



Headteacher: Mrs L Ayling BA (Hons) NPQH

October 2017



Dear Student

This year Prenton High School has decided to enter the Springboard Future Chef competition. This is an exciting national competition open to all 12 to 16 year olds. There are 4 stages to the competition, the school heat, local heat, regional heat and national final.

The initial stage of the competition will be the school heat which will be held after school 3.30pm to 5.15pm on **Wednesday 1 November 2017**.

To enter you will need to prepare and cook a hot main course for two people within a budget of £5.00. Attached is a copy of the judging criteria for the entries, which will be judged by members of staff at school. You will also need to complete a costing form, also attached.

From the entries, 2 finalists will be selected to go forward to the local heat, which will be sometime during November at Hugh Baird College. School will organise travel and students will be accompanied by a member of school staff. The task for this stage will be shared with the successful students and there will be a chance to practice at school beforehand.

Further information about the competition can be found at <https://futurechef.uk.net/>

The school heat is open to a maximum of 12 students, based first come first served basis on who returns the reply slip at the bottom of this letter. We can only take students with excellent behaviour and this will also be considered as part of the selection.

Yours sincerely

Mrs M English
Teacher of Food Technology

Future Chef Competition – Mrs English

I give permission for my daughter:

Name: _____ Form: _____

to take part in Future Chef Competition School Heat on **1 November 2017** and am aware that she will be in school until 5.15pm. By signing this letter, I am confirming that I have parental responsibility for the child named.

Parent/Carer to sign: _____ Date: _____

By signing this letter, I am confirming that I have parental responsibility for the child named.



Judging Criteria

The judging criteria requires the participants to demonstrate practical skills and produce a selection of dishes, work in a methodical manner, produce a menu costing form and show awareness of nutritional balance.

Workmanship
Skills and techniques (25)

- Keeping work surfaces clear & demonstrating clean and hygienic practices
- **Working in a methodical manner***
- Use of knife skills in the preparation of meat/ fish and vegetables.
- Diversity and range of cooking techniques
- **Cost menus to ensure waste is minimised***

Creativity & Presentation
(25)

- Clean and pleasing plate presentation
- Good sense of colour
- Ease of serving and eating
- Practical portion size
- Freshness of presentation with natural and appetising look

Menu & Nutritional Balance
(25)

- Balance of vegetable, protein and carbohydrate elements of the meal
- Demonstrate adherence to 'Eat Well Guide'
- **Understanding of nutritional balance – submission statements***
- Good use of fresh ingredients
- Balance between courses (not two heavy courses together or two light courses together)

Composition, Taste & Flavour
(25)

- Texture combination
- Overall taste of dish
- Flavour combination
- Use of seasoning, spices, and garnishes
- Harmony between main ingredient items and other ingredients

*highlights where a submission form is required prior to the local/ regional /national final

Main Dish Costing Form

Competitor name	
School name	
School address and postcode	
Teacher name	
Regional final date	
Name of competitor	

List of Ingredients - costs to be provided based on current retail prices:

Name of main dish

Food item	Unit /weight	Price per unit	Total price
		Total	