



Kiwi Kids Can Cook Official Entry Form - Canterbury

Saturday 25th May 2019

South City Shopping Centre

555 Columbo Street, Christchurch City

- You must be a Year 1 to Year 8 student and enrolled at a Canterbury school to enter.
- You may have a parent/caregiver with you for moral support and guidance on the day.
- Please have your entry to us by 5:00pm 15th May 2019.

Your entry must include:

- A brief description telling us why you love cooking
- Recipes of two dishes you love to cook, containing at least one fresh New Zealand grown vegetable (max. 30 minutes each)
- Photos, drawings, poster, YouTube (or other) link, or anything else that may tell us more about you and why you love to cook, to support your entry. Remember we are looking for imagination here!

Full Name:	
Address:	
Phone:	Age:
Email:	
Name of School:	
Give us a brief description telling us why you love cooking:	
<i>(If you need more space for any further information that may support your entry, please use a separate paper and attach it to this form. Post to: NZChefs, Po Box 24057, Royal Oak, Auckland 1345 or email it all to admin@nzchefs.org.nz)</i>	

OBJECTIVE:

We believe that 'Kiwi Kids Can Cook'! In fact over the years of this competition, we have realised that kids can cook THE MOST amazing dishes! It is our aim to get our kids 'hooked on cooking' at a primary school age, to help nurture those that have natural talent and promote healthy eating.

THE KIWI KIDS CAN COOK COMPETITION:

This is a fun competition where the emphasis is solely on you, the kids.

You must be the only entrant cooking and you must be a Year 1 to Year 8 student during the competition period (regional and national cook off) at a Canterbury school to enter. Your parents and caregivers are purely there for moral support and guidance.

There are two different competition age groups, **age 9 and under** and **age 10-12's**. The winners of the Canterbury Regional Cook Off will compete against kids of their own age group from all over the country, and maybe be crowned New Zealand's 'Kiwi Kids Can Cook' Champion.

You, the entrant, is asked to submit two of your favourite dishes containing at least one fresh New Zealand grown vegetable, which can easily be cooked on a gas top or in a microwave (provided). **No oven will be available.**

Your entry must be received by 5pm on Wednesday 15th May 2019. A panel of hospitality representatives will select the winning entrants to go forward into the **regional live cook off on Saturday 25th May 2019.**

Please Note: You will be judged not only on the imagination of each dish but also on the presentation of how you submit your entry. (Photos, drawings, poster, YouTube (or other) link, etc.)

The head judge (or representative) will contact all entrants and the finalists will be given further information about the competition day, location and time of heats etc.

If you make it through the live cook off you will represent your school and will compete against other entrants live on stage. You will have **30 minutes to cook one of your entry dishes** with the view of getting through to the Regional Grand Final. In the final, **your second dish will be cooked** and you will be competing for the prestigious 'Kiwi Kids Can Cook' trophy and the opportunity to represent your region at the National Grand Final, held at the New Zealand Hospitality Championships in Auckland on Sunday 11th August 2019.

The overall national winner, in each age category, will be crowned New Zealand's Kiwi Kids Can Cook' champion for 2019.

THE REGIONAL LIVE COOK OFF FORMAT:

The 'Kiwi Kids Can Cook' kitchen will be set up with six cooking stations. Each station will have a bench top, cold water, 2 gas hobs, access to power for small equipment (i.e. stick blender) and the use of a shared microwave.

You will be responsible for bringing any other cooking equipment and any ingredients that you will need.

Chef Hughie Blues (Kiwi Kids Can Cook founder) and special guest Chef Judges will be on hand to spur you along and help fill in the gaps entertaining and educating the audience as the competition goes on.

Age 9 and under

Heat 1: 9.30am, Heat 2: 10.15am, Final: 11.15am, Prize giving: 12.00pm

Age 10-12's

Heat 1: 12.45pm, Heat 2: 1.30pm, Final: 2.30pm, Prize giving: 3.15pm

The two top entrants from each heat, along with up to two wildcard's from both heats combined, will be selected to go through to the final. **Finalists will have 30 minutes to complete their SECOND dish.**

(Times and number of heats are approximate and are subject to change)

For any further information please contact:

NZChefs National Office

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info@nzchefs.org.nz

www.nzchefs.org.nz

