

**HEY
STUDENTS!**

CAN YOU COOK?



Calling all “**FUTURE CHEFS**” for our
CULINARY COMPETITION

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

One lucky winner from each school will be chosen as finalists to compete in our contest at Athens High School on **March 6th, 2019**. As an added bonus, the winner of this event will be entered into a National Competition for some great prizes!

**PICK UP YOUR
ENTRY FORM TODAY!**

They’re available in the Cafeteria and in the Main Office!

Turn them in to the Cafeteria or Main Office by **Friday, December 21st.**



Troy School District
Recipe Entry Form

~Fiesta Fit - Healthy Mexican Recipe~

Open to Elementary School Students in Grades 3-5!

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

Return to your teacher or the office by **Friday, December 21st**
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. 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 Mexican-Inspired recipe.
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 **healthy Mexican food**, so try to avoid recipes with a lot of sugar or fat in them.
7. At the main competition, judges will consider the following 6 criteria:
 - Taste
 - Originality
 - Ease of Preparation
 - Healthy Attributes
 - Kid Appeal
 - Plate Presentation

The use of one or more of the following ingredients will earn up to **3 bonus points** at the judging:

Brown Rice, Black Beans, Sweet Potatoes, Bolillo Rolls, Pork, Fish, Avocados, Plantains, and Veggie Crumbles

GOOD LUCK & HAVE FUN!!!!