



Food For Thought Cookery Competition

Help sheet for staff, pupils, parents and carers

Who Can Take Part?

- All Key Stage 2 and Year 7 pupils (6-12 years) attending schools that are members of the Food For Thought consortium.
- One entry per pupil.
- Maximum of 20 entries per school.
- This can be done in school (as part of class work) or at home.

What Can Be Won?

- The first prize will be a 'baking kit', cookery book and a Food For Thought apron, along with the opportunity to have the dish featured on a Food For Thought menu rotation (the dish is subject to change to accommodate school meal requirements).
- Ten cookery books will be available as prizes for the runners up.

Things To Think About:

- What are your favourite foods?
- What meals do you eat at home that you like?
- What foods are healthy for you?
- What foods do you need to support you through the school day?
- What makes food appealing- colours, smell etc?

How To Enter?

- All entries should consist of a poster, including a drawing of the chosen dinner, a description of what it is and why it is healthy.
- Please include your name, age, and name of school on your entry.

Please return any entries to school before Friday 20th October. Pupil Parliament will then chose 20 entries to enter!

