

**Skills for Life
Competition Rules for Students
KS3 Brief**

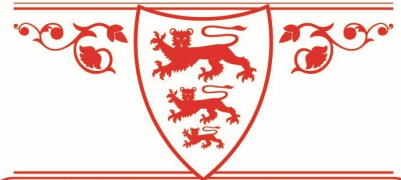
Create a healthy main dish of your own choice using as many ingredients as you can that have been **grown, reared or caught in Jersey.**

- You must produce a recipe together with a method that explains how you will cook your dish.
- Recipes must show innovative use of local ingredients.
- 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 or fruits where appropriate).

Items such as seasonings, olive oil, salt, pepper, spices and stock cubes will be available at JCG.



Jersey College for Girls



NISI DOMINUS FRUSTRA



- **Prizes for Year 7: Dunn Ross Challenge Cup** and a £25 Gift Voucher– there will also be a runner up prize of a commemorative plaque.
Heat taking place on Wednesday 19th October from 9.15am -11.00 am
- **Prizes for Year 8: Rondel’s Farm Shop Trophy** and a £25 Gift Voucher - there will also be a runner up prize of a commemorative plaque
Heat taking place on Wednesday 19th October from 11.15am -1.15pm
- **Prizes for Year 9: The Genuine Jersey Challenge Trophy** and a £25 Gift voucher-there will also be a runner up prize of a commemorative plaque.
Heat taking place on Wednesday 19th October from 1.15pm -3.00pm
- **The Boathouse Trophy** and a gift voucher will be awarded for Endeavour.
- **The Shaun Rankin Award** will be given to the student who has made 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: