

「良食企劃」小煲大煮意設計比賽2026/27 報名表格 (高小組及中學組)
Registration form for [Eat Fair Campaign] Pocket Kitchen Meal Design Challenge 2026/27
(Upper Primary & Secondary Categories)
截止日期：2027年1月6日 Submission Deadline: 6 Jan 2027

姓名 Name: (中文) _____ (Eng) _____

學校名稱 Name of school: _____ 班別 Class: _____

全校學生人數 (選填) Total number of students (optional)*: _____

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/Guardian: _____

負責老師/監護人電郵地址 Email of Teacher-in-charge/Guardian: _____

參賽組別 Participation level: ☐ 高小組 Upper Primary School ☐ 中學組 Secondary School

參賽形式 Participation format: ☐ 個人 Individual ☐ 組隊 Team^ (最多三人 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) _____ 班別 Class: _____

組員姓名 Name of team member: (中文) _____ (Eng) _____ 班別 Class: _____

*本會有權向學校核實有關資料。Oxfam reserves the right to verify the information provided with the school concerned.

^ 組員必須來自同一間學校。Team members must be from the same school.

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務提供者用作捐款處理、寄發收據及有關捐款通訊用途。

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, 以及籌募和活動資訊, 樂施會及受其委託的服務提供者將會透過您提供的聯絡方法(包括姓名、電話、電郵及郵寄地址), 為您提供通訊、籌募、義工招募及相關資訊, 以及用作收集意見之用途。若您不願意收到上述資訊及資料, 請在方格上加上剔號。□

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請將報名表格及參賽作品於**2027年1月6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「小煲大煮意設計比賽2026/27」。如有查詢, 請致電3120 5248或電郵至 kam.tsui@oxfam.org.hk 聯絡教育組徐小姐。

Please return the form and entry to Miss Kam Tsui at Unit AB, 5/F, South Asia Commercial Centre, 64 Tsun Yip Street, Kwun Tong, **on or before 6 Jan 2027**. Please specify 'Pocket Kitchen Meal Design Challenge 2026/27'. For enquiry, please contact Miss Kam Tsui (Development Education Team) at 3120 5248 or kam.tsui@oxfam.org.hk.

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) :

主要食材 Main Ingredients:

製作方法 Cooking Method:

(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?

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