



Weill Cornell Medicine-Qatar

Institute for Population Health



October 1 - 31, 2022

Post your recipes on @IPHWCMQatar & @IPHQatar

Your recipe post should include:

- Title of dish
- Description of the dish (up to 30 words)
- Ingredients (List ingredients with the amounts)
- Method (Stepwise preparation instructions)

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

SCORING CRITERIA

Presentation of dish

Balance, attention to detail, clean lines and colors

Presentation of recipe on social media

Short crisp videos, photo, video setting

Use of fresh ingredients

Fresh fruit & vegetables, whole grains, minimally processed foods

Healthy cooking methods

Steaming, grilling, baking, stir frying

Creativity

Originality, unique theme

Description

Thought process and idea behind the dish

Overall Appeal

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

**No registration
required
to participate**

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

**Only Qatar residents
are eligible
to participate**

Winners from each category will be invited to present (online via Zoom) on Wednesday, Nov 9, 12.00 to 1.00 pm. Top entries will receive gift vouchers. To attend the virtual presentation ceremony, please scan this QR code.



Follow #IPHQatar for updates.

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

Lifestyle Medicine Week : November 6-10, 2022