

|  |  |
| --- | --- |
| **Dewch i Goginio 2020 Sir Ddinbych - Cystadleuaeth Coginio i ysgolion ar agor** *Caiff pobl ifanc rhwng 7 ac 14 oed gyfle i ddisgleirio yn y gegin gyda chystadleuaeth ar ffurf MasterChef, ‘Dewch i Goginio’*Dros y 4 blynedd diwethaf, mae cystadleuaeth goginio ysgolion blynyddol Sir Ddinbych wedi denu a meithrin talent ifanc. Gyda chymorth noddwyr a chefnogwyr o'r un farn, mae'r gystadleuaeth wedi parhau i dyfu o nerth i nerth.Eleni, yn unol â ‘Chanllaw Bwyta'n Iach’ i hyrwyddo bwyta'n iach, mae Gwasanaethau Addysg a Phlant Sir Ddinbych yn ail-frandio'r gystadleuaeth o dan y teitl ‘Dewch i Goginio’. Ei nod yw annog cogyddion ifanc i ddarganfod eu bwyd lleol ac i ddatblygu sgiliau coginio'r genhedlaeth nesaf. Meddai Paula Roberts, Cydlynydd Ysgolion Iach Cyngor Sir Ddinbych: “Rydyn ni'n cefnogi'r gystadleuaeth goginio yma gan ei bod yn ffordd wych i bobl ifanc ddangos eu sgiliau a'u brwdfrydedd am goginio trwy ddefnyddio cynhwysion lleol a iach.”Dywedodd Sarah Dixon, Cydlynydd Menter Cyfoethogi’r Cwricwlwm Sir Ddinbych: “Rydyn ni mor gyffrous i gael bwrw ymlaen ar gyfer cystadleuaeth 2020 Dewch i Goginio a gwahoddwn ysgolion a phobl ifanc i ddechrau meddwl am y ryseitiau a'u profi ar unwaith.”Mae Dewch i Goginio 2020 Sir Ddinbych yn agored i unrhyw berson ifanc sy'n mynychu ysgol awdurdod lleol o fewn Sir Ddinbych, rhwng 7 a 14 oed. Y briff yw gweithio i greu bwydlen sy'n defnyddio cymaint o gynhwysion a gynhyrchir yn lleol â phosibl. Bydd y gystadleuaeth yn herio disgyblion i ddysgu am o ble mae eu bwyd yn dod ac archwilio cynnyrch tymhorol a chynaladwy lleol. Gwahoddir cogyddion ifanc i gystadlu Rownd 1 y gystadleuaeth yn eu hysgolion, gyda'r dyddiad cau Ddydd Gwener 12 Mehefin 2020. Wedi hynny, bydd enillwyr ysgolion yn cael eu gwahodd i goginio prydau ar gyfer Panel o arbenigwyr yn y Rownd derfynol gyffrous ar ffurf MasterChef a gynhelir yn Ysgol Uwchradd Dinbych, ddiwedd Mehefin 2020. | **Denbighshire Come & Cook 2020 - Cooking contest for schools now open***Young people aged 7 to 14 years have the chance to shine in the kitchen with MasterChef-style competition, ‘Come & Cook’*Over the past 4 years, Denbighshire’s annual schools cooking competition has attracted and nurtured young talent. With the help of like-minded sponsors and supporters, the competition has continued to grow from strength to strength.This year, in line with the ‘Eatwell Guide’ to promote healthy eating, Denbighshire Education and Children’s Services is rebranding the competition under the title of ‘Come & Cook’. Its aim is to encourage young cooks to discover their local food and to develop the next generation's cooking skills. Paula Roberts, Denbighshire Healthy Schools Co-ordinator said: “We’re supporting this cooking competition because it’s such an amazing way for young people to demonstrate their skills and their passion about cooking by using ingredients that are local and healthy.”Denbighshire Curriculum Enrichment Initiative Co-ordinator, Sarah Dixon said: “We’re so excited to get the ball rolling for the 2020 Come & Cook contest and would invite schools and young people to start thinking about and road-testing the recipes immediately.” Denbighshire Come & Cook 2020 is open to any young person attending a Denbighshire Local Authority School, aged between 7 and 14. The brief is to work to create a menu using as many locally produced ingredients as possible. The competition will challenge pupils to learn about where their food comes from and explore the key issues of seasonality and sustainability. Young cooks are invited to enter Round 1 of the competition in their school, with a closing date of Friday 12 June 2020. Thereafter, school winners will be invited to cook dishes for a VIP panel at an exciting live MasterChef-style final, hosted by Denbigh High School, at the end of June 2020. |