

RUMAH WHAMPOA



ELDERS AND
TEENS SHARING

EATS

TWO-TO-COOK CONTEST

How to participate

Form a team of 1 teen & 1 senior (teen: 13 – 17 years; senior: 60 years & above)

The team to cook and share about a dish, and documents the process by taking photos and notes

What to submit

A photograph of the large white paper which consists of :

- Name of the dish
- Story behind the dish (e.g. why is this dish meaningful?)
- Photographs & notes of the ingredients, food preparation, cooking and the serving of the dish by the team
- “Wefies” of you two preparing the dish together
- “Wefies” of you two holding the dish together



How to submit

Email the photograph to RumahWhampoaEATS@gmail.com

Please indicate in your email: (1) Full names of both participants; (2) Dates of birth; (3) Addresses; (4) NRIC numbers; (5) Contact numbers & (6) Email addresses

Other information

- Multiple entries allowed but only the final entry will be considered.
- 8 best entries will be chosen as winners and prizes will be given away at the International Day of Older Persons 2018 Carnival @ Whampoa



1st Prize: \$200 Vouchers

2nd Prize: \$150 Vouchers

3rd Prize: \$100 Vouchers

5 Most Creative Prizes: \$50 Vouchers



DEADLINE: 31 AUGUST 2018

For enquiries, please call Jasmine at 6593 9527

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如何参加

青少年和乐龄两人一组（青少年：13 - 17岁；乐龄：60岁及以上）
你们将一起烹煮和分享关于一道菜肴，并通过照片和笔记记录整个过程

提交什么

一张附有以下资料的大白纸的照片：

- 菜肴的名称
- 菜肴背后的故事（例如为什么这道菜肴对你们有意义？）
- 你们一起准备食材和烹煮这道菜肴的照片和笔记
- 你们一起准备这道菜肴的合照
- 你们一起拿着已煮好的菜肴的合照



如何提交

将照片发送至RumahWhampoaEATS@gmail.com

请在您的电子邮件中注明：（1）你们两位参赛者的姓名；（2）出生日期；（3）地址；
（4）身份证号码；（5）电话号码；（6）电子邮件地址

其他信息

- 允许多次投稿，但我们将只接受最后一一次的投稿
- 我们将选出8项最佳作品，并在国际乐龄日2018年黄埔嘉年华上颁奖



第一名：\$200优惠券
第二名：\$150优惠券
第三名：\$100优惠券
5份最具创意奖：\$50优惠券



截止日期: 2018年8月31日

若要询问更多详情，请拨打6593 9527联络婉婷

