

Skills for Life

Competition Rules for Students

KS3 Brief

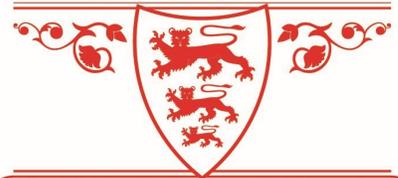
Create a healthy main dish of your own choice using as many ingredients as you can that have been **grown, reared or caught in Jersey.**

- 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



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- 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: