

「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：_____ 班別 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/Guardian：_____

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

參賽組別 Participation level：☐ 小學組 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：_____

*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.

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。□

Important Notice on Personal Data Usage: The personal data collected will be treated as strictly confidential and will be used by Oxfam and its service providers for the purposes of donation administration, receipt issuance and related communications. To connect closely with you and to keep you informed of Oxfam's work against poverty as well as advocacy, development and fundraising progress, Oxfam Hong Kong and its service providers may use your contact information (name, telephone, email and address) for the purpose of communications, fundraising, volunteer recruitment and survey administration. If you would not like to receive such materials or communications, please tick the box. □

請將報名表格及參賽作品於**2026年1月31日或之前**寄回澳門宋玉生廣場258號建興龍廣場18樓F室樂施會教育組高小姐收，並註明「無窮新煮意設計比賽2025/26」。如有查詢，請致電2878 9285或電郵至 sioin.kou@oxfam.org.hk 聯絡教育組高小姐。

Please return the enrollment form and entries to Miss Sioin Kou at Alameda Dr. Carlos d'Assumpção, No.258, Praça Kin Heng Long, 18 Andar F, Macau, **on or before 31 Jan 2026**. Please specify 'Infinite Food Design Challenge 2025/26'. For enquiry, please contact Miss Sioin Kou (Development Education Team) at 2878 9285 or sioin.kou@oxfam.org.hk.

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 Requirement	自選條件 (一個或以上) Self-selected requirement (one or above)
<ul style="list-style-type: none"> ■ 符合服務對象所需 Address the needs of service target ■ 食材選擇得宜 Appropriate ingredient selection ■ 營養均衡 Achieve nutritional balance ■ 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 ■ 只可使用明火或微波爐烹調 Use only flame cooking and microwave 	<ul style="list-style-type: none"> ■ 低食材成本 (以 \$30 為上限，調味料無需計算在內) Lower ingredient cost (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 ■ 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. 拾荒者薇姨 (50歲，於社區收拾廢棄紙皮，變賣賺取收入)

B. Auntie May, aged 50, collects discarded cardboard in the community and sells it for income.

2. ☀ 午膳套餐內容 Lunch set menu

套餐名稱 Name of lunch set menu : _____

菜式 Dish ()

菜式名稱 Name of dish	<p>_____</p> <p><input type="checkbox"/> 主食 Staple foods <input type="checkbox"/> 主菜 Main dish <input type="checkbox"/> 配菜 Side dish <input type="checkbox"/> 湯品 Soup <input type="checkbox"/> 飲料 Beverage</p> <p><input type="checkbox"/> 其他 Other : _____</p>
使用食材 Ingredients used	
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	<p>_____</p> <p><input type="checkbox"/> 主食 Staple foods <input type="checkbox"/> 主菜 Main dish <input type="checkbox"/> 配菜 Side dish <input type="checkbox"/> 湯品 Soup <input type="checkbox"/> 飲料 Beverage</p> <p><input type="checkbox"/> 其他 Other : _____</p>
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使用食材 Ingredients used	
營養價值 Nutritional value	
烹調步驟及手法 Cooking methods	

*如有需要請自行複印此頁

*Please photocopy this page if necessary

3.  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

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