

EAT MY WORDS



A COMPETITION FOR SCHOOL PUPILS FROM THE LIVERPOOL CITY REGION COMBINING THE ART OF LITERACY AND THE SCIENCE OF FOOD

Sponsored by Hilton Liverpool, with crockery by Churchill

Hugh Baird College's L20 Hotel School is an innovative and professional environment where students can gain the skills and knowledge they need to be successful in the hospitality industry. State of the art kitchens, a brand new restaurant and teaching staff with wide ranging industry expertise are combined to create the perfect environment for learners to develop and gain invaluable experience.

Introduction for teachers

We'd like your pupils to experience the excitement of cooking their own food in the L20 Hotel School so, this year, we will be running our Eat My Words competition for the first time.

Eat My Words is a competition designed to encourage school pupils in Years 9, 10 and 11 to think not only about food but about the culture, cost and environmental footprint of the meals they cook and eat. It will test contestants' culinary skills as well encouraging them to be creative and impress us with their literacy.

Eat My Words entrants will be asked to produce a menu of three dishes which they would like to cook in our L20 kitchens, as well as an article about their menu and a costing for the ingredients required. Selected judges at Hugh Baird College's L20 Hotel School will judge all entries received and 12 finalists will be invited to come and create their menu in our professional kitchens!

The best of the 12 finalists will be invited back to the L20 Hotel School to cook their dishes for a restaurant of invited guests and VIP's! There will also be prizes for the best starter, main course and dessert as well as a prize for the best article.

*Nigel Howarth works with students in the L20 Hotel School

Entry into the Eat My Words competition requires pupils to produce a menu of three dishes, along with an article which talks about their dishes and a costing for the ingredients required to create their menu.

1. The Menu:

The menu should consist of portions of three dishes; a starter, a main course and a dessert. Finalists will have 120 minutes cooking time in which to produce all six portions. The total cost of the ingredients (not including ancillary products) should not exceed £15.00.

The Competition

2. The Article: Entrants might write about why they enjoy cooking or eating the dishes or about the cultures from which their dishes originate. Articles might address the history of a pupil's chosen dishes or take any other direction which the author thinks will get us excited about their menu! Pupils can include pictures, photographs or other graphics to enhance their articles.



3. The Final: All entries will be submitted to the L20 Hotel School judging panel. 12 finalists will be chosen and invited to cook their dishes for the judges in the L20 Hotel School kitchens.

See next page for details of the final!

The Final

The structure of the final will be as follows:

- Work stations will be allocated through the drawing of lots
- 20 Minutes: set-up time with 1 helper
- 10 minutes: Introduction to judges, safety briefing, Q&A and final checks
- 120 minutes: cookery time, including the presentation of dishes in menu order (Dishes can be served as soon as they are ready)
- 30 minutes: cleaning of kitchens and loading of vehicles





Tips on Writing An Article

Do...

- Start off with a catchy introduction
- Quickly ground the reader in what is happening
- Write in the same tense throughout
- Split writing into short paragraphs
- Put spaces between paragraphs (like in newspaper articles)
- Use your unique voice! Ask a friend or teacher to read it and make sure it sounds like you.
- Try to use at least one fresh metaphor
- Use descriptive language to describe what you'd like to do and to explain your ideas
- Write a narrative, even include some dialogue if you want.

Don't...

- Be over detailed or give too much back story
- Change tense during your article.
- Write one long paragraph
- Forget to proof read and edit where necessary
- Forget to include a photo
- Use lots of exclamation marks!!!! Let what you say create the excitement.

Sample Article

Here is an example of a well written article about a menu...

How The Food We Choose Can Affect The Environment

It was difficult to choose the dishes on my menu as we now have a bigger choice of food available to us. Supermarkets and smaller, specialist shops mean we can often buy ingredients and items which were not available when my parents were young.

It is important that shoppers are aware of the choices they make and how those choices can have a wider impact upon the environment. A lot of the food which we can buy from supermarkets has a very large environmental footprint. Choosing to buy certain foods can have a knock-on effect on the environment and I wanted my menu to bring people's attention to this.

My starter dish is pan fried mackerel and salad. I chose mackerel as it is a sustainably sourced fish. Some varieties of fish, such as cod, have been fished so much that they are becoming less common and are in danger. It is important that we realise that buying certain types of fish can be a bad thing and may mean that these fish become very rare or even extinct.

I have chosen lamb for my main course. I chose lamb because it is also very important that we think about how far our food has to travel to reach our plates. A lot of the lamb in supermarkets has been transported from countries such as New Zealand. This means that the lamb has a large environmental footprint and a lot of fuel is used to transport it across the world. Global warming and climate change is affected by burning fuel in this way so it is important that we try and reduce the distance our food has to travel.

I will be using Welsh lamb. This lamb has not had to travel as far as New Zealand lamb and therefore it does less damage to the environment.

For dessert will be making a fruit tart. I will be using fruit which is in season in Britain. Using in-season fruit and vegetables can help reduce the environmental damage our food causes. Fruit which is in season is more likely to have been grown nearby. Out of season fruit will have been grown in another country, often very far away. The environmental cost of transporting these products can be high because of the distances they have to travel.

It is our responsibility to take care of our environment and we can do so by being careful about the food we eat and where it comes from.

Important Competition Dates

24th October 2014	Submission of paper entry of article, menu, recipes and dish costing
3rd - 7th November 2014	Judging panel short list entries to a final 12 competitors
14th November 2014	Finalist informed via post (see terms and conditions for unsuccessful entrants)
17th November 2014 - 19th December 2014	Visits to L20 Hotel school if required
4th February 2015	Competitors cook and discuss their article with judges
4th March 2015	Winning pupil cooks for invited guests



Application Form

Pupil Name:	Dish Name:
School:	
Teacher:	
Ingredients:	Cost:
	Total:
Method:	
Useful information about the ingredients e.g. country of origin, seasonal availability, why were ingredients chosen, nutritional value of ingredients and dish:	