

"Dahlicious"

GREAT DENBIGHSHIRE MENU SECONDARY SCHOOL FINAL 2016



Chloe Anderson & Graham Tinsley MBE



Chloe Anderson, Ella Roberts, Erin Davies & Graham Tinsley MBE

Myfyrwyr ysgolion uwchradd yn cystadlu yn Rowndiau Terfynol Bwydlen Fawr Sir Ddinbych 2016
Cystadlueaeth coginio "Dahlicious" yn herio myfyrwyr coginio i baratoi prydau iach a blasus

Secondary school students compete in the Great Denbighshire Menu 2016 Finals
"Dahlicious" cooking competition challenges student chefs to prepare healthy and delicious meals

Ar Orffennaf 4 2016, yn Ysgol Uwchradd Dinbych, cynhaliwyd rownd terfynol y gystadleuaeth coginio Bwydlen Fawr Ysgolion Uwchradd Sirt Ddinbych 2016.

Fel un o ganobwyntiau dathliadau Adran Addysg a Gwasanaethau Plant Sir Ddinbych i nodi 100 mlynedd ers genedigaeth Roald Dahl, cynhaliwyd cystadleuaeth goginio deinamig eleni o dan y teitl "Dahlicious" a herio myfyrwyr i ddewis eu hoff lyfrau Roald Dahl a chymeriadau a dod a hwy i'r plât gyda pherffeithrwydd i greu 3 pryd iach a blasus, tra'n bodloni safonau llym ar gyfer maeth a chadw o fewn cyllideb tynn.

Fe grëwyd y gystadleuaeth coginio hwn ym 2015, ac mae'n boblogaidd sy'n adlewyrchu cydweithio llwyddiannus rhwng mentrau Cyfoethogi'r Cwricwlwm ac Ysgolion Iach o fewn Adran Addysg a Gwasanaethau Plant Sir Ddinbych, gan annog myfyrwyr i greu prydau iach i'w mwynhau ac sy'n gweithredu fel adnodd gwerthfawr i helpu ysgolion i fodloni safonau maeth mewn ffordd sy'n apelio at blant.

On July 4 2016, Denbigh High School played host to the finalists in this year's Great Denbighshire Menu 2016 Secondary School cooking competition.

As one of Denbighshire Education and Children's Services' centrepieces to mark 100 years since the birth of Roald Dahl, this year's dynamic culinary competition took as its theme "Dahlicious" and challenged students to choose their favourite Roald Dahl books and characters to plate up perfection and create 3 healthy and delicious dishes, while meeting strict nutritional standards and a tight budget.

Created in 2015, this popular culinary competition for young people is a successful collaboration between Denbighshire Education and Children's Services' Healthy Schools and Curriculum Enrichment initiatives, encouraging students to create healthy meals that they enjoy and serves as a valuable resource that help schools meet nutrition standards in a way that is appealing to children.

DATGANIAD I'R WASG | PRESS RELEASE

Mae cystadleuaeth coginio Bwydlen Fawr Sir Ddinbych yn ceisio annog pobl ifanc i:-

- Ddysgu sut i goginio pryd o fwyd iach;
- Ddatblygu sgiliau cyflwyno bwyd;
- Ystyried materion hylendid bwyd;
- Ddatblygu sgiliau trefnu a chynllunio;
- Ddatblygu gallu i ymdopi mewn sefyllfa anodd.

Fe baratodd y myfyrwyr eu prydau a'u cyflwyno i'r chef enwog, Graham Tinsley MBE, aelod gwreiddiol o Dîm Coginio Cenedlaethol Cymru ac yna cawsant gyfle i rannu eu profiadau coginiol gyda threfnwyr y gystadleuaeth. Beirniadwyd y prydau ar sail eu gwreiddioldeb, blas, gwead ac ymddangosiad. Sgoriwyd pwyntiau ychwanegol am ansawdd eu cyflwyniadau ger bron y panel beirniadu.

"Mae pawb yn canfod rhywbeth y maent yn gofalu am ei wneud mewn bywyd - rhywbeth sy'n eu grymuso ac yn arddangos eu talent, dywedodd Graham Tinsley MBE, beirniad Bwydlen Fawr Sir Ddinbych, 2016 barnwr. "Rwy'n edmygu bod y myfyrwyr hyn wedi dod o hyd i'r fath angerdd, creadigrwydd a gweledigaeth ar gyfer gwneud bwyd da".

Enillydd Ysgolion Uwchradd Bwydlen Fawr Sir Ddinbych 2016

- ★ Chloe Anderson, Ysgol Uwchradd Dinbych

Ail

- ★ Erin Davies, Ysgol Uwchradd Dinbych
- ★ Ella Roberts, Ysgol Uwchradd Dinbych

"CYSTADLEUAETH BAKE OFF FAWR SIR DDINBYCH 2017"

Y flwyddyn nesaf, bydd Adran Addysg a Gwasanaethau Plant Sir Ddinbych yn lansio cystadleuaeth "**Bake Off Fawr Sir Ddinbych**" ar gyfer ysgolion Sir Ddinbych, y frwydr pobi sy'n uwch bob un arall, lle bydd plant yn cystadlu i gael eu coronï fel Pobydd Orau o Ysgolion Sir Ddinbych.

Er mwyn cadw i fyny gyda'r holl newyddion diweddaraf am y gystadleuaeth hon a holl weithgareddau cyffrous, gweithdai a digwyddiadau'r dyfodol, ewch i www.denbighshireenrichment.com neu dilynwch ni ar Twitter [@cyfoeth_enrich](https://twitter.com/cyfoeth_enrich)

The Great Denbighshire Menu cooking competition aims to encourage young people to:-

- Learn how to cook a healthy meal;
- Develop food presentation skills;
- Consider food hygiene issues;
- Develop organisational and planning skills;
- Develop an ability to cope in a demanding situation.

Students prepared and presented their dishes to celebrity chef, Graham Tinsley MBE, founder member of the Welsh National Culinary Team and were given the opportunity to share their culinary experiences with the competition organisers. Dishes were judged on their originality, taste, texture and appearance. Finalists scored additional points for the quality of their presentation to the judging panel.

"Everybody finds something they care about doing in life - something that empowers them and brings out their talent, said Graham Tinsley MBE, Great Denbighshire Menu 2016 judge. "I admire that these students have found such passion, creativity and vision for making good food".

Great Denbighshire Menu Secondary School Winner 2016

- ★ Chloe Anderson, Denbigh High School

Runners Up

- ★ Erin Davies, Denbigh High School
- ★ Ella Roberts, Denbigh High School

"GREAT DENBIGHSHIRE BAKE OFF 2017"

Next year, Denbighshire Education and Children's Services is launching "**The Great Denbighshire Bake Off**" competition for Denbighshire schools, the ultimate baking battle, where children will compete to be crowned Denbighshire's Best School Baker.

To keep up to date with all the latest news about this competition and all future exciting activities, workshops and events, visit www.denbighshireenrichment.com or follow us on Twitter [@cyfoeth_enrich](https://twitter.com/cyfoeth_enrich)