

小營廚減鹽減糖好煮意比賽

Junior Chefs' Culinary Ideas of Salt and Sugar Reduction Competition

比賽目的 Objective

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。

To explore practical ideas of preparing food with reduced salt and sugar without losing flavour and encourage the application of food safety tips when preparing food, so as to promote healthy eating and safe cooking habits.

獎項 Awards

各組別分別設有以下獎項。

The following awards will be selected in each category.

● 冠軍 Champion —

書籍禮券價值港幣HK\$4,800
Book gift voucher worth HK\$4,800

● 亞軍 First Runner-up —

書籍禮券價值港幣\$2,400
Book gift voucher worth HK\$2,400

● 季軍 Second Runner-up —

書籍禮券價值港幣\$1,200
Book gift voucher worth HK\$1,200

● 網上最具人氣獎

Most Liked Award —
書籍禮券價值港幣\$1,200
Book gift voucher worth HK\$1,200



單張
Pamphlet



報名表格
Entry Form



參賽組別及形式

Entry Categories and Format

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（限時30分鐘）。
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 (within 30 minutes).

● 高小組（小四至小六學生和家長） （親子隊）

Senior Primary Category (Primary 4 to 6 students) (Parent-Child Team):

參賽者由一名家長和一名學生以親子形式參賽，需設計及製作兩款三人份量的**健康小食**。

A student can enter with one of his/her parents as a team and they have to design and prepare two **healthy snacks** for three persons.

● 初中組（中一至中三學生）

Junior Secondary Category (Secondary 1 to 3 students):

參賽者可以三名學生組成一隊參賽，需設計及製作兩款三人份量的**健康主菜**。

Entrants can enter as part of a team of three students and they have to design and prepare two **healthy main dishes** for three persons.

截止日期 Deadline

報名Registration: 9/3/2016

提交食譜Recipe Submission: 6/4/2016

查詢電話 Enquiries

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