



II Intercultural Hospital Gastronomy International Contest

Organizing Committee

Lic. Nut. Dra. Elena Lon Kan – Presidente
Universidad Le Cordon Bleu

Lic. Nut. Zulema Gallardo - Coordinadora Ejecutiva
Instituto Nacional de Salud del Niño San Borja

Lic. Nut. Mariana Hermoza - Coordinadora de Jurados
Pdte. de la Sociedad Peruana de Hotelería Hospitalaria

Dra. Luz Loo de Li
Federación Peruana de Administradores de Salud – FEPAS

Executive Committee

Lic. Nut. Giannina La Torre
Lic. Nut. Rosario Allca
Lic. Com. Vanessa Olivera
Instituto Nacional de Salud del Niño San Borja

Lic. Adm. Marith Vásquez
Lic. Enf. Elvira Zapana
Lic. Obst. Jessica Graña
Federación Peruana de Administradores de Salud – FEPAS
Federación Andina y Amazónica de Hospitales y Servicios de Salud - Perú



II Intercultural Hospital Gastronomy International Contest

The organizing committee conformed by the “Federación Peruana de Administradores de Salud – FEPAS”, the “Federación Andina Y Amazónica de Hospitales y Servicios de Salud – Sede Perú”, the “Universidad Le Cordon Bleu”, the “Instituto Nacional de Salud del Niño San Borja” and the “Asociación Peruana de Hospitales y Servicios de Salud”, invite you to participate in the 2nd intercultural hospital gastronomy international contest, being held at the city of Lima, with the objective of boosting the hospital support services on a framework of interculturality, picking up the ancestral knowledge and wealth as an Andean, Amazonic and an Afro and Asian descendant country and thus contribute with humanization to the management on health, encouraging to healthy life styles, healthy life culture in all phases of life and to appreciate cultural wealth, with the participation of professionals on nutrition and other health professionals and so to encourage the development of a multidisciplinary team in the nutrition areas of health care, appreciating the selfless work of caring for another human being.

- Inscriptions: 2017s’ may 15th to august 31th
- Participation:
Main dish and dessert
- Contestants evaluations: 2017s’ September
- Finalists announcement: 2017s’ September 21th to 28th
- Final: 2017s’ October 26th to 27th, at the “Universidad Le Cordon Bleu”
- A jury integrated by national and international experts will evaluate the contest and will announce the results
- Awards:
 - Upon culminating the final at the “Universidad Le Cordon Bleu”, the declaration of the winners and the delivery of the prizes are made.
 - Likewise, a mention and recognition will be given to the winners of the II Intercultural Hospital Gastronomy Contest, on 2017s’ Tuesday November 7th on the framework of the “V Congreso FEPAS”



2nd Intercultural Hospital Gastronomy International Contest

Contest Rules

Article One. The organizer

The organizing committee is conformed by the “Federación Peruana de Administradores de Salud – FEPAS”, the “Federación Andina Y Amazónica de Hospitales y Servicios de Salud – Sede Perú”, the “Universidad Le Cordon Bleu”, the “Instituto Nacional de Salud del Niño San Borja” and the “Asociación Peruana de Hospitales y Servicios de Salud”.

Article Two. Of the sponsorship

The main sponsor of this contest is COEMCO Services.

Likewise, we count with the sponsorship of health and civil society institutions.

Article Three. OF the contest

The objective of the contest is to contribute to strengthen the Hospital gastronomy in the framework of the development of the hospital support service in Peru, to contribute to a healthy life culture, healthy feeding, management on nutrition services on a Hospital level with a quality focus, pleasant diet managements according to the users’ needs and in a multicultural framework, furthermore to strengthen the role of the different professionals on health and human talent of the nutrition team on the management of the hospital support services and the quality and security on the attention to the users, as well as the role of the various institutions that are related to or involved in the nutrition of the population.

Article Four. Of the candidates

The contest has three categories:

Category One – National and International

Nutrition professionals and workers coming from the nutrition departments and services of the health services on national and international levels

- Human talent on nutrition (Professionals and workers in general) coming from the nutrition departments and services of the health services on national and international levels.
- At Peru, health services of the different subsectors: Publics, EsSalud, Army, Police, privates, regional governs, municipal governs, from the different regions (Coast, Andean Heights or Jungle).
- The final phase will be held at the city of Lima, at the designated places at the contest rules.

Category Two – National and International

Professionals in general, health professionals and workers in general with nutrition and/or gastronomy studies

- Professionals in general with nutrition, food industries and/or gastronomy studies.
- Health professionals and workers in general, members of the multidisciplinary health team, with nutrition and/or gastronomy studies, from health establishments in the health sector.



- Professionals coming from the programs that give collective feeding (Qaliwarma, Cunamás, Albergues, ONGs).
- Gastronomy and Nutrition students that are taking their last cycles on their career.
- The final phase will be held at the city of Lima, at the designated places at the contest rules.

Category Three – National and International

Gastronomy and Nutrition students that are taking their last cycles on their career at universities and institutes

- Nutrition and Gastronomy students on university or institute level on their last cycles of their career.
- They must be advised and accompanied by a nutrition professional.
- The final phase will be held at the city of Lima, at the places pointed by these contest rules.

Article Five. Of the inscription

The applicants could register:

- Online, with the registration form available at:
 - “Federación Peruana de Administradores de Salud – FEPAS” web - www.fepas.org.pe
 - “Instituto Nacional de Salud del Niño San Borja” web, at the section of the nutrition department – www.insnsb.gob.pe
 - “Universidad Le Cordon Bleu” web – www.cordonbleu.edu.pe
- At the next email:
 - gastronomiahosp@fepas.org.pe

The applicants will have to add to the registration form, their curriculum vitae with updated pictures and the recipe according to the rules of the contest; at the moment of applying in any of the two modalities, guaranteeing the inscription.

These dates won't be used for any other reason that is not related with the 2nd Intercultural Hospital Gastronomy International Contest.

Article Six. Types of diets of the contest

The diets of the contest are the followings:

Category one:

- **Low Carbohydrate diet**
- **Low Fat diet**
- Category professionals in nutrition and health professionals and workers in general with nutrition and/or gastronomy studies.
- There will be a maximum of 6 selected contestants in each category

Category two

- **Complete diet**
- Category Professionals in general and health professionals and workers in general with nutrition and/or gastronomy studies.



- Programs that give collective feeding (Qaliwarma, Cunamás, shelters, ONGs, Study centers)
- Nutrition and Gastronomy students that are taking their last cycles on their career
- There will be a maximum of six selected for each category
- The complete diet proposal should be targeted by a nutrition professional

Organizers' or jurors' direct relatives can't participate in the contest.

Article Seven. Of the main ingredients of the dishes of the contest

The applicants will have to use an input (for each dish) that identifies their country, region, province and locality from which they come from

For the Peruvian candidates:

- Main dish: A native input or product of the selected region (Coast, Andean Heights, Jungle)
- Dessert: : A native input or product of the selected region (Coast, Andean Heights, Jungle)
- In the case of the hypoglycemic or hypogastric diet they should describe the native input as a fundamental input for this type of diet at the end of the detail of the recipe (with a maximum of twenty words).

Article Eight. Place, date and schedule of the contest

The contest has two phases:

Eliminatory phase:

- The qualifier jury will evaluate the recipes proposed by the applicants, according to the criteria defined.
- Date: From 2017s' September 1st to October 6th
- Place: "Instituto Nacional de Salud del Niño San Borja"
- From 2017s' October 2nd to 6th the selected applicants will be noticed, the results of the eliminatory phase and the headquarters, day and hour of the announcement for the final phase.

Final phase:

- The final phase will be held at the "Universidad Le Cordon Bleu", located and Av. Vasco Núñez de Balboa 530, Mira Flores, Lima 18 – Peru, at 2017s' October 23rd to 27th.
- The chosen applicants will have to prepare their recipes in front of the qualifier jury at the location indicated, according to the schedule that will be announced previously.
- The qualifier jury conformed by a team of technic jury and a tasting jury will evaluate the selected candidates, according to each type of diet.
 - **Complete diet**
 - **Low Simple Carbohydrates diet**
 - **Low Saturated fats diet**

Article Nine. Of the qualification phases

The qualification phases are two: eliminatory and final.



Article Ten. Of the eliminatory phase and the qualifier jury

Eliminatory phase

- The applicants selection will be held at 2017s' September 1st to 20th, in charge of a qualifier jury conformed by seven members, among which are representatives of the "Colegio de Nutricionistas del Perú", from gastronomy schools and national and international chefs and from health management associations.

From the qualifier jury in the eliminatory phase

The qualifier jury will have the responsibility of evaluating the applicants, according to the next criteria:

- Native ingredients from the region of the applicant
- Originality
- Creativity
- Interculturality
- Process of the elaboration of the recipe

Article Eleven. Selected applicants

Results will be communicated to the selected candidates between 2017s' September 21st and September 28th, by email and telephone. Also, the results will be uploaded at the "Federación Peruana de Administradores de Salud – FEPAS" web (www.fepas.org.pe), the "Universidad Le Cordon Bleu" web (www.cordonbleu.edu.pe).

The results will come with the requisites of the selected candidates for the final phase of the contest, being held according to the schedule.

Article Twelve. Of the final phase and the qualifier jury

Final phase

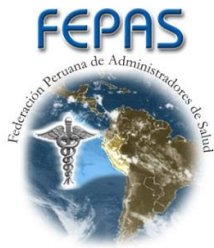
- An evaluation of the selected applicants will be held at 2017s' October 26th and 27th, in charge of a qualifier jury conformed by ten members, among which are representatives from the "Universidad Le Cordon Bleu", the "Colegio de Nutricionistas del Perú", from training institutions and from Chefs from gastronomy schools, as academic associations and federations.

The selected candidates according to the diet categories, will have to elaborate the diet according to the schedule that will be communicated between 2017s' October 2nd and 6th.

- **Complete diet**
- **Low Simple Carbohydrates diet**
- **Low Saturated fats diet**

The selected candidates may be supported by one assistant as a maximum and should have in consideration of the recipes can be adapted for a service for a hundred people, at Hospital services, according to the request in the registration form.

Likewise, it will be evaluated that the selected candidates prepare the main dish (with its garnish and sauce as appropriate), and a dessert, prioritizing the products or supplies native from each region of their country, in case of Peru (Coast, Andean Heights and Jungle) in a framework of interculturality.



Of the qualifier jury at the final phase

- The qualifier jury will have the responsibility of conducting the draw to adjudicate the working spots for each of the selected applicants to prepare the recipes, as well as the responsibility to evaluate the selected candidates and to issue the results the day of the evaluation.
- The qualifier jury will be conformed by two teams:
 - **Technic jury:** They evaluate the proper manipulation practices and the hygiene in the elaboration process, the nutritional value of each of the dishes, the preparation time and the ease for the replica in the collective feeding.
 - **Tasting jury:** They evaluate, according to the international standards, the next criteria:
 - Presentation of the selected candidate
 - Recipes' originality
 - Adaptability of the recipe
 - Presentation of the dish (the contestant must mention the used supplies, the preparation technic and the nutritional value in five minutes)
 - Taste
 - Use of regional supplies

Article thirteen. Considerations for the elaboration of the recipe in the final phase

The selected candidates will have in consideration the following:

- Bring two individual dishes with a measure of 27cm, which will be used for each recipe.
- The two dishes (main dish and dessert) must be produced in two hours.
- The main dish and dessert will be served at the end of the two hours.
- The presentation of the main dish and the dessert of all the contestants will be held at the end of the two hours. With a time of five minutes for each contestant, where the evaluation by the jury will be contemplated.
- The selected applicants that don't serve the dishes on the time required will receive a penalty.

Articles Fourteen. Requisites that the selected applicants must consider

The selected applicants must consider:

- Their professional clothing
- Little equipment (knives, spatulas, pastry bags to decorate with their nozzles and other utensils that they consider necessities and which they are used to).
- The candidates must present a week before the date of the contest, the list of equipment and utensils that they will use.
- The selected applicants will receive information of the availability of the supplies in the place of work, in the framework of the contest.

Article Fifteen. Of the supplies to use in the preparation

The applicants must provide all the ingredients of their recipe; with the objective of customizing their preparations (products used normally in the preparations as, for example: condiments, basic products, not elaborated).



The selected applicants are authorized to bring their specific products of their origin cities. All the ingredients must be conserved in the adequate temperatures, under control and supervision of the jury.

The contestants will not be able to bring pre elaborations of any type.

Any preparation related to the recipe must be prepared under the two hours of the contest.

Article Sixteen. Cleaning management

Each contestant must clean their work place and equipment placed at their service.

Article Seventeen. Authorization of the use of pictures and recipes of the select applicants

The selected applicants will not be able to oppose the use and publishing of their image and their recipes presented in the contest.

Article Eighteen. Winners' announcement

The winners will be announcing at the end of the evaluation according to each category contesting in each type of diet:

- **Complete diet:** First, Second and Third place
- **Low Simple Carbohydrates diet:** First, Second and Third place
- **Low Saturated fats diet:** First, Second and Third place

Article Nineteen. Exhibition of the winner dishes and contestants

The winner in each of the types of diet and category, can present the winner recipes in a dish, the day November 7th in the framework of the "V Congreso FEPAS y Día del Administrador de Salud/ Administrador Hospitalario".

They can bring additional dishes for tasting and selling, previous coordination with the organizing committee.

Article Twenty. Contest winners

The first three places will be determined for the awards, in each type of diet, in each category, and the relation of contestant that occupy until the fifth place will be widespread in the different media of the organizing institutions.

Article Twenty One. Of the awards, according to each type of diet and category

Low Carbohydrate diet - Nutrition professionals and workers coming from departments and nutrition services category

1. First place: gold prize - diploma – surprise prize
2. Second place: silver medal – diploma – surprise prize
3. Third place : bronze medal – diploma – surprise prize

Low Fat diet - Nutrition professionals and workers coming from departments and nutrition services category

1. First place: gold prize - diploma – surprise prize
2. Second place: silver medal – diploma – surprise prize
3. Third place : bronze medal – diploma – surprise prize



Complete diet:

Category Two: Health and general professionals and workers with Nutrition and/or Gastronomy Studies

1. First place: gold prize - diploma – surprise prize
2. Second place: silver medal – diploma – surprise prize
3. Third place: bronze medal – diploma – surprise prize

Category Three: Nutrition and Gastronomy students that are taking their last cycles of their career

1. First place: gold prize - diploma – surprise prize
2. Second place: silver medal – diploma – surprise prize
3. Third place: bronze medal – diploma – surprise prize

Upon culminating the final at the “Universidad Le Cordon Bleu”, the declaration of the winners and the delivery of the prizes are made.

Likewise, a mention and recognition will be given to the winners of the II Intercultural Hospital Gastronomy Contest, on 2017s’ Tuesday November 7th on the framework of the “V Congreso FEPAS”

Article Twenty Two. Queries and controversies on the development of the evaluations

The president of the qualifier jury is authorized to take all the decisions that he/she considers necessary, for the proper organization and development of the contest

Article Twenty Three. Aspects not covered in these contest rules

The aspects not covered in the present contest rules, will be evaluated and solved by the organizing committee.

More reports:

- www.fepas.org.pe
- www.insnsb.gob.pe
- gastronomiahosp@fepas.org.pe
- Lic. Nut. Zulema Gallardo – 0051-1-2300617 directo
- Lic. Nut. Rosario Allca – 0051-1-2300600 - anexo 1024
- Lic. Nut. Giannina La Torre – 0051-1-2300600 - anexo 4056
- Lic. Nut. Mariana Hermoza – 0051-992-771123
- Dra. Luz Loo de Li – 0051-999-100628



REGISTRATION FORM N°.....

INSTITUTION/DEPENDENCY:

.....

CATEGORY:

01

- a) Low fat diet
- b) Low carbohydrate diet

02 Complete Diet

03 Complete Diet

CONTESTANTS:

.....

.....

PROFESSION/OCCUPATION:

.....

TELEPHONE N°..... ANNEX.....

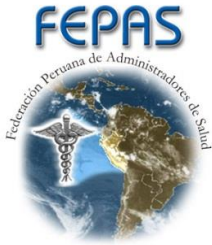
CONTESTANT(S) EMAIL

.....

.....

.....

.....



2nd Intercultural Hospital Gastronomy International Contest

REGISTRATION FORM – MAIN DISH

(For 2 persons)

Choose as main ingredient:

One input or product native of the region (Coast, Andean Heights, Jungle)

Inscribe until 2017s' august 31st

gastronomiahosp@fepas.org.pe

CATEGORY

01 Low fat diet Low carbohydrate diet.....

02 03

Names and Last Names:

- Nutritionist professional, health professional with nutrition studies, professional with nutrition, food industries, gastronomy studies

.....

- Nutrition technic, worker. Master chef

.....

Institution telephone:

.....

Emails:

- Nutritionist professional, health professional with nutrition studies, professional with nutrition, food industries, gastronomy studies

.....

- Nutrition technic, worker. Master chef

.....



City: region:

Health establishment:

.....

Name of the recipe:

.....

Region:

.....

Main input:

.....

| Ingredients Original name of the inputs and how are they usually known | Quantity for one ration in grams | Carbohydrates intake in grams (for one ration) | Protein intake in grams (for one ration) | Grease intake in grams (for one ration) | Total caloric intake Kcal (for one ration) | Cost of The supplies |
|---|---|--|---|---|--|----------------------------|
| | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |

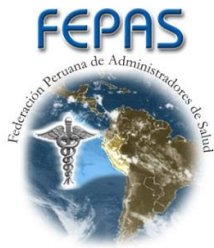
- On the list of the ingredients of your recipe, name with precision all the ingredients with the exact quantity you'll need for your recipe.



Recipe --- describe in details how it is prepared



Name the utensils you'll use



2nd Intercultural Hospital Gastronomy International Contest

REGISTRATION FORM – DESSERT

(For 2 persons)

Choose as main ingredient:

One input or product native of the region (Coast, Andean Heights, Jungle)

Inscribe until 2017's August 31st

gastronomiahosp@fepas.org.pe

CATEGORY

01 Low fat diet Low carbohydrate diet

02 Complete diet

03 Complete diet

Names and Last Names:

- Nutritionist professional, health professional with nutrition studies, professional with nutrition, food industries, gastronomy studies

.....

- Nutrition technic, worker. Master chef

.....

Institution telephone:

.....

Emails:

- Nutritionist professional, health professional with nutrition studies, professional with nutrition, food industries, gastronomy studies

.....

- Nutrition technic, worker. Master chef

.....

City: region:



Health establishment:

.....

Name of the recipe:

.....

Region:

.....

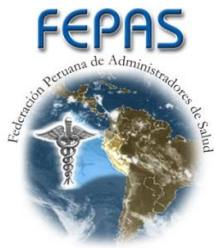
Main input:

.....

| Ingredients Original name of the inputs and how are they usually known | Quantity for one ration in grams | Carbohydrates intake in grams (for one ration) | Protein intake in grams (for one ration) | Grease intake in grams (for one ration) | Total caloric intake Kcal (for one ration) | Cost of The supplies |
|---|---|--|---|--|--|----------------------------|
| | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |

- On the list of the ingredients of your recipe, name with precision all the ingredients with the exact quantity you'll need for your recipe.

Recipe --- describe in details how it is prepared





Name the utensils you'll use



II Intercultural Hospital Gastronomy International Contest

Final evaluation phase – recipe preparation

9:00 Welcome words

9:05 Official aperture of the contest and presentation of the jury

9:30 Working place presentation for the preparation of the dishes

Call and presentation of the selected applicants

9:31 Draw of the working places between the selected applicants

9:32 Draw between the selected applicants of the schedule of presentation a serving of the dishes

Control of the baskets of products of each of the selected candidates

Start of the contest

12:30 First contestant: Presentation of the main dish and dessert

12:35 Second contestant: Presentation of the main dish and dessert

12:40 Third contestant: Presentation of the main dish and dessert

12:45 Fourth contestant: Presentation of the main dish and dessert

12:50 Fifth contestant: Presentation of the main dish and dessert

12:55 Sixth contestant: Presentation of the main dish and dessert

13:00 Seventh contestant: Presentation of the main dish and dessert

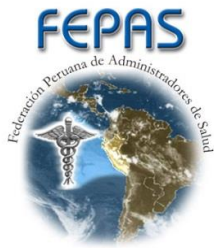
13:05 Eighth contestant: Presentation of the main dish and dessert

13:10 Ninth contestant: Presentation of the main dish and dessert

13:15 Evaluation and classification of the results by the jury

14:30 Announcements of the results

The winners of the first place in the categories will be presented at the “V Congreso FEPAS” the day of the awarding ceremony, on Tuesday November 7th



Format jury

| Evaluation criteria | Score |
|---|--|
| Technic evaluation: <ul style="list-style-type: none"> - Uniform presentation - Application of the proper practices of manipulation and hygiene during the preparation of the dish - Nutritional quality of each dish (energetic intake, proteins, greases, carbohydrates) according to the type of diet to prepare - Preparation time (2 hours) | Excellent 15 Good 10 Moderate 5 Bad 0 Excellent 15 Good 10 Moderate 5 Bad 0 Excellent 15 Good 10 Moderate 5 Bad 0 5 points |
| Total | 50 points |
| Tasting evaluation: <ul style="list-style-type: none"> - Presentation of the selected applicant - Recipes' originality - Recipes' adaptability - Presentation of the dish - Taste - Use of the regional inputs | Excellent 15 Good 10 Moderate 5 Bad 0 Excellent 15 Good 10 Moderate 5 Bad 0 Excellent 15 Good 10 Moderate 5 Bad 0 Excellent 15 Good 10 Moderate 5 Bad 0 Excellent 15 Good 10 Moderate 5 Bad 0 |
| Total | 50 points |