

The Nutrition Kitchen

Cookery Competition

Royal Norfolk Show

2017

A cookery competition for year 10 students with clear links to the new **Food Preparation and Nutrition GCSE**



Students will be asked to design a 2 course meal, main and dessert, for an athlete in training.

The menu designed must demonstrate clear knowledge and understanding as well as a high level of skill. It should be well planned, taking into consideration the nutritional requirements of a training athlete, including a balance between carbohydrate, protein and fat.

The menu should contain 5-6 local ingredients and students should be prepared to explain the traceability, seasonality and nutritional value of the products used. The judges are looking for products that will be in season during the Royal Norfolk Show in June. Prepping and cooking time should be no more than 20 minutes each.

Students are asked to work in groups of 4.



The competition will be judged in 3 stages:

Stage 1 Groups must submit a recipe plan with an explanation of the nutritional benefit, seasonality and prep time. The deadline for entries for stage 1 is Friday 31st March 2017 at 4pm. These entries will be judged and feedback will be provided week beginning 17th April 2017.

Stage 2 Successful entrants will be visited at school by a representative from the Royal Norfolk Agricultural Association. Students will be asked to cook their designed menu which will then be judged. The judging will take place on a day that best suits the students and the school in the 1st half of the Summer Term.

Stage 3 Finalists chosen from the judging in Stage 2 will be given the opportunity to cook on stage, the Cookery Theatre with Richard Bainbridge at the Royal Norfolk Show 28th and 29th June 2017. A judging panel will have been selected to pick a final winner. Prizes for the winning group and school are to be confirmed.

For further details and to enter your school please contact *Kate Forster*, Education Project Manager, Norfolk Showground, Dereham Road, Norwich, NR5 0TT. **T:** 01603 731967, **E:** kate.forster@rnaa.org.uk

