

Skills for Life

Competition Rules for Students

Criteria for KS4 and KS5

Create a healthy main course of your own choice that includes as many ingredients as possible that have been grown, reared or caught in Jersey. The dish should be well balanced and include protein, carbohydrates, vitamins, minerals and a small amount of fat.

- You must also produce a recipe together with a method that explains how you will prepare and cook it.
Dish must be capable of being prepared within 1 hour (some light preparation may be done in advance- e.g. weighing, measuring, washing and peeling of vegetables, salads or fruits - where appropriate).
Items such as seasonings, olive oil, salt, pepper, spices, fresh herbs and stock cubes will be available here at JCG.

- Prizes for Year 10: Pedley Family Challenge Cup and £30 Gift Voucher – there will also be a runner up prize of a commemorative plaque. Heat taking place on Tuesday 18th October from 9.15am -11.00am
Prizes for Year 11: Longueville Manor Challenge Cup and £30 Gift Voucher - there will also be a runner up prize of a commemorative plaque. Heat taking place on Tuesday 18th October from 11.00am-1.15pm
Prizes for Year 12: Mange Tout Challenge Cup and £30 Gift Voucher - there will also be a runner up prize of a commemorative plaque Heat taking place on Monday 17th October from 10.00am -11.30am
Prizes for Year 13: Modern Hotels Challenge Cup and £30 Gift Voucher - there will also be a runner up prize of a commemorative plaque Heat taking place on Monday 17th October from 10.00am -11.30am
The Boathouse Trophy and a gift voucher will be awarded for Endeavour
The Shaun Rankin Shield will also be awarded for the most creative use of Jersey produce.
In addition, The Jersey Markets Trophy will be presented to the best overall entry in the competition.

I am interested in competing in the 'Skills for Life' cookery competition (entries to be returned to your Food teacher by Thursday 6th October 2016)

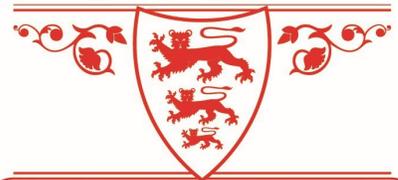
Name:

Year:

School:



Jersey College for Girls



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