



Weill Cornell Medicine-Qatar
Institute for Population Health



Showcase your culinary skills! Participate in our healthy cooking competition and win gift vouchers!

WHEN

October 1 - 31

WHERE

Facebook:
@IPHWCMQatar
Instagram:
@IPHQatar

WHAT

Share a video, photo and the recipe of your favorite dish

Winners will be announced on November 20, 2025.

Top entries will receive gift vouchers. Only Qatar residents are eligible to participate.

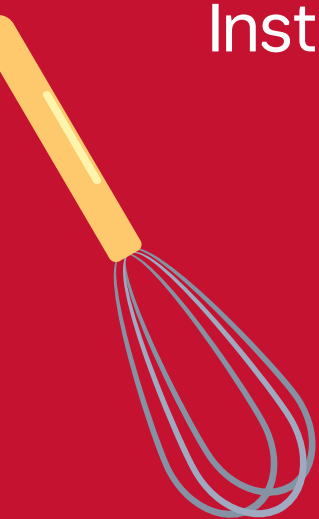


Contact: iph@qatar-med.cornell.edu |    

Lifestyle Medicine Week 2025



Weill Cornell Medicine-Qatar
Institute for Population Health



CORNELL COOK-OFF

October 1 - 31, 2025

Post your recipes & tag @IPHWCMQatar & @IPHQatar



Your recipe should include:

- Name of the dish
- Description of the dish (up to 30 words)
- Ingredients (list ingredients with the quantities)
- Method (step-by-step preparation instructions)

SUBMIT up to 5 short videos of the steps (max. 3 minutes in total) and 1 photo of the final dish.

CATEGORIES (I) Salad (II) Lunch Box (III) Main Course (IV) Dessert

SCORING CRITERIA

Presentation of the dish

Balance, attention to detail, clean lines and colors

Healthy cooking methods

Steaming, grilling, baking, stir-frying

Presentation of the recipe

Short & crisp videos, photo, video setting

Description

Thought process and idea behind the dish

Use of fresh ingredients

Fresh fruit & vegetables, whole grains, minimally processed foods

Creativity

Originality, unique theme

Overall appeal

**No registration required
to participate**

**The cook-off will be a
virtual competition**

**Only Qatar residents are
eligible to participate**

**Winner announcement:
November 20, 2025**



Follow #IPHQatar for updates.

Contact: iph@qatar-med.cornell.edu |

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