



Kiwi Kids Can Cook Official Entry Form – Opuā  
Sunday 12<sup>th</sup> September 2021  
Opuā Primary School.

- You must be a Year 1 to Year 8 student and enrolled at a Northland 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 27<sup>th</sup> August 2021.

**Your entry must include:**

- A brief description telling us why you love cooking;
- **One** recipe for a **savoury dish containing at least 3 fresh New Zealand grown vegetables**, which can easily be cooked on a gas top or in a microwave (provided) within a 30 minute window;
- 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 Northland 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 Northland 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 will need to prepare and cook **one** recipe for a savoury dish containing at least **3** fresh New Zealand grown vegetables, 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 27<sup>th</sup> August 2021. A panel of hospitality representatives will select the winning entrants to go forward into the **regional live cook off on Sunday 12<sup>th</sup> September 2021.**

**Please Note:** You will be judged not only on the imagination of each dish but also on the presentation of how you submit your recipe. (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.

The winner of the far North's Regional "Kiwi Kids Can Cook" will receive the opportunity to represent their region at the NATIONAL GRAND FINALS.

The overall national winner, in each age category, will be crowned New Zealand's Kiwi Kids Can Cook' champion for 2021.

**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.

**Chef Hughie will be in touch with each entrant to be told the start time and other information.**

Judges will pick the winning dish from each age group that best shows the use of Fresh New Zealand Grown Vegetables. (Times and number of heats are approximate and are subject to change)

For any further information please contact:

NZChefs National Office

0800 NZCHEFS

0800 692 433

[info@nzchefs.org.nz](mailto:info@nzchefs.org.nz)

[www.nzchefs.org.nz](http://www.nzchefs.org.nz)

