



## **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 COMPETITION:**

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

There must only be one entrant cooking and they must be a pupil of a Central Regional School and in Year 1 to Year 8. Parents and caregivers are there purely for moral support and guidance.

New to 2018 is the move to different age groups, Age 9 and under and Age 10-12's. Meaning the winners of the regional events 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.

Entrants are asked to submit two of their 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). Please Note: no oven will be available. The entrants will be judged not only on the imagination of each dish but also on the presentation of how they submit their entry. (Photos, poster, video, DVD, YouTube link etc.)

All entries must be received by 5pm on Friday 2<sup>nd</sup> November 2018. A panel of hospitality representatives will choose winning entrants to go forward into the “Regional Cook Off”.

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

Each entrant who makes it through will represent their school and will compete against other entrants live on stage, cooking one of their dishes with the view of getting through to the REGIONAL GRAND FINAL. In this, their second dish will be cooked and they will be competing for the prestigious “Kiwi Kids Can Cook”.

A date for the NATIONAL GRAND FINAL is still to be confirmed for 2019, and we will keep the winners updated.

## **THE ENTRIES:**

There will be 3 heats 10:30am, 11:15am and 12:00pm. One winner will be chosen from each heat with one wildcard also selected. The final will take place at 12:00pm. Finalists will have 30 minutes to complete their dish. (Times and number of heats are approximate and may change)

## **ON THE DAY:**

The ‘Kiwi Kids Can Cook’ stage will be set up with four cooking stations.

Each station will have a bench top, cold water, 2 gas hobs, power and the use of a microwave.

Each entrant will be responsible for any other cooking equipment and any ingredients that they will need.

Chef Phil Healy and special guest Chef Judges will be on hand to spur the kids along and help fill in the gaps entertaining and educating the audience as the competition goes on.

For any further information please contact:

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**Woodhaven**  
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