

CookIt! 2007:A Licence to Bake!

Do you know anyone aged between 8 and 14? Do they love to bake? Then they can enter this year's national cooking competition!

To enter the Guild of Food Writers CookIt! competition, come up with a two course menu of main course and dessert. This year's competition aims to encourage children to bake and one of the dishes on the menu must be an oven-baked dish, either savoury or sweet, such as a pastry pie, flan or cake. Send in your recipes by Thursday 12 April 2007 for your chance to win fabulous prizes.

Six talented finalists will be chosen from the entrants of this nationwide competition to come to London on Thursday 24 May to prepare their meals in front of the judges in the BBC Good Food Magazine test kitchen.

This year's judges include celebrity chef Marcus Wareing (BBC Two's Great British Menu), cookery writer Sophie Grigson, chef Mark Hix (Executive Chef, Caprice Holdings) and BBC Good Food Magazine's Food Director Sara Buenfeld.

The competition is sponsored by the Flour and Grain Education Programme.

Prizes

First Prize

A two night stay in Paris travelling by Eurostar or flying for the winner and one adult. The perfect chance to enjoy the culinary delights of the city as well as seeing the sights. Courtesy of Airmiles.

Second Prize

An overnight stay at Claridge's, one of London's most famous hotels for the winner and one adult to include dinner, bed and breakfast and a trip around the kitchens.

Third prize

A one day cookery course for the winner at Raymond Blanc's renowned Le Manoir aux Quat'Saisons in Oxfordshire.

Each of the three runners up will receive a selection of bakeware from the Anolon range up to the value of £100.

Expenses are paid for the six finalists and an accompanying adult to attend the final judging in London.

The schools attended by each of the finalists this year will be invited to join the 'Chefs Adopt a School' scheme run by the Academy of Culinary Arts. Under the scheme, members of the Academy 'adopt' a school and teach primary and secondary school pupils at that school about food, where it comes from, how to taste and how to cook it.

The Guild of Food Writers' children's cookery competition is part of a national children's food and cookery education campaign launched by the Guild of Food Writers in 2003.

For further information go to www.gfw.co.uk/campaigns/cookit_main.html.

If you know of any schools or children's organisations that would be interested in the competition then please either forward this email to them or email their email details to the Guild of Food Writers' administrator, Jonathan Woods, jonathan@gfw.co.uk.

Editors' notes

1. The Guild of Food Writers, the professional association of food writers and broadcasters in the UK and established in 1984, has over 350 authors, columnists, freelance journalists and broadcasters as members. Its aims include campaigning for food quality and public interest in food knowledge.

www.gfw.co.uk

For further information please contact Jonathan Woods: jonathan@gfw.co.uk or 020 8659 0422.

2. The Flour and Grain Education Programme is a joint venture of the Flour Advisory Bureau (FAB) and the Home Grown Cereals Authority (HGCA). The programme's key aim is to increase pupils understanding and knowledge of flour and grain, the milling process and the development of cereal products.

The following extensive portfolio of educational resources are designed for children of all ages from KS1 to KS4 plus NVQ:

- Lets Bake & Celebrate. KS 2. Designed for use in after school clubs
- Lets Bake & Party. KS 2. Designed for use in planning parties at home
- Fun With Flour. Early years and KS1
- Flour Power. KS2
- Energy Balance Pack. KS2
- FAB Cooking. KS2 & 3
- Healthy Living. KS3
- The Grain Chain CD-Rom KS4
- A Great Start breakfast themed CD-ROM. KS2 & 3

Teacher support

By logging on to www.flourandgrain.com, teachers can download the resources free of charge plus obtain detailed information on the packs in terms of curriculum subjects and ideas on how the lesson plans can be used for whole lessons or just parts of it.

3. The first ever Children's Food Festival will take place over the weekend of 14 and 15 July 2007 at the Northmoor Trust's conservation farm, 10 miles south of Oxford, within the North Wessex Downs Area of Outstanding Natural Beauty.

The aim of the Festival is to transform children's approach to food. The Festival wants to give children and parents a fresh perspective on healthy eating. The objectives are:

- To inspire children to cook.
- To help children make the links between food and wellbeing.
- To show children how food is produced.
- To encourage children to be curious about food from other cultures.

Raymond Blanc, Sophie Grigson, Antonio Carluccio, Annabel Karmel and Nora Sands, the Dinner Lady from Jamie's School Dinners, lead a strong line-up of chefs, restaurants and farmers who are taking part. The approach will be creative, fun and hands-on. Six 'Field to Fork' marquees will be the heart of the festival: The Meat Tent, The Dairy Tent, The Fruit and Vegetable Tent, The Bread Tent, The Honey Tent and The Smell Tent. There will also be a Kid's Kitchen, a Talks and Tastings Marquee, farm animals, walkabout theatre and a farmers' market of local, organic and fair trade produce.

For more information: www.childrensfoodfestival.co.uk

4. The Academy of Culinary Arts is Britain's leading professional association of Head Chefs, Pastry Chefs, Restaurant Managers and suppliers in Great Britain. While concerned with raising standards and awareness of food, food provenance, cooking and service, its objectives are equally focussed on the new generation of young industry people through its education and training programmes and the provision of career opportunities.

'Chefs Adopt a School' is the Academy's charity where members 'adopt' a school and teach children primary and secondary about food, where it comes from, how to taste and cook it.

www.academyofculinaryarts.org.uk/adoptaschool