

# KIDS CAN COOK

**Do you like the taste of good food?  
Do you like to muck in & help with the cooking?  
Are you the next New Zealand's Master Chef?**

**WE ARE SEARCHING FOR  
NORTHLAND'S HOTTEST  
MINI CHEF!**

**Introducing  2010**

**Where: Savour the Source  
Bay of Islands P&I Show  
Waimate North**

**When: Saturday November 13th 2010**



2009 Contestant  
Rebecca Gmuier-Hornell



2009 Finalists  
Lewis Noorwalla &  
Luke Homer



2009 Contestant  
Luke Staggs

This is a fun competition where the emphasis is solely on the kids.  
Teams will consist of two people, 1 child and 1 parent. **The child must be registered at a Northland School and shall be 12 years old or younger on the day of the competition.**  
The parent is there purely for moral support and guidance.

Entry forms available now at:

[www.waikokopu.co.nz](http://www.waikokopu.co.nz)

Entries must be received by 5pm 29th October 2010

**For more information call Hughie Blues on 027 237 8533**



# KIDS CAN COOK



“Kids Can Cook” is the brain child of Hughie Blues & Paul Jobin two active members of “Northland Chefs”. This initiative has the full backing of the Northland branch of the NZ Chefs Association.

## OBJECTIVE:

We believe that “kids **can** cook” and it is our aim to get kids hooked on cooking at a primary school age, to help nurture those that have natural talent and promote healthy eating.

So, after the huge success of the previous “kids can cook “ competitions, we are proud to announce that “Kids Can Cook” will now be part of Savour the Source to be held on Saturday 13th November 2010 and will promise to have kids pitching themselves against others within their regions in a live cook-off scenario.

## THE COMPETITION:

This is a fun competition where the emphasis is solely on the kids - teams will consist of two people, 1 child & a1 parent, **the child must be registered at a Northland school & shall be 12 years or younger on the day of the competition** & the parent is there purely for moral support and guidance.

Teams are asked to submit two of their favourite dishes, which can easily be cooked on a gas top or in a microwave (no oven will be available). This could be a pasta dish, a stack of pancakes, a stir-fry dish, salad or even a sandwich. Teams will be judged not only on the imagination of each dish but also on how they submit their entry. (Pictures, video, CDROM etc.)

Each team will represent their school and will compete against other teams/schools, live on stage, cooking one of their favourite dishes with the view of getting through to the final. There each team will be competing for the prestigious “Kids Can Cook” Trophy, **which the winning school gets to keep & display for one year**. The winning team will also cash in on the grand prize of a Mystery Weekend for a family of 4. Prizes to be confirmed.

## HOW IS ALL THIS ACHIEVED:

Firstly a mass email campaign is sent out to Northlands primary & intermediate schools. A web page will be set up on [www.waikokopu.co.nz](http://www.waikokopu.co.nz) with further tips, info, and entry details. Shortly a radio & newspaper campaign will be launched guiding possible entries to this web site and details on the “Kids Can Cook” dates and location.

## ON THE DAY

The Kids Can Cook stage will be set up with two cooking stations.

Each station will have a bench top, cold water, 2 gas hobs, power and the use of a microwave.

**Each team will be responsible for any other cooking equipment and any ingredients that they will need.**

The teams will have 30 minutes to complete their dish. Hughie & Paul will be on hand to spur the kids along and help fill in the gaps entertaining and educating the audience as the competition goes on. Both the audience and the two chefs will vote for the winner but the final decision will be made by the guest judge from the Northland branch of the NZ Chefs Association.



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## ENTRY FORM

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**Entries must be received by 5pm 29th October 2010**

### ENTRIES MUST INCLUDE:

- The completed entry form (must be on the standard form included)
- A brief description as to why you like cooking
- Recipes of your two favourite dishes
- Photos, drawings, DVDs, CDROM, or anything else that may support your entry.  
(Remember we are looking for imagination here.)

Post to:  
Kids Can Cook  
PO BOX 481  
Paihia Bay of Islands 0247

**NAME:**

**ADDRESS:**

  

**Name of the Northland School you are enrolled at:**

**AGE:**

**Give us a brief description as to why you like cooking:**


If you need more space for any further information that may support your entry, please use separate paper and attach it to this form.

