



## Criteria Bullet Points

- We are looking for your regions best young chefs.
- There are two age groups, 9 and under & 10 – 12 year olds
- We are looking for your best savoury dish.
- Your dish should include **at least three** New Zealand grown vegetables.
- We want to see your cooking skills. You can bring some ingredients in pre-prepared but the more you do on the day the further in the competition you could go.
- You will get 30minutes in which to prepare your dish
- We will provide 2 gas cookers, water, power for gadgets and the use of a microwave.
- Your parents can be close by to give you encouragement.
- The Kiwi Kids Can Cook team will be on hand to help where they can and keep things running smoothly.
- You can still include the wild foraged ingredients. If you incorporate the above criteria into your dish as well, you will automatically qualify for the Kiwi Kids Can Cook competition. (Only if entering in conjunction with the Local Wild Food Challenge. Chatham Islands, Raetihi, Wellington, Whakatane)

