



# ‘Sharing a passion for all things culinary’ “Kiwi Kids Can Cook” The competition!

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## Overview:

“Kiwi Kids Can Cook” founded in 2008 by Hughie Blues and Paul Jobin and now managed by NZChefs has become a mainstay on its culinary calendar nationwide. From humble beginnings, first held in Northland to an audience of around 20 people, Kiwi Kids Can Cook is now a firm fixture at many popular events around the country.

## Objective:

To get kids hooked on cooking.

To install healthy eating habits and to give all New Zealand kids the skills to cook a healthy meal.

To bring families together through team work in the kitchen.

To introduce the opportunities cookery can bring as a career pathway at an early stage, in a fun but challenging environment.

The Regular feedback from parents saying how nice it is to have their kids participate and sometimes take over the preparation of food at meal times is evidence that the potential of this competition is powerful.

Many past entries have gone on to study hospitality at Secondary School level. Many are currently working in Industry whilst studying. One past Northland Champion has successfully graduated from his apprenticeship, as a chef, at the Hilton in Auckland. Two more have competed a degree in nutrition at Otago University. This is yet another sign that this competition, and our engagement with these kids early, works.

Links here:

[How do I enter](#)

[Live Cook off Criteria](#)

[Frequently Asked Questions](#)



## The Competition:

“Kiwi kids Can Cook” 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 School in your region and in Year’s 1 to 8 only, with the maximum age of 12 on the day of the national finals. Parents and caregivers are allowed to be close by but are there purely for moral support and guidance.

There are two age groups, 9 and under along with 10 - 12 year olds.

This is two stage competition:

**Stage one**, The Paper Entry.

**Stage two**’ the Live Cook Off.

## How do I enter?

- Click on the competition in your region.
- Download and fill out the entry form.
- Simply submit the entry form along with your favourite recipe for a **savoury dish containing at least three fresh New Zealand grown vegetables**, which can easily be cooked on a gas top or in a microwave (provided). Remember we are looking for healthy and innovative use of the vegetables here.

Your entry must be received by the deadline stated on your regional entry form.

A panel of hospitality representatives will select the winning entrants to go forward into the regional live cook off.

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.

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

## The Live Cook Off

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 your chosen dish with the view to being crowned, your regional “Kiwi Kids Can Cook” Champion and win the opportunity to represent your region at the NATIONAL GRAND FINALS to be held in Auckland.

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