

## I. 設計要求 Design Requirements

- 為服務對象設計一份午餐 (形式不限, 可為單一菜式或簡單組合)  
Design a lunch meal for a designated service target (the meal may take the form of a single dish or a simple meal combination).
- 內容需包括套餐名稱、食材選擇及製作方法, 及設計理念內容  
Entries should include the meal name, ingredients, cooking method and a design rationale explaining how the meal meets the needs of the service target.

### 必要條件

#### Requirements

- 符合服務對象所需  
Meet the needs of the service target
- 食材成本以\$30 為上限 (調味料不計算在內), 並按實際使用份量計算, 而非按整份購買價格計算  
Keep ingredient costs within HK\$30 (excluding seasonings), based on the actual quantity used rather than the purchase price of the whole package or portion
- 至少使用三種以上食材, 菜式風格不限  
Include at least 3 ingredients; dish style is unrestricted
- 作品設計須以只有一個爐頭 / 電磁爐頭的烹調環境為前提, 並只可使用以下設備進行烹調: 平底鍋、電飯煲、電蒸鍋及微波爐。參賽作品最多只可使用當中兩項設備 (不可使用焗爐、氣炸鍋、養生壺等其他小型煮食家電)。  
Design the meal on the basis of a cooking environment with only one stovetop or induction hob. Only the following cooking equipment may be used: a frying pan, rice cooker, electric food steamer and microwave oven. A maximum of two of the above cooking equipment may be used in each entry (ovens, air fryers, health kettles and other small cooking appliances are not allowed).

## II. 午餐設計 Lunch Meal Design

### 1. 服務對象 Service Target

☐ A. 長者陳伯 (70歲, 患有糖尿病及痛風症)

A. Grandpa Chan, 70 years old, living with diabetes and gout.

☐ B. 清潔工阿珍 (50歲, 外判清潔工, 需從事體力勞動工作)

B. Auntie Chun, 50 years old, an outsourced cleaning worker whose job involves physical labour.

☐ C. 小學生欣欣 (10歲, 與家人居於劏房, 正值發育時期)

C. Primary School Student Yan, 10 years old, living with her family in a subdivided flat and currently in a period of growth and development.

## 2. 設計內容 Design Details

套餐名稱 Meal name: \_\_\_\_\_

午餐內容 Meal Description (可為單一菜式或簡單組合 may be a single dish or a simple meal combination) :

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主要食材 Main Ingredients:

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製作方法 Cooking Method:

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(如有多於一道菜式，可自行加頁或以其他形式呈現)  
(If there is more than one dish, additional pages may be attached or the content may be presented in another format.)

設計理念 Design Concept:

請說明 Please explain: (1) 如何回應服務對象的需要? How does your meal meet the needs of the service target?  
(2) 此設計有什麼特色? What are the special features of your design?

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### III. 補充資料（選填） **Optional supporting materials**