

參賽編號:HK2526-(由本會填寫)

「良食企劃」無窮新煮意設計比賽2025/26報名表格(小學組及中學組)

Enrollment form for [Eat Fair Campaign] Infinite Food Design Challenge 2025/26 (Primary School & Secondary School)

截止日期: 2026年1月31日 Submission Deadline: 31 Jan 2026

姓名 Name: (中文)(Eng)			
學校名稱 Name of school:			Class:
負責老師/監護人姓名 Name of Teacher-in-charge/Guardian	:(中文/Eng)		
負責老師/監護人聯絡電話 Tel of Teacher-in-charge/Guardia	ın:		
負責老師/監護人電郵地址 Email of Teacher-in-charge/Guar	dian:		
參賽組別 Participation level:□小學組 Primary School □□	中學組 Secondary S	School	
参賽形式 Participation format:□個人 Individual □組隊 Te	eam*(最多三人 M	Maximum 3 students)	
組員名單(如有) List of members (If any):			
組員姓名 Name of team member: (中文)	(Eng)		s:
組員姓名 Name of team member: (中文)	(Eng)		s:
*組員必須來自同一間學校。 Team members must be from the same school**請刪去不適用者。 Please delete as appropriate.	ol.	活動詳情 Activity Details	
個人資料使用聲明: 您所提供的資料將保密處理,只會被樂施會及受其委託的服為了與您緊密聯繫,向您匯報樂施會的扶貧、倡議及發展教育工作,以及籌募和(包括姓名、電話、電郵及郵寄地址),為您提供通訊、籌募、義工招募及相關資方格上加上剔號。 Important Notice on Personal Data Usage: The personal data collected will be treated the purposes of donation administration, receipt issuance and related communications. poverty as well as advocacy, development and fundraising progress, Oxfam Hong Koremail and address) for the purpose of communications, fundraising, volunteer recruitm communications, please tick the box.	n活動資訊,樂施會及受到訊,以及用作收集意見之 as strictly confidential and To connect closely with your ag and its service providers	其委託的服務提供者將會透過終 工用途。若您不願意收到上述資 I will be used by Oxfam and its so ou and to keep you informed of Ox may use your contact informatio	思提供的聯絡方法 訊及資料,請在 ervice providers for xfam's work against in (name, telephone,

請將報名表格及參賽作品於**2026年1月31日或之前**寄回觀塘駿業街64號南益商業中心5樓AB室樂施會教育組徐小姐收,並註明「無窮新煮意設計比賽2025/26」。如有查詢,請致電3120 5248或電郵至 <u>kam.tsui@oxfam.org.hk</u> 聯絡教育組徐小姐。

Please return the enrollment form and entries to Miss Kam Tsui at Unit AB, 5/F, South Asia Commercial Centre, 64 Tsun Yip Street, Kwun Tong, **on or before 31 Jan 2026**. Please specify 'Infinite Food Design Challenge 2025/26'. For enquiry, please contact Miss Kam Tsui (Development Education Team) at 3120 5248 or kam.tsui@oxfam.org.hk.



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I. 設計要求 Design requirements

■ 為服務對象設計一款午膳套餐(可包含主食、主菜、配菜、湯品、飲料等組合) Design a lunch set for service target (which may include a combination of staple foods, main dishes, side dishes, soups, beverages, etc.).

■ 內容需包括套餐名稱、食材配搭、營養價值、烹調步驟及手法,及適合服務對象的原因
The content should include the name of the lunch set, ingredient combinations, nutritional value, cooking steps and methods, and the reasons why it is suitable for the service target.

必要 條件	直選 條件(一個或以上)		
Requirement	Self-selected requirement (one or above)		
■ 符合服務對象所需 Address the needs of service	■ 低食材成本(以\$30 為上限·調味料無需計算在		
target ■ 食材選擇得宜 Appropriate ingredient selection ■ 營養均衡 Achieve nutritional balance	內) Lower ingredient cost (up to \$30, excluding seasonings)■ 善善善 善 善 善		
■ 至少使用 3 種以上食材 · 菜式風格不限 Include at least 3 ingredients; dish style is unlimited	的食物) Make good use of food that is still-edible but has not been used or discarded		
■ 只可使用明火或微波爐烹調 Use only flame cooking and microwave	■ 應用綠色飲食(如使用本地或鄰近地區食材、有機食材、素食等) Apply Green diet (such as using local or nearby ingredients, organic ingredients, vegetarian food, etc.)		

II. 設計理念 Concept of Design

1. ***** 服務對象 Service target

- □ A. 長者英婆婆 (戴假牙,患「三高」(高血壓、高血糖、高血脂))
- **A. Grandma Ying**, wearing dentures and suffering from 'three highs' (high blood pressure, high blood glucose and high blood lipid).
- □ **B.** 清潔工明哥 (外判清潔工友,需要負責街道上的清潔和清理垃圾桶)
- **B.** Uncle Ming, working as an outsourced cleaning worker and is responsible for cleaning the streets and rubbish bins.



2. - 午膳套餐內容 Lunch set menu

710 1 110 2 2 1 3 2	
套餐名稱 Name of lunch	set menu :
菜式 Dish ()	
菜式名稱	
Name of dish	
	□主食 Staple foods □主菜 Main dish □配菜 Side dish □湯品 Soup □飲料 Beverage
	□ 其他 Other:
使用食材	
Ingredients used	
Nutritional value	
reactitional value	
烹調步驟及手法	
Cooking methods	
菜式 Dish ()	
菜式名稱	
Name of dish	
	□ 主食 Staple foods □ 主菜 Main dish □ 配菜 Side dish □ 湯品 Soup □ 飲料 Beverage
	□ 其他 Other:
使用食材	
Ingredients used	
Make white Provent I. I.	
營養價值	
Nutritional value	
烹調步驟及手法	
Cooking methods	



菜式 Dish ()

菜式名稱	
Name of dish	
Name of dish	
	□ 主食 Staple foods □ 主菜 Main dish □ 配菜 Side dish □ 湯品 Soup □ 飲料 Beverage
	□ 其他 Other:
使用食材	
Ingredients used	
Nutritional value	
Trutificinal value	
烹調步驟及手法	
Cooking methods	
菜式 Dish ()	
菜式名稱	
Name of dish	
	□ 主食 Staple foods □ 主菜 Main dish □ 配菜 Side dish □ 湯品 Soup □ 飲料 Beverage
	□ 主食 Staple foods □ 主菜 Main dish □配菜 Side dish □ 湯品 Soup □飲料 Beverage □ 其他 Other:
使用食材	
使用食材	
使用食材	
使用食材 Ingredients used	
使用食材 Ingredients used 營養價值	
使用食材 Ingredients used 營養價值	
使用食材 Ingredients used 營養價值 Nutritional value	

^{*}如有需要請自行複印此頁

^{*}Please photocopy this page if necessary



3. 上 自選條件 (一項或以上) Self-selected requirement (one or above)
□ 低食材成本(以\$30 為上限,調味料無需計算在內) Lower ingredient costs (up to \$30, excluding seasonings) □ 善用剩菜/剩食(仍具食用價值,但未被使用或棄置的食物) Make good use of food that is still-edible but has not been used or discarded
□ 綠色飲食(如使用本地或鄰近地區食材、有機食材、素食等) Apply Green diet (such as using local or nearby ingredients, organic ingredients, vegetarian food, etc.)
設計符合以上自選條件的原因 The reasons why the menu meet the above requirements
4. ? 設計適合服務對象的原因 The reasons why the menu is suitable for the service target
4. / 政中 通



III. 其他輔助及補充資料(如有) Other supporting and supplementary information (If any)