



Frequently asked questions...

What if my child is eligible for one age category at the regional cook offs but is over the age limits by the time of the National finals?

Kiwi Kids Can Cook is open to school year 1-8 students only. Your child must still be completing up to year 8 by the date the National Grand Final is being held. The age criteria is taken from the age group you competed in at the regional cook offs therefore you will compete in the same age group at the National Grand Final.

What style of food can I cook?

You can create whatever dish you like as long as it includes at least 1 NZ grown vegetable and can be completed within 30 minutes and be cooked on a gas hob or in microwave.

What time should I arrive at the venue?

You will need to be present at the venue 30 minutes prior to the start of your heat to allow for enough time to set-up. I always suggest, if possible, arriving to watch the earlier heats to give you time to settle in and to view what's required, especially if it is your first comp.

Can my parent/caregiver help at any stage of the competition?

Parents/caregivers may help with set-up and pack-up. Once the clock has started yes your parents/caregivers can help, but the more you do under your own steam the more the judges will favour you. You will have a cooking time of 30 minutes.

What cooking sources and utensils are available?

At this stage, each contestant will have two gas burners, power supply for gadgets, cold water and access to a microwave. All contestants must supply all other equipment and utensils required.

How much food do I need to cook?

The Judges just require one portion of your chosen creation, which they will take to the judging table to look at the presentation and taste the dish.

Do I need to bring ingredients for both of the recipes I have entered?

Yes. If you win the first round, or are picked as the 'wild card', you will cook your second recipe in the finals.



Can I bring everything pre-chopped?

Sure, but remember that the Judges will be watching you in action and they are keen to see knife skills as well as great cooking.

Is there a place to wash down my cooking utensils afterwards?

It all depends on the venue, there may not be hot water available but there will be access to cold water. This is something to keep in mind if you make it into the finals and you need a clean pan.