Please complete this form and then ask your parent/guardian or teacher to email it to [**sarah.dixon@denbighshire.gov.uk**](mailto:sarah.dixon@denbighshire.gov.uk)

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Child’s Name:** |  | | | **Age:** |  |
|  | | | | | |
| **School Year:** |  | **School:** |  | | |

**FIND YOUR LOCAL INGREDIENTS**

List the local ingredients you are using for your dish.

Tell us where you have got them from (which food producer, farmer, friend, your garden)

|  |
| --- |
|  |

**Tell us a bit more about ONE of your local ingredients.**

How it has been made/grown/reared/produced; when is it in season; how many food miles has your ingredient travelled from source to your school/home?

|  |
| --- |
|  |

**Local food:**

Why do you think it’s important to buy local food?

|  |
| --- |
|  |

**RECIPE**

Write out your recipe. Please include **the name of your dish**, **the ingredients** and **full method of your recipe**.

|  |
| --- |
|  |

**Photograph Your Dish:**

|  |  |
| --- | --- |
|  |  |

**Who has inspired you to cook - parent/guardian, teacher, TV chef?**

|  |
| --- |
|  |

Thank you so much for all your hard work on entering Denbighshire Schools Create & Cook Challenge. We really look forward to judging your entries and seeing all your ideas.

Once complete, save your form and then ask your parent/guardian or teacher to email it to [**sarah.dixon@denbighshire.gov.uk**](mailto:sarah.dixon@denbighshire.gov.uk) Don’t forget to attach a photograph/photographs of your super-tasty ‘Dish of the Day for St David’!

***Good Luck!***

**PLEASE NOTE:** Unless otherwise instructed, it is assumed that permission will be kindly given to publish prize-winners’ names.

|  |  |
| --- | --- |
| Please tick the box to agree |  |