

# The Create & Cook

## Competition

### ENTRY FORM



Please complete this form and click 'Save Entry Form' button as you finish each page. You can cut and paste your answers into the boxes of this form if you prefer. Once complete, save the form one final time and then email it to your teacher.

NAMES:

Pupil 1

Pupil 2

YEAR:

SCHOOL:

Save Entry Form

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### FIND YOUR LOCAL INGREDIENTS

List the local ingredients you are using in your menu.

Tell us where you have got them from (which food producer, farmer, friend, your garden)

**Tell us a bit more about your ONE of your local ingredients.**

How it has been made/grown/reared/produced; when is it in season; how many food miles has your ingredient travelled from source to your school?

Save Entry Form

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### Local food:

Why do you think it's important to buy local food?

## MENU

Write out your 2 course menu which has a summer theme.

Menu

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## RECIPES

Write out your 2 recipes. Please include ingredients and full method of your recipes.

Recipe: Course 1

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Recipe: Course 2

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### TELL US YOUR STORY

Please tell us in 200 -400 words why you have chosen your menu.  
What is the story behind your menu and ingredients you have chosen?

Who has inspired you to cook - parent, teacher, TV chef? What is your cooking ambition?

**Thank you so much for all your hard work on entering The Create & Cook Competition. We really look forward to judging your entries and seeing all your ideas.**

Once complete save the form and then email it to your teacher.

[Save Entry Form](#)