



## Denbighshire Creative Kids Cooking Challenges

*Easy, fun and healthy cooking activities for Kids to Get Through COVID-19*

The first of our new and exciting **Denbighshire Creative Kids Cooking Challenges** starts today, whether you're at home or at school in Denbighshire. Entry will be in three age categories - **up to 7 years, 7 to 11 years and 12-14 years.**

If you've been reading a book, watching a film or your favourite TV shows, have you ever wondered what your favourite character(s) might like to eat?

### **Challenge Number One - 'FLAVOUR'-ITE BITES'**

You have just over 10 days to come up with an idea of what your favourite book, TV or movie character would like to eat. The idea(s) must be healthy, easy and fun to make, super-tasty and well-presented on a plate, so that you can photograph and send your entry to us via e-mail - **[sarah.dixon@denbighshire.gov.uk](mailto:sarah.dixon@denbighshire.gov.uk)** by **5pm** on **Monday 27 April 2020.**

Please complete the **Entry Form**, save it as a PDF and attach it to your e-mail, together with a photograph of your super-tasty, healthy snack.

Your entries will be judged by a panel of top school chefs. The first challenge will be judged by Jane Jones, School Cook at Ysgol Twm o'r Nany and Wales School Cook of the Year 2020!

Winners will be announced via Twitter **@cyfoeth\_enrich** on **Friday 1 May 2020.**

**Prizes:** The winner of each age category will be awarded a copy of an age appropriate current best-selling children's book.

For further details, please contact Paula Roberts, Healthy Schools Co-ordinator - **[paula.roberts@denbighshire.gov.uk](mailto:paula.roberts@denbighshire.gov.uk)** / **01824 712059**

***Stay Safe, Fit & Healthy***



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**NAME:**

**YEAR:**

**SCHOOL:**

#### INGREDIENTS

List the ingredients you have chosen for your healthy snack.

#### SNACK RECIPE

Write out your super-tasty, healthy snack recipe. Please include ingredients and method.

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#### TELL US YOUR STORY

Please tell us in no more than **50 words** what is the story behind your choice of snack and ingredients and what is your snack called?

Thank you so much for all your hard work on entering **Denbighshire Creative Kids Cooking Challenges**.

We really look forward to judging your entries and seeing all your ideas.

Once complete, save the form as .pdf and then email it to [sarah.dixon@denbighshire.gov.uk](mailto:sarah.dixon@denbighshire.gov.uk), together with a photograph of your super-tasty healthy snack.

***Good Luck!***

***Stay Safe, Fit & Healthy***