

**“Low Carbon, Cook Wise” –
Environmentally-friendly Recipe Design and Cooking Video Competition
(Secondary School)**

Aims/Objectives

This is to invite secondary schools to nominate students to participate in the captioned competition.

Details

2. Dietary and cooking habits are closely related to our health and the earth’s environment. Food generates carbon emissions during the production, transportation, packaging, and cooking processes. Practising a “low-carbon diet” in our daily life not only reduces carbon footprints and food waste, but also helps mitigate climate change and establish a healthy lifestyle. Sustainable development emphasises the balanced development of environment, society and economy, while design thinking is human-centred with a focus on solving practical problems. The Moral, Civic and National Education Section 1 of the Education Bureau (EDB) organises the “‘Low Carbon, Cook Wise’ Environmentally-friendly Recipe Design and Cooking Video Competition” with a view to encouraging students to unleash their creativity by integrating the eco-friendly and low-carbon elements, and values education elements, to design recipes and cook low-carbon and healthy dishes for elders, parents, siblings, carers, or teachers so as to express their gratitude and care, and practise “low-carbon diet”, thereby promoting sustainable development together.

3. For details of the competition and application procedures, please refer to **Appendix 16a**. The deadline for entry submission is **27 March 2026 (Friday)**.

Contact Person

4. For enquiries, please contact Mr Anson MAN of Moral, Civic and National Education Section 1, Curriculum Development Institution of the EDB on 2153 7489.

“Low Carbon, Cook Wise” – Environmentally-friendly Recipe Design and Cooking Video Competition (Secondary School)

Objective:

This competition aims to encourage students to reflect on the relationship between ingredient selection, cooking methods and daily dietary habits with the earth’s environment and personal health. Reducing carbon footprints and food waste actively not only helps mitigate climate change, but also fosters a healthy lifestyle. By designing and cooking low-carbon and healthy recipes for elders, parents, siblings, carers, or teachers in this competition, students develop the proper values and attitudes such as benevolence, empathy, filial piety, gratitude and cherishing, while practising a “low-carbon diet” and contributing to sustainable development.

Target and Participation:

- This competition is open to all secondary school students in Hong Kong.
- Students can participate individually or in groups. Each student or group shall submit **1 entry only**; otherwise, he/she will be disqualified.
- For entries submitted in groups, the maximum number of entrants for each group is 4.
- Students are required to design a low-carbon and healthy recipe, and submit their entry in the form of a short video of no more than 8 minutes (Please refer to the following paragraph “Content and Entry Requirements”).
- Schools are encouraged to invite active participation from students and conduct internal preliminary adjudication after collecting the entries. Each school can submit **a maximum of 5 entries**.

Content and Entry Requirements:

Participants are required to submit:

- A video of no more than 8 minutes, details are as follows:

Theme	“Low Carbon, Cook Wise” – Environmentally-friendly Recipe Design and Cooking Video Competition
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Video Introduction	<p>The content must include:</p> <ul style="list-style-type: none"> - Name of the dish (not more than 20 words, either in Chinese or English); - Target audience (i.e. elders, parents, siblings, carers, or teachers) and the positive messages or words to the intended audience for whom the dish is designed; - Introduction of the ingredients (including the list and quantities); - Cooking process (e.g. ingredient preparation, use of seasoning, time and temperature control, plating and dish presentation, cleaning and hygiene, etc.) (Due to time limit, key steps in the cooking process can be edited to enhance visual appeal); - Ideas of the dish design or cooking (Must include how the selected ingredients and cooking methods meet the needs of the target audience and incorporate the elements of a “low carbon diet”); - Finished product; and <p>Sharing of the experience and reflection on “low-carbon diet”, appealing to others to actively practise low-carbon living for sustainable development.</p>	
Video Requirements	Video Length	Not more than 8 minutes
	Language	Cantonese, Mandarin or English
	Subtitle	Subtitles are not required for the short video at this stage (awarding entries will have to submit the subtitle scripts later)
	Resolution	The resolution should be no less than 1920 x 1080 (landscape) / 1080 x 1920 (portrait)
	Video Format	MP4
	Shooting Equipment	No restriction
	Suggested Aspect Ratio	16:9 (landscape) / 9:16 (portrait)
	Format	<ul style="list-style-type: none"> ● The entire video must clearly show the entrant’s appearance (If participating as a group, at least one of the group members must show up in the video.) ● To enhance the video quality, effects such as appropriate

		<p>editing, illustrations, adding captions, animations, filters, transition effects, color grading, lighting adjustment, can be used. If external materials are being used (e.g. images, sound effects, fonts, etc.), copyrights or any rights of others must not be infringed on. It must not include or reference the names, labels, or trademarks of individuals, schools, companies, or brands. If the materials are authorised for use, the source must be acknowledged in the video.</p> <ul style="list-style-type: none"> • The visuals and audio must be clear; otherwise it may affect the scoring. • The video can be shot in either landscape or portrait orientation, but it must be filmed with a fixed camera that maintains steady and stable to avoid any movement, shaking, or wobbling. • If music is to be included, the specified music provided by the Bureau must be used (the specified music has been uploaded to the ("Building Our Dream Music Video Resource Webpage").
	Remarks	<ul style="list-style-type: none"> • If the video involves food preparation or cooking, please seek assistance from teacher(s) or parent(s) when necessary, and pay attention to the placement of recording equipment to ensure safety. • Entrants must ensure that the

		content of the video is true and accurate, without any promotional elements. If different products (such as the packaging of seasoning) appear in the video, please mask the brand information, or blur the brand name.
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Submission of Entries:

- Schools should **fill in “Enrolment Form”** (see the sample at **Appendix 16b**) (Each participating school should submit **one** Enrolment Form) **downloaded** from the “What’s New” of the Values Education webpage and submit the “Enrolment Form”, which **must be in fillable PDF format and named using the school name**, e.g. “Low Carbon, Cook Wise – Environmentally-friendly Recipe Design and Cooking Video Competition_Hong Kong Secondary School.pdf”).
- Schools are required to provide links for access to the MP4 video file(s) in the “Enrolment Form”. The video file(s) submitted **should be in MP4 format and have a resolution of not less than 1920 x 1080 (landscape) / 1080 x 1920 (portrait)**.
- Please return the **completed and duly signed “Enrolment Form”** by e-mail to **info_mcnel@edb.gov.hk** (Please indicate “Low Carbon, Cook Wise – Environmentally-friendly Recipe Design and Cooking Video Competition_XX School” in the subject of the e-mail, e.g. “Low Carbon, Cook Wise – Environmentally-friendly Recipe Design and Cooking Video Competition_Hong Kong Secondary School”).
- All the Forms, information of entrants and entries once submitted (to be uploaded by the school with the links of the entries provided) cannot be modified, and **the information submitted for the first time shall prevail**.
- Submission by other means, such as CD-ROMs by post or submitting physical entries in person, will not be accepted.
- Submission deadline is **27 March 2026 (Friday)**. The submission time will be based on the date and time indicated in the server system of the Education Bureau (EDB). Late submission will not be accepted.
- Upon receipt of the enrolment e-mail, the EDB shall download the MP4 video file(s) from the designated websites provided by the participating schools. **Confirmation**

e-mails will be sent to the teachers-in-charge. Please call 2153 7410 or 2153 7489 if confirmation e-mail is not received two weeks after the deadline.

- Please refer to the “What’s New” of the Values Education webpage for relevant details and updates of this competition.

Prizes:

The following awards and prizes will be presented for this competition:

Champion	(1 entry)	A Certificate, HK\$2,000 Book Coupon and Other Prizes
First Runner-up	(1 entry)	A Certificate, HK\$1,500 Book Coupon and Other Prizes
Second Runner-up	(1 entry)	A Certificate, HK\$1,000 Book Coupon and Other Prizes
Merit Award	(5 entries)	A Certificate, HK\$500 Book Coupon and Other Prizes

Adjudication:

- Preliminary adjudication of all entries will be conducted by Moral, Civic and National Education Section 1 of Curriculum Development Institution of the EDB, based on the judging criteria; and the Adjudication Panel will then select the Champion, First Runner-up, Second Runner-up and Merit Awards.
- Judging criteria
 - Promotion of the Theme: Effectiveness of the recipe design in highlighting the theme and promoting related proper values and attitudes
 - Low-Carbon and Eco-Friendly Elements (25%): To meet the requirements of a “low-carbon diet” in terms of ingredient selection, cooking methods, and food waste management;
 - The needs of target audience (25%): The selected ingredients and cooking methods should cater for the specific needs of the target audience;
 - Creativity and Originality (25%): Including the name of the dish, recipe creativity and appropriateness, and ingredient pairings; and
 - Dish Presentation and Nutritional Values (25%): The finished product is visually appealing and nutritionally balanced.

Announcement of Results:

- The competition results will be announced on the “What’s New” of the Values Education webpage.
- Awardees will be invited to attend the Values Education Annual Prize Presentation Ceremony to receive the prizes.



Values Education
webpage
“What’s New”

Use of Winning Entries:

- The winning entries may be uploaded to various platforms, such as the Values Education webpage and e-Gallery of the Curriculum Development Institute, and displayed at government premises and/or other designated locations for educational publicity purpose by sharing students' learning outcomes with other schools and stakeholders.

Rules and Regulations:

- The EDB reserves the right to amend, suspend or terminate the activity at any time. Should there are any changes, announcements will be made on the Values Education webpage.
- The EDB reserves the right to change the prizes without prior notice.
- All the information of entrants and entries once submitted cannot be modified, and the entries will not be returned.
- The entry submission time will be based on the date and time indicated in the EDB’s server system.
- The information and content of entries must not contain negative elements such as obscenity, abusive language, violence and defamation, etc., or violate the laws of the HKSAR.
- **All entries must be the entrants’ original works, which have not been released or displayed publicly; entrants must not copy others’ works or ideas (including those generated using Artificial Intelligence tools). They must not infringe copyright or interests of any other parties and have never been used in other competitions of the same type;** otherwise the entrants will be held responsible for any disputes arising therefrom and may be disqualified from the competition. The EDB will not directly or indirectly assume liability for such acts. For details on the Copyright Ordinance

(Chapter 528 of the Laws of Hong Kong), please visit www.legislation.gov.hk. If necessary, the EDB may request the entrants to produce written proof of legal authorisation.

- **Please note: The school name and the entrant's name (including English abbreviations or Pinyin), or any logos, graphics, etc. (including school emblem) related to the entrant and his/her school must NOT appear on the entry. Otherwise, the entrant will be disqualified.**
- The EDB reserves the right to reject any entries or disqualify any entrants without giving reasons.
- Entrants, their parents and schools shall agree that the copyright of entries once submitted belongs to the EDB. The EDB reserves the right to use the entrants' entries (including the school names) in whole or in part for non-profit-making purposes, and to edit, translate, adapt, use, copy, distribute and upload the entries to the Internet, without obtaining further consent of the entrants or paying any fees, including but not limited to royalty to the entrants.

Personal Information Collection Statement:

- Entrants should provide the necessary personal data in the "Enrolment Form" and ensure accuracy and completeness of such information. Entrants have to agree to authorise the EDB to release personal data (including the entrant's name, class and school name) for contact, results announcement, prize presentation ceremony arrangements and publicity purposes. Personal information provided by entrants will be kept confidential and only be accessible to the personnel handling this competition. All data collected will be destroyed if they are no longer required after the competition. If entrants do not provide such personal data, the EDB may not accept the entries.
- For the above purposes, the name of entrants and relevant persons, and the school name may be disclosed on the EDB website, other websites and/or to the media.
- Access via hyperlinks to websites other than that of the EDB implies that the users have left the EDB's website. The EDB is not liable to or responsible for any security and data protection issues in this regard.

Submission Deadline:
27 March 2026
(Friday)



Please return it in Fillable PDF format
 by e-mail to info_mcne1@edb.gov.hk

Appendix 16b

**“Low Carbon, Cook Wise” –
 Environmentally-friendly Recipe Design and Cooking Video Competition
 (Secondary School)
 Enrolment Form**

(Each participating school should submit one Enrolment Form)

Information of participating school				
Name of School				
Particulars of Teacher-in-charge	Name (Chinese)		Contact no.	
	Name (English)		Email	
Total no. of students participating in this competition				
Upon internal shortlisting, our school has shortlisted the following students to participate in the captioned competition. The particulars of the entrants and their entries are as follows:				
<div style="text-align: center; color: red; font-weight: bold; font-size: 1.2em;"> Please download the electronic form from the “What’s New” of the Values Education webpage </div>				
Entrant / Group 1	Participant(s) - For individual entry, please fill in Name 1) only. - For group entries, please fill in the names and classes of all participants.	Name 1)	Class	
		Name 2)	Class	
		Name 3)	Class	
		Name 4)	Class	
	Form of participation		Individual	Group
	Name of the dish - Within 20 words - Either in Chinese or English			
	Link of entry - Link of the Video (MP4 file) for downloading (Please ensure that the general access of the links has been set as “Anyone with the link” to facilitate the registration process.)			
Entrant / Group 2	Participant(s) - For individual entry, please fill in	Name 1)	Class	
		Name 2)	Class	

	Name 1) only.	Name 3)	Class
	- For group entries, please fill in the names and classes of all participants.	Name 4)	Class
	Form of participation	Individual Group	
	Name of the dish - Within 20 words - Either in Chinese or English		
	Link of entry	- Link of the Video (MP4 file) for downloading (Please ensure that the general access of the links has been set as "Anyone with the link" to facilitate the registration process.)	
Entrant / Group 3	Participant(s)	Name 1)	Class
	- For individual entry, please fill in Name 1) only.	Name 2)	Class
	- For group entries, please fill in the names and classes of all participants.	Name 3)	Class
		Name 4)	Class
	Form of participation	Individual Group	
Entrant / Group 4	Name of the dish - Within 20 words - Either in Chinese or English		
	Link of entry	- Link of the Video (MP4 file) for downloading (Please ensure that the general access of the links has been set as "Anyone with the link" to facilitate the registration process.)	
	Participant(s)	Name 1)	Class
	- For individual entry, please fill in Name 1) only.	Name 2)	Class
	- For group entries, please fill in the names and classes of all participants.	Name 3)	Class
	Name 4)	Class	
Form of participation	Individual Group		
Name of the dish - Within 20 words - Either in Chinese or English			
Link of entry	- Link of the Video (MP4 file) for downloading (Please ensure that the general access of the links has been set as "Anyone with the link" to facilitate the registration process.)		

Please download the electronic form from the
 “What’s New” of the Values Education webpage

Entrant / Group 5	Participant(s) - For individual entry, please fill in Name 1) only. - For group entries, please fill in the names and classes of all participants.	Name 1)	Class
		Name 2)	Class
		Name 3)	Class
		Name 4)	Class
	Form of participation	Individual	Group
	Name of the dish - Within 20 words - Either in Chinese or English		
	Link of entry	- Link of the Video (MP4 file) for downloading (Please ensure that the general access of the links has been set as "Anyone with the link" to facilitate the registration process.)	

*Note: Each school can submit **a maximum of 5 entries.***

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- The information and content of entries must not contain negative elements such as obscenity, abusive language, violence and defamation, etc., or violate the laws of the HKSAR.
- All entries must be the entrants' original works which have not been released or displayed publicly. They must not infringe copyright or interests of any other parties and have never been used in other competitions of the same type; otherwise the entrants will be held responsible for any disputes arising therefrom and may be disqualified from the competition. The EDB will not directly or indirectly assume liability for such acts. For details on the Copyright Ordinance (Chapter 528 of the Laws of Hong Kong), please visit www.legislation.gov.hk. If necessary, the EDB may request the entrants to produce written proof of legal authorisation.
- **Please note: The school name and the entrant's name (including English abbreviations or Pinyin), or any logos, graphics, etc. (including school emblem) related to the entrant and his/her school must NOT appear on the entry. Otherwise, the entrant will be disqualified.**

- The EDB reserves the right to reject any entries or disqualify any entrants without giving reasons.
- Entrants, their parents and schools shall agree that the copyright of entries once submitted belongs to the EDB. The EDB reserves the right to use the entrant's entries (including the school name) in whole or in part for non-profit-making purposes, and to edit, translate, adapt, use, copy, distribute and upload the entries to the internet, without obtaining further consent of the entrants or paying any fees including but not limited to royalty to the entrants.

Personal Information Collection Statement:

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- For the above purposes, the name of entrants and relevant persons as well as the school name may be disclosed on the EDB website, other websites and/or to the media.
- Access via hyperlinks to websites other than that of the EDB implies that the users have left EDB's website. The EDB is not liable to or responsible for any security and data protection issues in this regard.

I declare that I have read the above and agreed to abide by the rules and regulations and the personal information collection statement stated therein.

Signature of Principal:

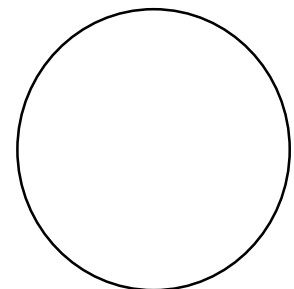
Name of Principal:

Name of School:

Name of Teacher-in-charge:

School Telephone No.:

Date:



School Chop

Note:

The "Enrolment Form" must be completed electronically in fillable PDF format and named with the school's name, e.g. "Low Carbon, Cook Wise - Environmentally-friendly Recipe Design and Cooking Video Competition Form_Hong Kong Secondary School.pdf".



低碳「煮」意

環保食譜設計及烹飪短片比賽
(中學)

比賽設有以下獎項及獎品

冠軍	1名	獎狀、港幣2,000元書券及其他獎品
亞軍	1名	獎狀、港幣1,500元書券及其他獎品
季軍	1名	獎狀、港幣1,000元書券及其他獎品
優異獎	5名	獎狀、港幣 500元書券及其他獎品

教育局
課程發展處

比賽詳情請參閱
教育局通函第175/2025號