Please complete this form and then ask your parent/guardian or teacher to email it to **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)

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**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?

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**Local food:**

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

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**RECIPE**

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

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**Photograph Your Dish:**

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

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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** 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.

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