

How to enter *Young Cook of the Year*

- * **Create a delicious two-course family meal** Your child needs to devise a main course and pudding, using three portions, or more, of fruit and vegetables across both courses.
- * **Enclose a short note about the young cook** This should include name, address and age, plus a brief statement about their cooking history and inspirations.
- * **Send us the recipes with a letter, signed by mum, dad or a guardian** Every applicant needs written consent from an adult if they are to participate in the London finals in April 2010.
- * **Entries** need to reach us by post or email by 21 December 2009.



Fabulous prizes

Get your child cooking and they could win:

- * **A fantastic family holiday in Florida** where the winner can experience the world's best theme parks and water parks (see details, below)
- * **A regular food column in *Tesco magazine*** PLUS the winning recipes published in a future issue
- * **Cooking equipment** for their school
- * **Great runners-up prizes**



Entry form

To apply for Young Cook of the Year, send this form, with a note on how your child started cooking, plus his or her recipes* on a separate sheet or page

Name _____

Address _____

_____ Postcode _____

Email _____

Phone _____

Mobile _____ Age _____

*Send your child's recipes for a main meal and pudding to *Tesco magazine* Young Cook of the Year, *Tesco magazine*, Cedar Communications Limited, 85 Strand, London WC2R 0DW, or email youngcooks@tescomagazine.co.uk to reach us by 21 December 2009

1) The competition is open to all UK residents, aged 11-16 and excluding employees and immediate families of Tesco Publishing, Cedar Communications Ltd, and their agents, or anyone professionally connected with the competition. 2) Entries, as outlined above in the *How to Enter* section, to be emailed to youngcooks@tescomagazine.co.uk or posted to *Tesco magazine* Young Cook of the Year, *Tesco magazine*, Cedar Communications Ltd, 85 Strand, London WC2R 0DW. Closing date for the receipt of all entries is 21 December 2009. 3) Only one entry of recipes per child. No third party or bulk entries. 4) No responsibility can be accepted for entries incomplete, delayed, damaged, wrongly delivered or not received for whatever reason. Proof of emailing or posting is not proof of receipt. 5) Our finalists (up to a maximum of eight) will be selected by a panel of judges which will include at least one

independent person. The winner will have their winning recipes published in *Tesco magazine*; be its young food columnist for the rest of the year; win a trip to Florida (see Florida prize terms and conditions for full details), and £1,000 of cooking equipment to be chosen by their school. There will also be prizes for two runners-up of £250 each in Tesco vouchers. 6) All those shortlisted will be notified by phone within 28 days of the closing date. 7) Finalists will be invited to London to demonstrate their skills at a suitable venue on 12 April 2010, with expenses paid to include economy travel, minimum 3-star accommodation for one child (16 and under) and one adult, and two meals but not additional spending money. The judges reserve the right to reverse their decision for anyone unavailable to attend on that date or where winners and runners-up are unable or unwilling to have their names and photographs used for promotional

purposes or to take part in publicity or TV appearances for the Young Cook of the Year. 8) There will be no cash or other prize alternatives, but Tesco reserves the right to provide substitutes in the event of circumstances outside its control, or to change the date of the event or details of the final. 9) No correspondence will be entered into. The judges' decision is final and binding. 10) Winners' names and counties are available after the April 2010 final by sending a sae to *Tesco magazine* YCOTY Winners, *Tesco magazine*, Cedar Communications, 85 Strand, London WC2R 0DW. 11) By entering you agree to accept and be bound by these terms and conditions. 12) The promoter is Tesco Stores Ltd, Tesco House, Delamare Road, Cheshunt EN8 9SL.

Florida prize terms and conditions 1) Prize includes return economy flights to Orlando (including airport tax)

from a UK airport for two adults and two children (16 and under); seven nights' accommodation (minimum 3-star) on a room-only basis; car hire (includes collision damage waiver - additional taxes may apply - excludes fuel costs; hire car driver must be aged 25 or over and possess a valid driving licence); and tickets to SeaWorld, Aquatica, Discovery Cove and Busch Gardens. 2) Minimum age to swim with dolphins at Discovery Cove is six. 3) Holiday must be taken by 31 January 2011, subject to availability. 4) Holiday can be taken any time subject to flight, accommodation and park opening. 5) No meals, hotel expenditure or spending money included in the prize. 6) Winners can fly from any major UK airport subject to availability but are responsible for domestic transfers. 7) Winners are responsible for organising their own travel insurance and are advised to ensure it is in place before travelling.

Please copy and pass on to any talented young cooks you know!