊，請密切留意食物安全中心網頁 www.cfs.gov.hk 及 Facebook 專頁：

www.facebook.com/CentreforFoodSafety

www.facebook.com/CentreforFoodSafetyforStudents

www.facebook.com/HongKongsActiononSaltandSugarsReduction

Introduction

The Centre for Food Safety (CFS) and the Education Bureau, in collaboration with the Chinese Culinary Institute and the Committee on Home-School Co-operation, will jointly launch the Junior Chefs' Culinary Ideas of Salt and Sugar Reduction Competition (the Competition). The Competition aims to **(1) explore practical ideas of preparing food with reduced salt and sugar without losing flavour and (2) encourage the application of food safety tips when preparing food**, so as to promote healthy eating and habits of applying food safety practices.

Entry Categories and Form

- Senior Primary Category (Primary 4 to 6 students) (Parent-Child Team)
 - A student can enter with one of his/her parents as a team with a teacher as contact person.
 - Entrants have to design and prepare two **healthy snacks** for three persons.
- Junior Secondary Category (Secondary 1 to 3 students)
 - Entrants can enter as part of a team of three students with a teacher as contact person.
 - Entrants have to design and prepare two **healthy main dishes** for three persons.
- **Entrants can design a novel recipe of snacks or main dishes of low salt and sugar, or modify traditional recipe with reduced salt and sugar for the first round. Selected finalist will have to prepare the snacks/main dishes on site in the final round.**

Details of the Competition

The Competition consists of two rounds, the first and final rounds.

First Round

- Entrants complete the entry form and return it through the contact person (responsible teacher) to the CFS by e-mail, post or fax before 9 March 2016. CFS will also arrange a pre-competition talk on 16 March 2016 (to be confirmed) to introduce details of the competition.
- Entrants should submit a Powerpoint presentation including the designed snacks/main dishes and related information to the CFS on or before 6 April 2016.
- Powerpoint presentation submitted for the competition should include the following information:

Design of snacks/main dishes

- Recipe
 - Name of the snacks/main dishes.
 - Ingredients (including seasonings and garnishes/decorations).
 - Ways to reduce salt and sugar without losing flavour for the snacks/main dishes (If modification is based on a traditional recipe, it should describe the amount of salt and sugar used in comparison with the traditional recipe).
 - Preparation and cooking procedures as well as photos of snacks/main dishes prepared.

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- Endorsements of three (for Senior Primary Category) or five (for Junior Secondary Category) signatures from friends or family members and their comments on the ways to reduce salt and sugar without losing flavour in no more than 20 words for each one.
- Health Messages and Food Safety
 - Two health messages related to reduction of salt and sugar.
 - Three food safety tips relevant to the preparation of the snacks/main dishes.

Remarks

- *The maximum number of pages for the Powerpoint presentation is ten. The presentation should be creative and attractive. May consider adding videos produced by the entrants with a maximum of 3 minutes in total for all videos in the Powerpoint presentation.*
- *Can submit hard copy or CD-ROMs by mail.*

Final Round

- Selected finalists will be informed individually after 27 April 2016. Details of the final round will be provided to finalists.
- Finalists should prepare the snacks/main dishes in 30 minutes on site on 30 June 2016.
- Finalists should purchase and prepare food ingredients for the Competition, where the maximum limits are \$120 and \$180 for Senior Primary and Junior Secondary categories respectively. Finalists are required to submit the receipts and list of cost of ingredients to CFS for reimbursement.
- All ingredients cannot be cooked or seasoned prior to the competition, but brief preparation, like washing and peeling, etc. is allowed.

Judging Criteria

First Round

A first round judging panel will select finalists based on the submitted Powerpoint presentation according to the criteria below:

- The designed snacks/main dishes are in line with the theme, nutritious and have used healthy cooking methods.
- Have used different methods or ingredients to make the snacks/main dishes not losing flavour.
- Vivid and interesting introduction of the two health messages related to reduction of salt and sugar.
- Three food safety tips related to the snacks/main dishes are suggested.

Final Round

A judging panel will judge the snacks/main dishes according to the criteria below:

- Suitable ingredients.
- Cooperation among team members and level of participation of each member.
- Application of food safety principles during preparation of food.
- Sensory evaluation of the snacks/main dishes and presentation skills.

* Failing to fulfill the requirements or containing incorrect message will result in point deduction.

Judging Process and Awards

- In the first round, six teams of each category will be selected by a judging panel. The finalists will have to prepare the snacks/main dishes on site in the final round. A champion, a first and second runner-ups in each category will be selected by the judging panel.
- The Powerpoint presentation of the finalists of each category will be uploaded to the Competition website for public voting. The Powerpoint presentation with the highest number of votes of each category will be awarded the Most Liked Award.
- All winners in each category will be awarded prizes and certificates.

Awards	Prizes (Book gift voucher)
Champion	Worth HK\$4800
First Runner-up	Worth HK\$2400
Second Runner-up	Worth HK\$1200
Most Liked Award	Worth HK\$1200

- The recipes of the winning snacks/main dishes and prize winners, etc. will be featured in the calendar produced by the CFS in 2017.

Briefing Session

- CFS will arrange a pre-competition talk on 16 March 2016 (to be confirmed) to introduce details of the competition. Schools are suggested to arrange interested participants (including both students and parents or their representatives) to attend the talk to understand the details and requirements of the Competition. Information about salt and sugars reduction, nutrition labelling as well as five keys to food safety will also be introduced. Relevant materials will be given to entrants for reference.

Important Dates

Item	Date
Application	From now to 9 March 2016
Pre-competition Talk	16 March 2016 (To be confirmed)
Deadline for Submission of Powerpoint	6 April 2016
Selection of Finalist	27 April 2016
Online Voting (finalist entries only)	15 June to 22 June 2016 noon
Final Round(Champion, 1st runner-up, 2nd runner-up)	30 June 2016 (To be confirmed)
Award Presentation Ceremony	30 June 2016 (To be confirmed)

Terms and Conditions

- Each entrant should only submit one application and the same recipe cannot be submitted more than once.
- Once an entry is submitted, it cannot be modified or replaced and will not be returned to the entrants.
- An entry must be the original work of the entrant and does not infringe upon the rights (including intellectual property rights, rights of privacy or confidentiality) of any other parties. Otherwise, it would be disqualified for the Competition. Entrants are responsible for all legal liabilities. Shall their entry violate any laws; the Organiser will not be held legally responsible.
- All entrants must guarantee that their entries submitted have neither been openly shown or publicised in any other media platforms; nor have been involved in any commercial activities or submitted for other competitions.
- Entrants should be responsible for the security and virus issues in relation to submitting files. If virus is detected at the submitted file, the entry will be disqualified.
- Entrants shall understand and agree to grant and assign exclusively to the Organiser all the intellectual property rights of the submitted recipes and Powerpoint presentation. The Organiser has the right to display the recipe content, Powerpoint presentation content, title, synopsis and entrants' information in any form of media for demonstration, publication, exhibition, promotion or any non-commercial activities. The Organiser also has the authority to edit, translate, adapt, use, copy and distribute, in whole or in part of the entries without any need for prior consent of or payment of fees to the entrants.
- An entry should not contain any material that is obscene, violent, pornographic, defamatory, indecent, disparaging or content that is controversial and inappropriate.
- The finalist entries, together with entrants' names, title and the Powerpoint presentation and synopsis of the snacks/main courses, will be posted for public viewing and voting at the Competition website.

- For the finalist entries, if material like music, image, video or movie clips owned by a third party is used in an entry, the entrant must acquire written consent from the copyright owner. The Organiser reserves the right to request written proof of these permissions from any entrant if necessary.
- Finalists must give their consent to the Organiser to upload the Powerpoint presentation to the Competition website and to use the Powerpoint presentation in any form of media for demonstration, publication, exhibition, promotion, or any non-commercial activities by the Organiser.
- The decisions of the judging panel on the Competition results shall be final. In case of dispute, the Organiser's decision is final.
- Entrants are to abide by the Organiser's decision on all matters relating to the Competition, which shall be final. This includes the right to interpret, amend, cancel or suspend the terms and conditions, prizes and other arrangements of the Competition without prior notice.
- All winners are required to provide his/her Hong Kong Identity Card, student ID card or any other valid documents for verification purposes.
- The right to receive a prize is non-assignable and non-transferable.
- By submitting an entry in the Competition, each entrant agrees to be bound by these terms and conditions. The Organiser reserves the right to disqualify any entrant or retract any award from an entrant who it believes has breached any of these terms and conditions. No appeals will be entertained.
- Entrants must be Hong Kong residents. The Competition is not open to employees of the Organiser and their immediate family members as well as people involved in organising the Competition.

Application and Enquiries

- Please complete the entry form and return it to the CFS by e-mail, post or fax before 9 March 2016. Please print "Junior Chefs' Culinary Ideas of Salt and Sugar Reduction Competition" on the envelope.
- For any enquiries, please feel free to contact us by:
 - E-mail: rc@fehd.gov.hk
 - Phone: **3962 2091/2381 6793**

Download Entry Form



For regular updates on the Competition, please stay in touch with us on CFS website www.cfs.gov.hk and our Facebook pages:

www.facebook.com/CentreforFoodSafety

www.facebook.com/CentreforFoodSafetyforStudents

www.facebook.com/HongKongsActiononSaltandSugarsReduction