



## Albany County School District #1 Recipe Entry Form

~Fiesta Fit - Healthy Mexican Recipe~  
Open to All Elementary School Students!

|                   |  |
|-------------------|--|
| Student's Name:   |  |
| Student's School: |  |
| Student's Grade:  |  |
| Teacher's Name:   |  |

Return to your teacher or the office by **Friday, January 11th**  
**Teachers: please send to the main office if received.**

My recipe is called: \_\_\_\_\_

List all ingredients and exact amounts of the ingredients here:

List the "method" or exactly how to make this dish. Make sure to include the number of servings your recipe creates. *(If you need more room, attach and staple another piece of paper to this form.)*



## Tips to be a Finalist in this Year's Culinary Competition

Have your eye on the prize? Here are some tips that may help!

1. **Be original** - You don't have to be like everyone else. Consider putting a new twist on your favorite Mexican-Inspired recipe.
2. **Be creative** - A student once submitted a recipe for "dill cookies!" Sounds terrible, but they were actually great! Don't TRY to be too weird, but we love to see recipes that are different!
3. **Don't do recipes that are too easy or too complicated.**
4. This **doesn't** have to be your own, original recipe. You can get them off the Internet or anywhere, but try to alter it slightly to make it your own!
5. SORRY, only **ONE** person can make each recipe at the competition.
6. We are looking for **healthy Mexican food**, so try to avoid recipes with a lot of sugar or fat in them.
7. At the main competition, judges will consider the following 6 criteria:
  - Taste
  - Originality
  - Ease of Preparation
  - Healthy Attributes
  - Kid Appeal
  - Plate Presentation

The use of one or more of the following ingredients will earn up to 3 bonus points at the judging:

**Brown Rice, Black Beans, Sweet Potatoes, Bolillo Rolls, Pork, Fish, Avocados, Plantains, and Veggie Crumbles**

**GOOD LUCK & HAVE FUN!!!!**