

HKU SPACE Chinese Medicine Cultural Promotion Alumni Association

SAGE MADAM HO SIN HANG HOME FOR THE ELDERLY Chinese Medicine Cuisine Design Competition Finals (18 May 2025)

HKU SPACE Chinese Medicine Cultural Promotion Alumni Association will host the Chinese Medicine Cuisine Design Competition Finals on Sunday, 18 May 2025 from 4pm to 8pm at the HKU SPACE Kowloon East Campus. During the event, the judging panel will select winning entries in three categories: Best Soup, Best Main Dish, and Best Beverage. The awarded recipes will subsequently be prepared by chefs at Sage Madam Ho Sin Hang Home for the Elderly on 8 June 2025 (10am – 1pm), with competition winners assisting in the preparation process.

展現你的才華，為長者們帶來健康美味

中醫文化推廣校友會

何善衡敬老院藥膳比賽

CMCPAA會員

食譜主題：長者氣虛食療

服務對象	參加者資格	比賽內容
何善衡夫人敬老院院友 平均年齡86歲	香港大學專業進修學院- 中醫文化推廣校友會會員 可個人或小組參加	製作湯類、餸菜、飲品各一款 以長者氣虛食療為主 每組需預算六人份量

比賽詳情

評分標準：以中醫理論應用、色香味美、實用性為標準

比賽形式：首輪選出六組最優秀食譜進入總決賽

總決賽入圍者於18/5/2025 4pm-8pm 於HKU SPACE九龍灣校舍進行烹飪比賽，並由大會評判選出最優秀的作品勝出（湯類、餸類、飲品類各有獎項）比賽預算 \$200 /組

總決賽勝出作品將於8/6/2025 10AM-1PM，於何善衡敬老院由勝出者協助院舍廚師製作，為院舍長者帶來暖意