

Young Cooks!

www.youngcooks.org.uk



Your invitation to be a Young Cook

Create a dish or cook your favourite meal and it will be published as an online recipe card on the Young Cooks website. It could also earn the young chef a place at our Masterchef-style event later in the year with a chance to win great prizes.



Primary School category
Cook one dish



Secondary School category
Cook two dishes



Family category (adult and child pair)
Cook two dishes



"I am delighted to support Young Cooks. This competition is a fantastic opportunity for children to get creative in the kitchen. It is good to see a charity on my own doorstep encouraging young people to get cooking. It is also a great way to get them to think about healthy eating and sourcing local produce" **Gregg Wallace**





Four steps to taking part

Entering Young Cooks is easy...

-  Cook a dish
-  Photograph your creation
-  Photograph the young chef with the dish (optional)
-  Enter the details on our simple web form and upload the photos

£500
prize
money

Young Cooks will publish your entry as an online recipe card and email you to let you know it is live. At the end of the year a panel of food industry experts and chefs will select finalists to attend our live 'cook-off' with prizes for the winners.

Extra credit will be given for healthy dishes and/or those that use local produce, however this is not critical to competition success.

Scouts, Girlguiding members and Walking Bus children earn a special badge for entering.

Got a question? Call 0844 264 0291

Video Category - A prize will be awarded for the best cooking video. Find out more on our website.

Important - Each dish and associated photos will be published on the Young Cooks and it's media partner websites in their recipe sections.

Please note that due to photos of the children and young adults being placed online it is crucial that each entry is submitted with parental or teacher consent, even when the entrant is of secondary school age.

Young Cooks is staged as a fundraising event to support the educational services delivered by Inspire Schools/KM Charity Team. No charge is made to submit a nomination, but funds raised through corporate sponsorship are used to support our educational work. Reg. charity No.1105834