

**“Food Delight” Senior Food Cooking Competition 2024 (Toronto)**  
**「食得喜」樂齡美食烹飪大賽 2024 (多倫多)**

**Deadline: May 3 (Friday) 5pm**

報名截止日期: 5月3日(星期五)下午5時正

Submission via email [carefood.yeehong@gmail.com](mailto:carefood.yeehong@gmail.com)

遞交方法: 電郵至 [carefood.yeehong@gmail.com](mailto:carefood.yeehong@gmail.com)

Email subject states Care food Cooking Competition 2024

(電郵主旨請註明: Care Food Cooking Competition 2024)

The organizer will send a confirmation email within 1 day upon receiving the application. In case if you don't receive any reply or have any questions, please call 416-4571 x 1165

\*主辦機構將於收到報名表後1個工作天內以電郵向聯絡人發出確認通知。如屆時未收到通知或有任何疑問，請致電416-412-4571 x 1165查詢

入圍通知日期: 5月10日(星期五) 決賽日期: 5月25日(星期六)

**1 Applicant's Information 參加者資料**

First name, Last name \_\_\_\_\_

Address : \_\_\_\_\_

Phone : \_\_\_\_\_ Email : \_\_\_\_\_

\*請用正楷填寫資料，並在適當的□內打✓

## 2. Declaration 聲明

必須於此欄簽署，否則參賽申請將不予受理

*This requires participant's signature; otherwise this application will be voided*

1. If the recipes and short videos (if any submission) violates the copyright issues, I accept that I will be disqualified from the competition and bear all legal responsibilities, which have nothing to do with the organizer.
2. All the information and related documents in this application form are correct and accurate. The organizer shall not be responsible for any errors or omissions.
3. I understand and accept that the organizer collects, processes and uses personal data for the purpose of contacting, publicizing and promoting this event.
4. I accept that the organizer arranges for recording the competition and use it for publicity on the platform, and I am also willing to accept the publicity activities related to the competition after the finals and awards.
5. I agree that under no circumstances shall the organizer be responsible for any claims arising out of this Senior Food Cooking Competition 2024, whether for property or other damages, injuries, deaths or claims of any other nature, to me (whether by way of indemnity, contribution or otherwise), whether or not such claim was caused by the willful default or negligence of Sponsor or its employees, agents, sponsors and/or sub-subordinates.
6. I agree and accept to receive information from CareFood.Yeehong by email. (If you do not agree, you can add a "√" sign in the space of the following rejection information column)

***I refuse to receive information from CareFood.Yeehong by email.***

1. 如本人遞交的食譜及短片（如有）違反版權條例，本人接受被取消參賽資格，並承擔一切法律責任，與主辦機構無關。
2. 參加表格內一切資料及有關文件確實無誤及完整，若有錯漏，主辦機構毋須負責。
3. 本人明白並接受主辦機構蒐集、處理及使用個人資料作是次活動聯絡、宣傳及推廣之用。
4. 本人接受主辦機構安排有關比賽的拍攝或錄影，並用於有關平台宣傳，亦願意在決賽和獲獎後接受有關是次比賽的拍攝及宣傳活動。
5. 本人同意在任何情況下，主辦機構不需就任何因「食得喜」樂齡美食烹飪大賽 2024 而引起的任何申索，不論為財產或其他損失、受傷、死亡或其他性質之申索，向本人負責（無論是以彌償、分擔款項或其他形式負責），不論該申索是否因主辦機構或其僱員、代理、承辦機構及/或次承辦機構故意失責或疏忽而導致。
6. 本人同意並接受以電郵形式接收 CareFood.Yeehong 的資訊。（如不同意，可於下列拒收資訊一欄的空格加上「√」號）

**本人拒絕以電郵形式接收 CareFood.Yeehong 的資訊。**

參賽者簽署: \_\_\_\_\_

日期: \_\_\_\_\_

\*請在適當的□內打✓

(I) Concept design & Story

A large rectangular box with a black border, containing 20 horizontal lines for writing. The lines are evenly spaced and extend across the width of the box, providing a template for a concept design and story.

(II) Photos/ movie submission

1. Photos – you can email this form to [carefood.yeehong@gmail.com](mailto:carefood.yeehong@gmail.com) as an attachment, up to 5 photos

Image format: JPEG color clear photos      File size: 2MB or less each

The file name must include the participating unit and the theme of the work

(File: "name of applicant\_name of the work")

**OR**

2. Short video – You can shoot a short video of no more than 3 minutes and upload it to the cloud hard drive,

and set the video access right to all viewers who has the link,

and then email the link together with this form to [carefood.yeehong@gmail.com](mailto:carefood.yeehong@gmail.com)

Video format: MP4, WMV, MOV

1. 相片 – 可以附件方式連同此表格電郵至 [carefood.yeehong@gmail.com](mailto:carefood.yeehong@gmail.com)，上限 5 張

圖像類別: JPEG 彩色清晰照片，檔案大小: 每張 2MB 或以下

檔案名稱必須包括參賽單位及作品主題（範例:「參賽單位\_作品主題」）

**或**

2. 短片 – 可拍攝不多於 3 分鐘的短片並上傳到雲端硬碟，並將影片存取權設為可供所有擁有連結的人觀

看後，將連結連同此表格電郵至 [carefood.yeehong@gmail.com](mailto:carefood.yeehong@gmail.com)

影片格式: MP4, WMV, MOV

## 4. Recipe 食譜

(如空格橫線不敷應用，請自行加附頁填寫)

\*Finalists must continue to use the currently submitted recipe, but they can adjust the ingredients, as well as their cooking methods, according to the requirements of the dish. All changes must seek approval by Yee Hong in written notice.

\*決賽入圍者需沿用現時所提交的食譜，惟可於參與賽前因應菜式要求而調整食材及配料份量，以及其烹調方法。如有任何改變，必先獲頤康批准。

(I) Name of dish 名稱:

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(II) Ingredients 食物及配料

(Please list all ingredients and quantity/ units 請列明所有食材的名稱和數量/單位)

Ingredients 食材:

	名稱 Item	數量/單位 Quantity/ unit		名稱 Item	數量/單位 Quantity/ unit
1			5		
2			6		
3			7		
4			8		

Seasoning / Sauce 調味料/醬汁:

	名稱 Item	數量/單位 Quantity/ unit		名稱 Item	數量/單位 Quantity/ unit
1			7		
2			8		
3			9		
4			10		
5			11		
6			12		

(III) Cooking Procedures 烹調步驟 (please use point form; 請用點列出)

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此部分不作評分  
Marks will not be given in this section

分享照顧小貼士 (歡迎分享照顧吞嚥障礙家人的經驗)

Sharing Caring tips (Feel free to share your tips in caring family members w swallow difficulties)


問卷調查

1. 你對照護食的認識有多少? (1 完全不認識 – 10 非常認識 )

1	2	3	4	5	6	7	8	9	10
完全 不認識									非常 認識

2. 你從何種渠道得悉是次比賽?

- 頤康                       其他機構                       照顧者平台/群組  
 其他 (請列明)

## 5. Rules and Regulations 參賽規則

必須於此欄簽署，否則參賽申請將不予受理

*This requires participant's signature; otherwise this application will be voided*

1. Each participant can only submit one application form, and repeated applications will not be accepted.
2. The deadline for application is 5:00 pm on May 3, 2024 (Friday). Those who are overdue will not be eligible for admission. Please submit the completed form by email to [carefood.yeehong@gmail.com](mailto:carefood.yeehong@gmail.com). Yee Hong Care Food will announce the finalists on May 10 (Friday).
3. Participants must abide by all competition rules, precautions, statements and any requirements of the organizer. If there is any violation, the organizer has the right to cancel their participation and award qualifications.
4. If any plagiarism or copyright infringement is found, the organizer has the right to disqualify them from participating and winning prizes. Participants must also bear all legal responsibilities themselves, and have nothing to do with the organizer.
5. The organizer has the right to use and publish all submitted work materials (including recipes, pictures or short videos, etc.), and use them for publicity and promotion in any media without prior consent from the contestants.
6. All finalists must participate in pre-competition preparation and final convening activities. If there is any absence without reason, the organizer will regard it as a waiver of the qualification.
7. All winners must attend the award ceremony of the Care Food Cooking Design Competition. Those who are absent must explain reasonable reasons to the organizer. The organizer reserves the right to change any award arrangements.
8. If other contestants are found to have any violations or injustice during the competition, they must immediately report to the organizer or judges on the spot, or attach relevant certificates to the organizer for reporting within seven days after the end of the competition, and the rest shall be It will not be accepted; those who are found to be violating the rules will be immediately disqualified from participating and winning prizes.
9. The organizer reserves the right to make final interpretations, changes and changes to all competition rules and unfinished matters.

1. 每名參賽者只能遞交一份參賽表格，重覆遞交的申請將不獲受理。
2. 參賽申請截止日期為 2024 年 5 月 3 日（星期五）下午 5 時正，逾期者將不會獲入圍資格。填妥的表格請以電郵遞交至 [carefood.yeehong@gmail.com](mailto:carefood.yeehong@gmail.com)，頤康將於 5 月 10 日（星期五）公布入圍決賽名單。
3. 參賽者必須遵守所有參賽規則、注意事項、聲明及主辦機構的任何要求，若有違反者，主辦機構有權取消其參賽及得獎資格。
4. 如有發現任何抄襲及侵權行為，主辦機構有權取消其參賽及得獎資格，參賽者亦須自行承擔所有法律責任，一概與主辦機構無關。
5. 主辦機構有權使用及發佈所有遞交的作品資料（包括食譜、圖片或短片等），並在任何媒體作宣傳及推廣之用，而無須事先取得參賽者同意。
6. 所有決賽入圍者須參加賽前備戰及最後召集活動，如有無故缺席者，主辦機構會一律視作放棄參賽資格。
7. 所有得獎者必須參加「食得喜」樂齡美食烹飪大賽頒獎典禮，缺席者須向大會交代合理原因，主辦機構有權更改任何獎項安排。
8. 如發現其它參賽者有任何違規行為或比賽過程中有不公正的事，必須在現場立即向主辦機構或評審舉報，或在賽事結束後七天內向主辦機構附上相關證明作檢舉，其餘一律不予受理；被證實違規者，將即時被取消參賽及得獎資格。
9. 對於所有賽事規則及未盡事宜，主辦機構保留最終解釋、更改和變動之權利。

參賽者簽署: \_\_\_\_\_ 日期: \_\_\_\_\_