

IN THIS COUNTRY WE PRODUCE, PREPARE AND SERVE SOME OF THE BEST DISHES IN THE WORLD. SAINSBURYS RUN AN ANNUAL COMPETITION TO PROMOTE BRITISH FOOD. THE BRIEF IS TO CREATE A TWO-COURSE MEAL (A MAIN COURSE AND A DESSERT) THAT CAN BE SHARED WITH YOUR FRIENDS AND THAT USES LOCAL/REGIONAL INGREDIENTS. YOU SHOULD ALSO FOLLOW HEALTHY EATING GUIDELINES.

ALL ENTRIES SHOULD HAVE: -

- RECIPE NAMES
- PHOTOGRAPHS OF THE FINAL DISHES
- A LIST OF THE INGREDIENTS USED
- A LIST OF THE EQUIPMENT USED
- HOW YOU MADE THE DISHES I.E. A PARTICULAR METHOD
- AN EXPLANATION OF WHY YOU USED THE INGREDIENTS I.E. HOW THEY LINK TO LOCAL FOOD

MORE INFORMATION CAN BE FOUND AT

www.activekidsgetcooking.org.uk/activekidsgetcooking

IF YOU ARE INTERESTED, PLEASE HAND IN YOUR ENTRY TO MRS. JONES FOOD TECHNOLOGY TEACHER. THE BEST FOUR WILL BE CHOSEN TO REPRESENT THE SCHOOL. ENTRIES IN BY APRIL 2008



Get cooking

