

Category : **FOOD STYLING & PHOTOGRAPHY**
Theme : "Emerging Trends in Food Trade"
Division : Student
Schedule : TBA



INGRESS/REGISTRATION: 9:00 AM
ACTUAL TIME OF COMPETITION: 10:00 AM

DEFINITION: An on the spot food styling competition. A combination of art and culinary skills and food must be fit for consumption. All dishes must be photograph ready after preparation.

GUIDELINES:

1. Open to all university/college/culinary schools. A team per school/establishment is composed of two (2) students.
2. Maximum of two (2) entries per school

*Important note: One (1) entry per team if the school has 2 teams **OR** Two (2) entries if the school has one (1) team only.*

3. Competing teams are required to register within the designated ingress/registration period and area. Late registration will be considered disqualified.
4. Each team must submit a registration form and three (3) sets of ingress/egress form upon registration.
5. Participants are required to wear their complete chef's uniform during the competition without any identifying school/company logo.
6. No professional photographer and/or food stylist will be allowed to join the team.
7. Entry maybe an appetizer, main course or a dessert.
8. Dish/recipe will be brought cooked but will be assembled, plated and garnished during the actual hit.
9. Ingredients to execute the entries will be provided by the participants. Only edible ingredients will be allowed.



10. Utensils, plates, equipment and decorative items will be provided by the competing teams.
11. Each team will be given one (1) hour to plate, style and photo shoot. Title/name of the dish must be displayed.
12. Competing teams must bring their own camera. Use of special lighting is optional.
13. No coaching will be allowed during the actual competition.
14. Printing of the pictures will be done by the organizer.
15. Size of the photo is 24 inches x 20 inches.
16. Picture/s to be displayed at the lobby area on the duration of the event and will be owned by the Philippine Food Expo organizers.

CRITERIA FOR JUDGING:

RELEVANCE TO THE THEME	0-20 points
FOOD PRESENTATION AND STYLING	0-60 points
QUALITY OF IMAGE	0-20 points
Total Possible Points	100 points



Category : **THE HEALTHY PASTA**
Theme : *“Emerging Trends in Food Trade”*
Division : Faculty and Student Tandem
Schedule : **APRIL 21, SATURDAY**



INGRESS/REGISTRATION: 12:00 PM
ACTUAL TIME OF COMPETITION: 1:00 PM

DEFINITION: Live cooking of a nutritionally balanced pasta dish applying healthy cooking principles and modern preparation techniques.

GUIDELINES:

1. Open to all university/college/culinary schools. One (1) team per school is composed of one (1) faculty and one (1) student.
2. Competing teams are required to register within the designated ingress/registration period and area. Late registration will be considered disqualified.
3. Each team must submit a registration form and three (3) sets of ingress/egress form upon registration.
4. Participants are required to wear their complete chef's uniform and kitchen shoes during the competition without any identifying school/company logo.
5. Each team must execute two (2) plates, one (1) for the judges and one (1) for the display containing healthy pasta dish with healthy ingredients and its garnish. Breads as side dish are allowed and can be used.
6. **HOME MADE PASTA** shall be made on the spot. Competing schools must provide their own pasta maker/s.
7. Cooking area with preparation table and range with burners will be assigned for each team upon registration provided by the organizers. Pre-heating of oven is allowed. Draw lots will be done upon registration as two batches may happen.
8. Only edible ingredients will be allowed.
9. Utensils, plates and equipment will be provided by the competing teams.
10. Cooked items will not be allowed and will cause for disqualification.



11. Competing teams will be given one (1) hour cooking time including the cleaning of the area

12. No coaching will be allowed during the actual competition.

13. Healthy cooking principles must be applied to:

Cooking methods:

Should be limited to: steaming, poaching, baking, grilling, steaming, roasting with very minimal use of fats and oils

Choice of ingredients:

1. Must be with high nutritive value (rich in vitamins and minerals)
2. Must be high in fiber and must prioritize use of complex carbohydrates
3. Use of lean meats, poultry, fish or seafood, with no visible fats

Portion Size:

Limit portions to:

Exchanges of meat (60-80 grams of fish, meats, poultry or seafood)

Exchange of rice or starch (1/2 cup of rice or its equivalent)

Exchanges of vegetables (1 cup of vegetables)

CRITERIA FOR JUDGING:

TASTE

0-30 points

Good flavor and taste and should have uniqueness.

PRESENTATION

0-25 points

Dishes should be appetizing and tastefully pleasing to the eye with proper plating, with moderate slices, portions correctly calculated and easily accessible.

HEALTHFULNESS

0-25 points

Execution of “Healthy” ingredients in the recipe must be observed as well as the display mastery of basic skills, application of correct cooking method of a healthy pasta dish.

HANDLING HYGIENE

0-20 points

Attention given to hygiene during preparation of food and proper handling to competition in accordance with HACCP.

Total Possible Points

100 points



Category : **MODERN FILIPINO DESSERTS**
Theme : *“Emerging Trends in Food Trade”*
Division : Faculty and Student Tandem
Schedule : **APRIL 21, SATURDAY**



INGRESS/REGISTRATION: 3:00 PM
ACTUAL TIME OF COMPETITION: 4:00 PM

DESCRIPTION: Live cooking/preparation of three (3) Filipino desserts with the availability of being *innovative and creative*.

GUIDELINES:

1. Open to all university/college/culinary schools and hotels/restaurants. A team per school/establishment is composed of one (1) faculty and (1) student.
2. Competing teams will be given One (1) hour cooking/baking time for three (3) Filipino Desserts. That also includes the cleaning of the area.
3. Competing teams are required to register within the designated Ingress/Registration period and area. Late registration will be considered disqualified.
4. Each team must submit a registration form and three (3) sets of ingress/egress form upon registration.
5. Participants are required to wear their complete chef's uniform and kitchen shoes during the competition without any identifying school/company logo.
6. Cooking area with preparation table and range with burners will be assigned for each team upon registration provided by the organizers. Pre-heating of oven is allowed. Draw lots will be done upon registration as two batches may happen.
7. Only edible ingredients will be allowed.
8. Utensils, plates and equipment will be provided by the competing teams.
9. Cooked items will not be allowed and will cause for disqualification.
10. No coaching will be allowed during the actual competition.
11. Each team must execute two (2) plates per dessert. One (1) for the judges and one (1) for the display.



12. Kitchen wares, utensils and plates are to be provided by the participants.
13. Cooking area with preparation table and range with burners will be assigned for each team upon registration provided by the organizers. Pre-heating of oven is allowed. Draw lots will be done upon registration as two (2) batches may happen.
14. All Participants must observe proper decorum and behavior while inside the competition proper. No bad mouthing, cursing or sign of bad behavior towards other team/s or competitor. Our working organizers and committee reserves the right to evict person or earring participants, and will be automatically barred from the competition.
15. Participants should come at least one (1) hour before the competition for the briefing. Late arrival (15 minutes or over) will be automatically disqualified.
16. Only fully registered participants and coaches will be given badges bearing their registration number. These can be claimed during the registration prior to the competition time to the organizing committees. All competitors must wear their badges during the entire competition dates and will entitle them for their entrance. This is non-transferable and non-replaceable. Loss or transfer will technically disqualify any competitor.

CRITERIA FOR JUDGING:

TASTE

0-30 points

Fineness/superiority of the flavor and taste. Uniqueness with proper execution must be observed.

PRESENTATION

0-25 points

Dishes should be appetizing and tastefully pleasing to the eye with proper plating, with moderate slices, portions correctly calculated and easily accessible.

PROFESSIONAL PREPARATION

0-25 points

Classical names should correspond to original recipes and preparation must be correct as well as the display mastery of basic skills, application of correct cooking method.

HANDLING HYGIENE

0-20 points

Attention given to hygiene during preparation of food and proper handling to competition in accordance with HACCP.

Total Possible Points

100 points



Category : **THE MYSTERY INGREDIENT**
Theme : *“Emerging Trends in Food Trade”*
Division : *Faculty and Student Tandem*
Schedule : **APRIL 22, SUNDAY**



INGRESS/REGISTRATION: 11:00 AM
ACTUAL TIME OF COMPETITION: 12:00 PM

DESCRIPTION: An On-the spot cooking competition using the **Mystery Ingredient**. Participants must execute one (1) APPETIZER, one (1) MAIN DISH & one (1) DESSERT. One serving per plate for each course.

GUIDELINES:

1. Open to all university/college/culinary schools. One (1) team per school is composed of one (1) faculty and one (1) student.
2. Competing teams are required to register within the designated Ingress/Registration period and area. Late registration will be considered disqualified.
3. Each team must submit a registration form and three (3) sets of ingress/egress form upon registration.
4. Participants are required to wear their complete chef's uniform and kitchen shoes during the competition without any identifying school logo.
5. The mystery ingredient will be announced during the final orientation. Samples will be given to each participating team for practice.
6. Mystery ingredient must be used as main ingredient for the dish. Only edible ingredients will be allowed.
7. Competing teams will be given one (1) hour cooking time for APPETIZER, MAIN DISH and DESSERT. That also includes the cleaning of the area.
8. Each team must execute two (2) plates per course. One (1) for the judges and one (1) for the display.
9. Kitchen wares, utensils and plates are to be provided by the participants.



10. Cooking area with preparation table and range with burners will be assigned for each team upon registration provided by the organizers. Pre-heating of oven is allowed. Draw lots will be done upon registration as two (2) batches may happen.
11. All Participants must observe proper decorum and behavior while inside the competition proper. No bad mouthing, cursing or sign of bad behavior towards other team/s or competitor. Our working organizers and committee reserves the right to evict person or earring participants, and will be automatically barred from the competition.
12. Participants should come at least one (1) hour before the competition for the briefing. Late arrival (15 minutes or over) will be automatically disqualified.
13. Only fully registered participants and coaches will be given badges bearing their registration number. These can be claimed during the registration prior to the competition time to the organizing committees. All competitors must wear their badges during the entire competition dates and will entitle them for their entrance. This is non-transferable and non-replaceable. Loss or transfer will technically disqualify any competitor.

CRITERIA FOR JUDGING:

TASTE

0-30 points

Good flavor and taste and should have uniqueness with the right execution of the use of the given mystery ingredient.

PRESENTATION

0-25 points

Dishes should be appetizing and tastefully pleasing to the eye with proper plating, with moderate slices, portions correctly calculated and easily accessible.

PROFESSIONAL PREPARATION

0-25 points

Classical names should correspond to original recipes and preparation must be correct as well as the display mastery of basic skills, application of correct cooking method.

HANDLING HYGIENE

0-20 points

Attention given to hygiene during preparation of food and proper handling to competition in accordance with HACCP.

Total Possible Points

100 points



Category : **KITCHEN MASTERS (30 Minutes Cooking Challenge)**
Theme : *"Emerging Trends in Food Trade"*
Division : Faculty and Student Tandem
Schedule : **APRIL 22, SUNDAY**



INGRESS/REGISTRATION: 2:00 PM
ACTUAL TIME OF COMPETITION: 3:00 PM

DESCRIPTION: An unconventionally timed cooking competition, participants must prepare one (1) appetizer, one (1) main course and one (1) dessert good for two (2) within 30 minutes only.

GUIDELINES

1. Open to all university/college/culinary schools. One (1) team per school is composed of one (1) faculty and one (1) student.
2. Competing teams are required to register within the designated Ingress/Registration period and area. Late registration will be considered disqualified.
3. Each team must submit a registration form and three (3) sets of ingress/egress form upon registration.
4. Participants are required to wear their complete chef's uniform and kitchen shoes during the competition without any identifying school logo.
5. Competing teams will be given 30 minutes cooking time for APPETIZER, MAIN DISH and DESSERT. Pre-cut ingredients and Pre marinated are allowed but NOT cooked.
6. Each team must execute two (2) plates per course. One (1) for the judges and one (1) for the display.
7. No coaching will be allowed during the actual competition.
8. Kitchen wares, utensils and plates are to be provided by the participants.
9. Cooking area with preparation table and range with burners will be assigned for each team upon registration provided by the organizers. Pre-heating of oven is allowed. Draw lots will be done upon registration as two (2) batches may happen.
10. All Participants must observe proper decorum and behavior while inside the competition proper. No bad mouthing, cursing or sign of bad behavior towards other team/s or



competitor. Our working organizers and committee reserves the right to evict person or earring participants, and will be automatically barred from the competition.

11. Participants should come at least one (1) hour before the competition for the briefing. Late arrival (15 minutes or over) will be automatically disqualified.
12. Only fully registered participants and coaches will be given badges bearing their registration number. These can be claimed during the registration prior to the competition time to the organizing committees. All competitors must wear their badges during the entire competition dates and will entitle them for their entrance. This is non-transferable and non-replaceable. Loss or transfer will technically disqualify any competitor.

CRITERIA FOR JUDGING:

TASTE **0-30 points**

Good flavor and taste and should have uniqueness.

PRESENTATION **0-25 points**

Dishes should be appetizing and tastefully pleasing to the eye with proper plating, with moderate slices, portions correctly calculated and easily accessible.

PROFESSIONAL PREPARATION **0-25 points**

Classical names should correspond to original recipes and preparation must be correct as well as the display mastery of basic skills, application of correct cooking method.

HANDLING HYGIENE **0-20 points**

Attention given to hygiene during preparation of food and proper handling to competition in accordance with HACCP.

Total Possible Points **100 points**

