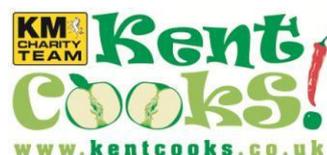


Information sheets for pupils and parents



Do you think you could be the next Jamie Oliver? Can you cook a HEALTHY MEAL that you and your family and friends would enjoy eating? The meal should:

- Be QUICK and EASY to make
- BE GOOD FOR YOU and provide a BALANCE in terms of types of food such as carbohydrate, proteins, dairy and fruit or vegetables.
- LOOK and TASTE good
- Use locally sourced seasonal Kentish produce
- Provide VALUE FOR MONEY
- You may also consider dietary allergens

To enter the competition you need to:

1. Look at the guidance provided

Look at the information and guidance you have been given on the 'Eat well plate', on seasonal and local ingredients and on the cost of different foods. This will help you to enter the competition.

2. Decide on your healthy meal menu

Think about what you enjoy for your main meal of the day and ask other people to give you ideas – ask your mum, dad, guardian, brother, sister, grandparents, teachers and friends what they think makes a tasty and healthy meal. You could also ask them to help you make a few healthy meals at home and see which one you like the best. Once you have decided on your favourite healthy meal you are ready to enter the competition. Start by writing down your meal menu and listing all of the types of food and drink that are included.

3. List your ingredients including weights and measures and method for your chosen dish/dishes (all completed entries are published as on line recipe cards)

4. Take a photo/photos of your dish/dishes

Include a photo of yourself holding your dish.

5. Work out how much it costs to make your meal

Use the guidance we provide to work out how much your healthy meal costs.

6. Complete the entry form

All of the information about your healthy meal needs to be put onto the entry form. Enter online at www.kentcooks.co.uk. Remember to enter each dish separately with its own separate information and separate photos if you are entering the secondary or family categories.