



San José
Unified
School District

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 main dish (entrée) to complete your plate.
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 you to **COMPLETE THE PLATE WITH YOUR FAVORITE MAIN DISH (ENTRÉE) RECIPE** so try to avoid recipes with a lot of sugar or fat in them.
7. At the main competition, judges will consider the following 7 criteria:
 - Taste
 - Originality
 - Ease of Preparation
 - Healthy Attributes
 - Kid Appeal
 - Plate Presentation
 - Student Chef Presentation to Judges

Helpful Hint: When you present your recipe, include your name, the title of your recipe, a description of how you made your recipe flavorful, how you made it healthier, and any steps you may have taken to minimize food waste.

GOOD LUCK & HAVE FUN!!!!