

Dairy Council

YOUNG COOK OF THE YEAR 2010



KEY STAGE 3 CATEGORY and SPECIAL EDUCATION CATEGORY

COOKING CHALLENGE

The country is experiencing a credit crunch. Students are invited to develop a two-course meal for a family of four for £8.00 or less. This should be an appealing and imaginative meal which demonstrates that it is still possible to eat well on a budget.

Students selected for the Finals will have one hour to prepare the main course dish, followed by 5 minutes to display the dish for judging.

The menu should be based on healthy eating guidelines, and both courses must include Northern Ireland milk and dairy products such as: **MILK, CHEESE, YOGURT, BUTTERMILK, CREAM and HALF-FAT BUTTER.**

Entries may be submitted using the pro forma on the website of the Dairy Council for Northern Ireland (www.dairycouncil.co.uk), or handwritten (using black ink), or typed in Microsoft Word format. Entries must be limited to 4 sides of A4 paper. It is not necessary to include a photograph of the dish.

Each entrant must complete the details below:

Student's name

Category

School name, address, and phone number

Area Education and Library Board

Teacher's name, telephone number and email

Name of dish(es)

List of ingredients

Method (20)

Nutritional contribution of dairy products used (16)

- 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.

***** Special education students should list and explain the importance of **one** nutrient.***

Use of local products (6)

- Students should list the ingredients they have used that have been produced in Northern Ireland.

Cost of ingredients (12)

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

***** Special education students should write down the total cost of the ingredients used in their meal.***

Creativity (10)

- Judges will look for creativity in the choice of foods, and the ways in which they have been combined in the menu.

KEY STAGE 4 CATEGORY

COOKING CHALLENGE

The country is experiencing a credit crunch. Students are invited to develop a two-course meal for a family of four for £8.00 or less. This should be an appealing and imaginative meal which demonstrates that it is still possible to eat well on a budget.

Students selected for the Finals will have 1.5 hours to prepare the two main courses of their menu, followed by 10 minutes to display the dishes for judging.

The menu should be based on healthy eating guidelines, and both courses must include Northern Ireland milk and dairy products such as: **MILK, CHEESE, YOGURT, BUTTERMILK, CREAM and HALF-FAT BUTTER.**

Entries may be submitted using the pro forma on the website of the Dairy Council for Northern Ireland (www.dairycouncil.co.uk), or handwritten (using black ink), or typed in Microsoft Word format. Entries must be limited to 4 sides of A4 paper. It is not necessary to include a photograph of the dish.

Each entrant must complete the details below:

Student's name

Category

School name, address, and phone number

Area Education and Library Board

Teacher's name, telephone number and email

Name of dish(es)

List of ingredients

Method (20)

Nutritional contribution of dairy products used (16)

- 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.

*** Special education students should list and explain the importance of **one** nutrient.*

Explanation of how the menu has been developed to reflect healthy eating guidelines. (15)

Use of local products (6)

- Students should list the ingredients they have used that have been produced in Northern Ireland.

Cost of ingredients (12)

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

*** Special education students should write down the total cost of the ingredients used in their meal.*

Creativity (10)

- Judges will look for creativity in the choice of foods, and the ways in which they have been combined in the menu.

INFORMATION FOR TEACHERS

The objective of the competition is to encourage students to combine an understanding of good nutrition and value for money with creative flair and the ability to produce tasty and attractive food. In doing this, students should be encouraged to source and use locally produced food.

The Competition is open to students throughout Northern Ireland at Key Stage 3 and Key Stage 4 levels; and those in Special Education schools. The Competition has been designed to support the current Home Economics curriculum, and has been endorsed by CCEA.

The closing date for entry is 1st March 2010.

There is no limit on the number of entries that can be submitted by a school.

Entries will be judged initially, based on E&LB area, with the winner in each category in each E&LB area being invited to participate in Finals, at which they will have to prepare their menu. Judging at E&LB level and at the Finals will be by a panel of judges drawn from a range of relevant backgrounds. Finals will be held on a date and at a venue to be decided.

No entry fee is required.

In entering this Competition, schools and students agree to participate in all associated promotional activities organised by DCNI or its representatives.

Copyright for all recipes submitted for consideration in the Competition automatically become the property of the Dairy Council for Northern Ireland.

The judges' decisions will be final and correspondence will not be entered into.

PRIZES

- Each pupil selected as a category winner at E&LB level will receive a voucher for £50
- The school of each category winner at E&LB level will receive £100
- At the Finals, each pupil selected as an overall category winner will receive a voucher for £50
- The school of each overall category winner at the Finals will receive £250
- The winner of 2010 Young Cook of the Year will receive a voucher for £100
- The school of the winner of 2010 Young Cook of the Year will receive £500.



Please return your application, no later than 1st March 2010, to:

Young Cook of the Year, The Dairy Council for N.I., Shaftesbury House,
Edgewater Office Park, Edgewater Road,
Belfast BT3 9JQ.
Telephone: 028 9077 0113
Email: info@dairycouncil.co.uk
Website: www.dairycouncil.co.uk



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