

COMPETITION RULES 2019

Please read these rules carefully as they apply at all levels of the competition.

1. The competition is open to children and teachers /school support who work within a school.
2. The Challenge is for teams of four children plus up to two school support/teachers, and is restricted to one team per age group (7/8, 8/9, 9/10, 10/11) per school.
3. Recipe, costs and method of preparation need to be provided at entry level, and the soup produced at the Preliminary Judging round.
4. The Entry Form must be submitted along with the following:
 - 1) Photographs of your soup and team in a school setting
 - 2) A written explanation (max 150 words) to include the following:
 - What inspired you to create the soup?
 - What locally sourced ingredients have been used?
 - Which sections of the Eatwell Guide are included in your recipe?This information must be included in the table top display (max 2m x 1m) along with other items of your choice at the Preliminary Judging and Final Tasting stage if successful.
5. Cost per head must not exceed £1.00.
6. Allergen information regarding the soup should be completed using the FSA (Food Standards Agency) guideline provided on the website.
7. The school will be responsible for ensuring that the pupils in each shortlisted team are appropriately accompanied and supervised when attending the Preliminary Judging round by up to two employees of the school who are aged 18 years or over.
8. At the Preliminary Judging stage, judges will be evaluating the following:
 - Working practices
 - Creativity
 - Flavours/taste and texture/appearance/aroma
 - Presentation
9. School support will be responsible for the children preparing and cooking the recipe at the Preliminary Judging round. This will include the supervised use of any sharp utensils and electrical equipment.
10. The Preliminary Judging cooking time will last 60 minutes, allowing you time to prepare, cook and present four portions of soup and your table top display.
11. All ingredients must be freshly prepared on the day and judges will check this prior to the commencement of the competition cooking time.
12. Schools will be responsible for bringing along the serving bowl and items for the table top display.
13. Pupils must be aware that E-coli / HACCP guidelines need to be followed (correct coloured boards / knives / temperatures) etc.
14. At all stages throughout the competition a scoring sheet will be used by the judges to encompass the criteria as set out in the rules.
15. The judges' decision is final and no correspondence may be entered into.



The **co-operative**
Central England Co-operative

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Winter Warmer Soup Challenge

October—December 2019

East of England Showground, Peterborough, PE2 6XE



Indulge your children's imagination and inspire them
to learn that cooking is fun and rewarding

As part of our Kids Country children's education programme here at the East of England Showground, we are pleased to announce our Winter Warmer Soup Challenge.

The Winter Warmer Soup Challenge has been developed by Kids Country to:

- Promote an understanding of the provenance of our food
- Explore foods that have been farmed locally, caught or grown at home
- Develop culinary and nutritional awareness from Farm to Fork
- Highlight the variety and availability of British and locally sourced foods

Stage 1: Create a Winter Warmer Soup Recipe (deadline: 28 October)

The Challenge is to devise a recipe for a Winter Warmer soup. There is no cooking involved at this stage – just creativity! We are encouraging pupils to think about what type of locally grown food is available in the autumn; if it comes from a plant or animal, if it's been farmed, caught or grown at home, and which smells and tastes remind them of autumn time. They can add a twist to an existing recipe or invent one from scratch.

All recipe entries must be received by 4pm on Monday 28 October 2019.

The first round of the judging will be made by the Showground's team of catering professionals, based on written entries only. The top eight teams will be notified that they have been selected to progress to the Preliminary Judging stage on Monday 4 November.

Stage 2: Preliminary Judging (21 November)

Eight teams will be invited to prepare their soup at the Showground with their school support/teacher. They will have 60 minutes to prepare and cook four portions of soup, and set up an accompanying table top display, which should include the written explanations submitted at the entry stage of the competition. The soups will be sampled and judged alongside the table top displays by our catering professionals. The top three soups will then go through to the Final Tasting round at the CO-OP store in Peterborough.

Judging will take place on Thursday 21 November 2018, so make a note in your diary!

Stage 3: Final Tasting at the Winter Stock Festival (29 November)

The final tasting will take place at the Winter Stock Festival at the East of England Showground. The top three soups will be produced by our catering professionals for farmers and visitors to taste, alongside the table top displays showing the ideas behind each recipe. The visitors will be asked to complete a short survey about the soup and display, and the team that receives the most votes will be announced the winners.

The winning team will be announced w/c 2 December.

The Challenge is open to teams of four children plus school support, and is restricted to one team per age group (7/8, 8/9, 9/10, 10/11) per school. If you have more than one team in the same age category who would like to take part, please hold a heat internally to decide the strongest contender to go through to the recipe judging stage.

The Prizes

The winning team will receive £200 of cooking equipment for their school, a trophy to display for one year, and a visit to a local CO-OP Store including a tour for each winning pupil and their teacher.

The two runner up teams will also get to visit a local CO-OP Store for a tour.

The presentation of the winning prizes and certificates for the three finalist teams will be made at the schools' assemblies after the 6th December and by prior arrangement with the school.

How to Enter

Please complete the enclosed Entry Form and submit it along with the following:

- 1) Photographs of your soup and team in a school setting
- 2) A written explanation (max 150 words) to include the following:
 - What inspired you to create the soup?
 - What locally sourced ingredients have been used?
 - Which sections of the Eatwell Guide are included in your recipe?

You can submit your entry by post with an attached entry form, or send as an attachment by e-mail together with a completed, scanned entry form.

It is hoped that entrants will make themselves available for promotion or publicity photography for the Kids Country Winter Warmer Soup Challenge. If you do not wish to take part in photography or have it used in this way please let us know at entry level. This will not affect your entry in the Challenge.

If you need any help or advice entering this competition, please don't hesitate to contact Sandra Lauridsen 01733 363514, as we have a panel of catering professionals on hand to help.

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READY – Whip up a soup within an hour and become a real whizz in the kitchen

STEADY – A soup that looks great, tastes delicious and is good for you

COOK – It's fun being part of a team in the kitchen, so roll up your sleeves and get cooking!

Kids Country will provide all ingredients and equipment for the eight teams selected for the Preliminary Judging round at the Showground, and will reimburse the cost of travel up to a value of £20 per team. Proof of cost may be required.

