

"Food Delight" Senior Food Cooking Competition 2024

Both tradition and innovation are essential for improving the dining experience and nutrition of people with swallowing difficulties (dysphagia). Last year, Yee Hong organized the first "Food Delight" senior food cooking competition. Feedbacks were positive. We continue to promote the development of Care Food and invite all who are interested in making Care Food to participate in this competition!

In this competition, we hope to promote the cooking methods of Care Food and encourage all participants to innovate with Care Food dishes so that people with dysphagia can have a variety of choices in food selection; on the other hand, we hope to promote different forms of Care Food in the community (such as soft meals and minced meals), to popularize Care Food so that it can be integrated into our daily lives.

Competition details:

1. Organizer: Yee Hong Centre for Geriatric Care (Community & Professional Services)

2. Objectives:

- Promote Care Food and its standard guidelines (IDDSI)
- Provide a variety of dietary solutions for people with dysphagia to improve their quality of life
- Change the public's inherent concept of Care Food and promote social inclusion

3. Shortlisting Criteria

Theme:	Cooking Care Food @ Home <ul style="list-style-type: none"> • "Home" is an indispensable place to connect with loved ones • "Care food" brings a delicious and happy eating experience • The combination of "home + care food" allows people with dysphagia from all families to enjoy delicious Care Food. The entries for this competition need to be close to daily life and can be easily cooked at home
Eligibility:	Anyone, such as carers, seniors, staff of senior service agencies
Requirements:	Design one self-selected Care Food dish suitable for seniors with dysphagia, (such as appetizer or dessert etc.); there are no restrictions on cooking methods and food care levels. You may take reference from https://iddsi.org/IDDSI/media/images/Complete_IDDSI_Framework_Final_31July2019.pdf
Submission:	Email the completed application form to paul.wong@yeehong.com ; registrants have the option to attach photos/videos to introduce related works
Closing date:	Friday, May 3, 2024 at 5:00 pm
Shortlist notice:	Shortlisted finalists will be tentatively announced on May 10, 2024 (Friday). Finalists will be notified separately and will receive an additional allowance of \$ 50 for final preparation

➤ Final:

Date:	May 25, 2024 (Saturday)
Time:	10:00 am to 12:00 noon
Location:	Pending
Rules & regulations	<ul style="list-style-type: none"> • Participants are required to prepare Care Food dish onsite within the specified time (about 30 minutes), plus 1-2 minutes for the introduction of the work • Participants need to bring their ingredients and cooking utensils. Only electric stoves and plain water are provided by the organizer • Participants can prepare some time-consuming ingredients in advance to complete the dishes within the specified time • Participants must continue to use the recipes (one dish) submitted during the finalist selection, but the amount of ingredients and cooking methods can be adjusted according to the requirements of the dishes after the pre-contest preparation
Requirements for dishes:	<p>Participants are required to prepare the dish of their shortlisted works and meet the specified level of dysphagia diet.</p> <p>The dish must meet the following requirements:</p> <ul style="list-style-type: none"> • IDDSI Level 4 (puree); • IDDSI Level 5 (crushed and soggy) • IDDSI Level 6 (soft and one bite size) • IDDSI Level 7 (easy to chew)

4. Judges

People from different sectors will be invited to serve as judges, to give scores on various food characteristics, such as taste, texture, visual presentation, creative design concepts, etc.

Shortlist selection judges

*List of judges will be announced later

5. Awards

The following prizes will be awarded:

5.1 Care Food Star Chefs (three prizes): To honour the outstanding performance of the shortlisted contestants and actively promote Care Food

5.2 The Most Popular Dish Award in public voting (one prize): The public will vote for their favorite dishes by indicating LIKE on Yee Hong Facebook; the dish with the most LIKES will be awarded.

Total prize worth \$30

5.3 The Most Nutritious Dish Grand Prize (one prize): Scores will be given based on the nutrition content and overall presentation of the finalist dishes.

Total prize worth \$50

*To encourage participants to actively engage in the competition, various awards are set up as tokens of appreciation. Except for the Care Food Star Chefs and Most Popular Dish awards, other awards will not be presented to the same teams.

6. Judging Criteria

6.1 Shortlist selection

Item	Ratio
Creativity, design concept and the story behind it	30%
Choice of ingredients (diversity, selection, overall balance) and nutrition	20%
Cooking method (cooking skills)	20%
Recipe completeness (details of the cooking process, sequence, and ingredient quantities)	15%
Suitable for the dysphagia eating level of seniors	15%

6.2 Final Awards

Award	Scoring Item	Ratio
"Gourmet" Commendation	Overall taste and texture	50%
	Aroma, colour and matching of ingredients	25%
	Whether it meets the requirements of Care Food texture	25%
"Joy" Commendation	Food appearance, presentation, colour matching	50%
	Does it fit the theme of "Happiness" and convey a joyful impression	25%
	Whether it meets the requirements of Care Food texture	25%
"Care" Commendation	Clarity of recipe	50%
	Ease of learning for caregivers	25%
	Whether it meets the requirements of Care Food texture	25%
Most Popular Dish Award in public voting	The videos/photos of each finalist team will be posted on the Facebook page of Yee Hong; the post with the most "LIKEs" will win this award	not applicable
Most Nutritious Dish Grand Prize	Overall nutritional balance	50%
	Is it suitable for seniors with dysphagia	25%
	Healthy and diverse selection of ingredients	25%

7. Inquiry

Yee Hong Centre for Geriatric Care

Care Food Working Group

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END