

**Dairy Council for Northern Ireland
Young Cook of the Year 2010
Pro-forma Entry Form**

Student's Name	
Category	
School Name	
School Address	
School Tel. No.	
Education & Library Board	
Teacher's Name	
Teacher's Tel. No.	
Teacher's Email	
Name of dish(es)	
List of Ingredients	

Method

Cost of ingredients

• Students should show a breakdown of the cost of the individual ingredients used, and the total cost of their meal.

<p>Nutritional contribution of dairy products used</p> <ul style="list-style-type: none">• List four nutrients provided by the dairy products included in the meal. Two of these nutrients should be chosen and a brief explanation provided of why they are important in the diet.	
<p>Local products used</p> <ul style="list-style-type: none">• Students should list the ingredients they have used that have been produced in Northern Ireland.	

**KEY STAGE 4
ONLY**

- Explanation of how the menu has been developed to reflect healthy eating.

Entries should be sent to
Young Cook of the Year
Dairy Council for Northern Ireland
Shaftesbury House
Edgewater Office Park
Edgewater Road
Belfast BT3 9JQ