**Denbighshire Creative Kids Challenges**

*Easy, fun, creative and healthy activities for Kids to Get Through COVID-19*

Cooking with children has some great educational and health benefits, from practising maths skills to exploring different ingredients. During the current COVID-19 restrictions, feeding yourself and your family is no picnic. It can take a bit of culinary creativity to avoid having to resort to Pot Noodles! Of course, at present, it’s not always possible to get all the ingredients you want but we are sure that you will be able to meet our challenge to find ways to improvise creatively.

The third of our exciting Denbighshire Creative Kids Challenges starts today - and it’s another cooking one - whether you’re at home or at school in Denbighshire. Entry will be in three age categories **-** **up to 7 years**, **7 to 11 years** and **12-14 years**.

**Challenge No. 3**

**‘Lockdown’ Lunch: Feed your family for a fiver**

*Feed you and your family for no more than a fiver for the chance to win a copy of a best-selling children’s cookbook.*

You have just **10 days** to invent a lunch you would cook for your family for no more than £5 during ‘lockdown’. Your lunch can be anything - as many courses as you want - so long as it is easy for you to make, healthy and has a total cost of **no more than £5**.

Complete the **Entry Form,** e-mail it to us, together with a **photograph** of your super-tasty, healthy ‘Lockdown’ Lunch to **sarah.dixon@denbighshire.gov.uk** by **5pm** on **Wednesday 27 May 2020.**

Entries will be judged by a panel of top school chefs and winners will be announced via Twitter **@cyfoeth\_enrich** on **Wednesday 3 June 2020**.

**Prizes:** The winner of each age category will be awarded a copy of best-selling children’s cookbook.

For further details, please contact Paula Roberts, Healthy Schools Co-ordinator - **paula.roberts@denbighshire.gov.uk**/ **01824 712059**

**PLEASE NOTE: Unless otherwise instructed, it is assumed that permission will be kindly given to publish prize-winners’ names. Please tick the box to agree **

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**Challenge No. 3** – **‘Lockdown’ Lunch: Feed your family for a fiver**

Please complete this form, save it as a **PDF (if you can)** and email it to **sarah.dixon@denbighshire.gov.uk** by **5pm** on **Wednesday 27 May 2020**. Don’t forget to attach a **photograph** of your super-tasty healthy lunch!

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| --- | --- |
| **NAME:** |  |

|  |  |  |
| --- | --- | --- |
| **YEAR:** |  | **SCHOOL:** |

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**INGREDIENTS**

List the ingredients you have chosen for your **‘Lockdown’ Lunch**

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**‘Lockdown’ Lunch -** Write out/type your method

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**Challenge No. 3** - **‘Lockdown’ Lunch: Feed your family for a fiver**

**The cost of your ‘Lockdown’ Lunch**

List your ingredients, and, against each one, provide details of the cost. Total it all up and remember your ‘Lockdown’ Lunch **must not** cost more than £5!) *For example: if one apple costs 20p and you have used half an apple, the cost would be 10p. You can ask a parent/carer to help you with your maths if you need to!*

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| **Ingredients** | **Cost** |
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| **Total** | **£** |

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**PLEASE NOTE:** **Unless otherwise instructed, it is assumed that permission will be kindly given to publish prize-winners’ names. Please tick the box to agree** ****

Thank you so much for all your hard work on entering **Denbighshire Creative Kids Challenges**.

We really look forward to judging your entries and seeing all your ideas.

Once complete, save the form as a **PDF *(if you can)*** and then email it to **sarah.dixon@denbighshire.gov.uk****,** together with a **photograph** of

your super-tasty healthy ‘Lockdown’ Lunch.

***Good Luck!***