



Eugene School District 4J
Recipe Entry Form



~Fiesta Fit – Healthy Mexican Recipe*~

Open to 1st through 5th Grade Students!

My Name:	
My School:	
My Grade:	
My Teacher's Name:	

Return to the Cafeteria by **Wednesday, January 16th**.
Teachers: please send to the Cafeteria if received.

My recipe is called: _____

List all ingredients and exact amounts of the ingredients here:

List the "instructions" or exactly how to make this dish. *(If you need more room, attach and staple another piece of paper to this form.)* There are tips on the back of this form.

This recipe serves _____ (how many) portions.



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. *We're also looking for inspiration from other Central or South American cuisines.
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.** (In addition to the judges, you will make about 100 bite-size portions for the audience!)
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 recipes**, 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 (meat substitute).

GOOD LUCK & HAVE FUN!!!!