



Guild of Food Writers
Children's Cooking Campaign

CookIt Competition 2008

INFORMATION SHEET

Calling all budding young cooks: if you are aged between 10 and 14 years old, this is your chance to show us your skills in the kitchen. This year, we are asking you to create a two course family meal for a special occasion using mainly fresh and healthy ingredients. The main course and pudding should serve between 2 and 4 people and cost a maximum of £20.00 to make. Recipes should also take no longer than 1 hour 30 minutes to prepare and cook. Please send in your recipes with the entry form (below) by Monday 7 April 2008.

Six lucky finalists will be invited to London on Thursday 22 May 2008, to prepare their meals in front of a panel of judges at BBC Good Food magazine's test kitchens. BBC Good Food magazine will also publish a feature about the day.

A full list of fantastic prizes will be announced shortly.

PLEASE MAKE SURE:

- ☞ You are between 10 and 14 years old.
- ☞ You create a two course family meal for a special occasion using mainly fresh and health ingredients.
- ☞ Your entry includes two recipes: a main course and pudding and serves between 2 and 4 people.
- ☞ Your recipes cost a maximum of £20 to make.
- ☞ Your recipes are your own invention and are either handwritten or typed up and sent in with the entry form.
- ☞ Your recipes list all the ingredients in the order they are used in the method and are written in metric. Make sure you include the quantity of each ingredient and oven temperatures (gas and electric).
- ☞ Your recipes take no longer than 1 hour 30 minutes to make and cook in total.
- ☞ You send your entry to Jonathan Woods, The Guild of Food Writers, 255 Kent House Road, Beckenham, Kent BR3 1JQ by Monday 7 April 2008.

 **THE GUILD OF FOOD WRITERS**

Sponsored by



RULES

1. You must provide the Guild of Food Writers ('the Guild') with the required details if you wish to enter this competition. The Guild will only ever use your personal details for the purposes of administering this competition, and will not pass them on to anyone without your permission.
2. Only one entry will be accepted per person.
3. Entries must be submitted using the correct form and sent to the correct postal address. Entries submitted by any other method will only be accepted when clearly specified.
4. The competition is only open to UK residents aged between 10 and 14 at the closing date. The Guild reserves the right to request proof of age.
5. Entrants must obtain permission from their parent or guardian before entering the competition.
6. Your entry must be entirely your own work and its originality will be taken into account by the judges. By contributing your work to the Guild you agree to grant us the right to publish and use the material in all media for all purposes in connection with the competition. Please note that entries cannot be returned.
7. The competition finalists will be contacted personally. In the event of there being no reply from the telephone number or address supplied the Guild reserves the right to offer the place in the final to a runner up.
8. Expenses will be paid by the Guild for the six finalists and an accompanying adult to attend the final.
9. Prizes must be taken as stated and cannot be deferred. There will be no cash alternatives.
10. The Guild does not accept any responsibility for late or lost entries. Proof of sending is not proof of receipt.
11. Entrants must comply with all rules to be eligible for the prizes. Ineligible entries or entries made fraudulently will be automatically disqualified.
12. This competition is not open to any person directly involved in the organisation or running of the competition, or their direct family members.
13. The Guild's decision is final and no correspondence will be entered into.
14. The Guild reserves the right to cancel the competition at any stage, if deemed necessary in its opinion, and if circumstances arise outside of its control.
15. Entrants will be deemed to have accepted these rules and to agree to be bound by them when entering this competition. Entrants may be asked to take part in post competition publicity.
16. This agreement is governed by the laws of England and Wales.
17. This competition is administered by the Guild.

ENTRY FORM

Send your entry to: Jonathan Woods, The Guild of Food Writers, 255 Kent House Road, Beckenham, Kent BR3 1JQ. **Closing date: Monday 7 April 2008.** Please complete in block capitals.

Full name of entrant:

Age: Date of birth:

Address:

..... Postcode:

Telephone: Email:

Name and address of your school:

..... Postcode:

How did you hear about this competition?

Name of your LOCAL radio station:

Name of your LOCAL newspaper:

Title of main course:

Title of dessert:

Please send your recipes on a separate sheet of paper.

Each recipe should have:

- ☞ **A title.**
- ☞ **A brief introduction about the recipe to describe it and encourage people to try it.**
- ☞ **A list of ingredients (hint – in the order they appear in the method).**
- ☞ **The method.**

Remember:

- ☞ **A two-course meal for £20 or less.**
- ☞ **Main course and dessert to feed between 2 and 4 people.**
- ☞ **Include measures (in metric) and relevant temperatures.**
- ☞ **No longer than total of 1 hr 30 mins to make and cook.**
- ☞ **You are aged between 10 and 14.**