



Holy Cross in conjunction with

Jamie's Food Revolution presents...

Holy Cross Healthy Chef



Holy Cross is hosting a cooking competition for students to display their culinary skills through the creation of a **Nutri-licious Dish** (nutritious and delicious). The recipe could showcase a healthy family recipe, an old wholesome classic or even a Nutri-licious new invention! Healthy points to consider when selecting a meal to prepare are those low in sugar and salt and high in fibre and nutrient content. In keeping with our school policy, nut-free recipes are required. This special opportunity is for Holy Cross students only.

Entries are due on... Monday 6th of June - 7:40am @ The Tuckshop.

All eligible* creations will be put before a panel of judges where **6 finalists** will be chosen. Points will be awarded for **presentation, taste and nutrition**. There will be no heating/warming facilities available. It is important that all entrants use their own cooking skills to create their dish as the chosen finalists will independently go head to head on Monday June 20th to prepare a pre-selected recipe from Jamie Oliver's 2016 Food Revolution collection. More details will be given to the finalists.

Finalist Prizes (x6) - Ultra-limited edition Jamie's Food Revolution Kitchen Pack - including monogrammed tea towel and apron, chef's hat, engraved wooden spoon and a kitchen-organiser sticker booklet.

Major Prize (x1) - \$100 Gift Voucher for L'Unico Trattoria Italiano Restaurant at Trinity Beach, including an exclusive personalised tour of the L'Unico commercial kitchen!

(A BIG THANKS goes to L'Unico - our major sponsor!!!)

*To enter this grand competition, please complete the slip below and return to the Front Office Reception by **Friday June 3rd 2016**. It is important that this slip is returned prior to the competition date (Monday June 6th) in order for entries to be eligible. So now it's time to choose a Nutri-licious recipe, grab the kitchen utensils and get cooking!

Best of luck and most of all, thank-you for 'Feeding the Future!'



**(Please cut and return this completed slip to the Office by Friday June 3rd)*

Holy Cross Health Chef Competition Entry Form



Name: _____ Class: _____

Why would Jamie say this meal is healthy? _____

Where did the recipe come from and why did you choose it? _____

I acknowledge that I prepared this dish myself (student to sign) _____