

**HEY
STUDENTS!**

CAN YOU COOK?



Calling all **“FUTURE CHEFS”** for our
3rd ANNUAL CULINARY COMPETITION

**WE’RE LOOKING FOR YOUR FAVORITE
HEALTHY SALAD RECIPE!**

For Students in Grades 4 & 5

**Two talented winners
From each school
Will be chosen as finalists to
Compete in our contest at
Barrington High School on
Saturday
April 20, 2013**

**PICK UP YOUR
ENTRY FORM TODAY!**

*They are available
in the cafeteria.

*Return your recipe to
the cafeteria staff or
your teacher by
Monday, April 8, 2013



Barrington 220 Recipe Entry Form



~Healthy Salad Recipe~

Open to all 4th and 5th Grade Students!

My Name	
My School	
My Grade	
Parent Phone #	
E-mail Address	

Return to the cafeteria or your teacher by Monday, April 8, 2013

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. Use and attach (staple) another piece of paper if you need more room.



Tips to be a Finalist for the Culinary Competition

Do you want to win an award in the Culinary Competition?

Here are some tips that may help!

1. **Be original.** You don't have to be like everyone else. We can only have so many Chicken Caesar Salad recipes. Don't misunderstand. It's a great salad, it's just that they are done frequently. Consider putting a new twist on a chef salad instead.
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, but only **ONE** person can make the recipe at the competition.
6. We are looking for **Healthy** salad recipes, so, try to have recipes that don't have a lot of sugar or fat in them.
7. At the main competition, the judges will consider 5 criteria:
 - Originality
 - Ease of Preparation
 - Healthy Attributes
 - Kid-Friendly
 - Plate Presentation

The use of one or more of the following ingredients will earn bonus points in the judging:

Black Beans; Chicken; Dried Herbs or Spices; Eggs; Ground Beef; Mango; Pineapple; Roasted Potatoes or Sweet Potatoes; Strawberries; Taco Meat; Tortillas; or Turkey.

GOOD LUCK & HAVE SOME FUN!!!!