

# Tsuen Wan Trade Association Primary School

Circular 18-049/E05

16<sup>th</sup> October 2018

Dear Parents of selected students,

## **Circular on 2018 Designing and Cooking Low Carbon Vegetable Dumplings Competition**

To enable students to gain experiences from designing recipes to planting crops themselves, enjoy the process of cooking with their own recipes and apply balanced diet by using suitable ingredients, we encourage students to participate in 2018 Cooking Vegetable Dumplings Competition. We invite parents and students to take part in the competition. The details are as follows:

Deadline of application	From now to 23 <sup>rd</sup> October, 2018 (Tuesday) (Reply slip with dumpling recipe information)
Target student	Selected students
The Content of the Activity	Gain experience in designing recipes and cooking dumplings
Fee	Free of charge
Remarks	<ol style="list-style-type: none"><li>1. The ingredients of the dumplings must be vegetables and the recipe must include at least one of the following ingredients: corn / red leeks / leeks / leeks;</li><li>2. Participants have to submit the recipes of dumplings with three related photos including the details of preparing ingredients, cooking process and completing photos (photo titles and description). Participants have to write no more than 100 Chinese/English words to share the process of designing dumplings and tell how "low carbon" and "environmental protection" be achieved;</li><li>3. The finalists can participate in the Farming Experience Day with their families. The students will use the plants to cook the dumplings according to their own design for the competition. The cooking time is 45 minutes. Students have to explain the design in 5 minutes.</li></ol>

For enquiry, please contact Ms. Lam Choi Wing.

Yours faithfully

*Chow Kim Ho*

Chow Kim Ho

Principal



Tsuen Wan Trade Association Primary School

Reply Slip of Circular 18-049/E05 < Please return it to Ms. Lam Choi Wing >

## **Circular on 2018 Designing and Cooking Low Carbon Vegetable Dumplings Competition**

Dear Principal,

I acknowledge receipt of the above circular regarding on 2018 Designing and Cooking Low Carbon Vegetable Dumplings Competition.

- \* I  allow my child to join the competition and submit dumpling recipe information.  
 do not allow my child to participate in the activity.

Student's Name: \_\_\_\_\_ (      )

Parent's Signature: \_\_\_\_\_

Class: \_\_\_\_\_

Date: \_\_\_\_\_

\* Please put a '✓' in the appropriate box.

學生姓名：\_\_\_\_\_ 班別：\_\_\_\_\_

### 煮得低碳好 EASY-低碳素餃食譜設計比賽 2018

目的：以低碳飲食為主題，鼓勵受眾參與「低碳餃子食譜設計比賽」，並在比賽中根據所設計時令低碳餃子菜式食譜煮出來，勝出者可參與農耕體驗日，令參加者學者善用食材及均衡飲食的概念。

1. 參賽低碳素餃食譜資料(註：食譜中需包含以下最少一樣材料：粟米/ 紅枸杞菜/ 韭菜 / 蒼蓬菜)

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2. 參賽素餃子食譜作品提供三張圖片及其標題，：準備食材、烹調過程、完成照片等)，可另外提供參加者姓名、電話、學校名稱並電郵至 [info@fycentre.com](mailto:info@fycentre.com)，大小不少於 2MB 以 JPG / PNG 形式

標題一：

標題二：

標題三：

3. 請用不多於 100 中文/英文字填寫設計之餃子食譜的煮食心得講述如何能做到「低碳」及「環保」？(

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