



The Competition

2022 - 2023

SCHOOL HEAT PACK



Phoebe Lawson,
FutureChef 2022 Winner
and her winning dish



SAVOY EDUCATIONAL TRUST



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of Cooks of London



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The Competition

Congratulations for taking part as a school in the FutureChef Competition. This is the start of an amazing journey for you and your students where you will learn new skills, link with industry chefs and, for those with an interest in pursuing a Culinary Career, the opportunity to explore their next steps. It gives students the opportunity to challenge classmates and local peers through a four-staged nationwide culinary competition. It culminates in a national final at Westminster Kingsway College where winners of the 12 regions go head-to-head and one talented student becomes the National FutureChef winner! Whatever the motivation for taking part it is fun, challenging, exciting and rewarding. The FutureChef Competition is in four stages:

Stage 1 School Heats –Summer to late October 2022

- Organised, hosted and judged by schools.

Stage 2 Local Finals - November 2022 - January 2023

- **Organised by Springboard**, hosted by a local school/college, judged by industry chefs.

Stage 3 Regional Finals – January- February 2023

- Organised by Springboard, hosted by a regional college and judged by industry chefs

Stage 4 The National Final –March 2023

- Organised by Springboard, hosted by Westminster Kingsway College and judged by industry and celebrity chefs

The full rules of the competition can be found at <https://futurechef.uk.net/information-registration/teachers/>

The FutureChef Team are here to support you throughout the competition and beyond, and we look forward to working with you on this exciting programme.

Good Luck!

Amanda McDade
National Head of Careers and Education

School Heat Details

- School Heats are organised by the participating schools.
- The School Heat should take place between summer and late October
- Any young person in Years 9-11 in England/ Wales, Years 10-12 in Northern Ireland and S3-S5 in Scotland can take part, not just those taking a food related qualification.
- **Two** winners of the School Heat can go forward to represent their school at the Local Final stage. This option may not be available in all regions. Your regional manager can advise.
- All schools must complete the School Heat form to register their winners via this link <https://form.jotform.com/212074934814052> as soon as possible once they have completed their heat.
- Springboard Charity reserves the right to have a presence at School Heats.
- Springboard staff can provide advice, help and support to ensure the event runs as smoothly as possible.

School Heat Task:

To ensure that that FutureChef is affordable, reasonable and realistic. The competition can be run as part of normal classroom activity and should not be onerous for the teachers to deliver. Please make the school heat stage work for you in your own school. Some schools have chosen to do the competition right across the whole year groups, others as part of an exciting classroom assessment and others as an afterschool activity. We have some suggested guidelines for you below.

- Design, prepare and cook a main course for two people.
- Suggested budget up to **£5.00. This is a guide & should not prohibit involvement.**
- Cooking time is up to 1 hour
- Judges are to be selected by the school and may include Head of Departments, Headteacher, school governors, catering manager, local college lecturer etc.
- All Participants will receive a FutureChef Certificate of Participation and the Winners, a FutureChef School Heat Winner Certificate
- The rules and guidelines can be found at <https://futurechef.uk.net/information-registration/teachers/>

Judging Criteria

The following criteria is an example of that you may wish to follow for your school heat.

Workmanship Skills and techniques
(20)
<ul style="list-style-type: none">• Working in a methodical manner• Use of knife skills in the preparation of meat/ fish and vegetables.• Diversity and range of cooking techniques• Keeping work surfaces clear & demonstrating clean and hygienic practices

Creativity & Presentation
(10)
<ul style="list-style-type: none">• Clean and pleasing plate presentation• Good sense of colour• Ease of serving and eating• Practical portion size• Freshness of presentation with natural and appetising look

Composition, Taste & Flavour
(20)
<ul style="list-style-type: none">• Overall taste of dish /Flavour combination• Good use of fresh ingredients• Use of seasoning, spices, and garnishes• Harmony between main ingredient items and other Ingredients• Balance of vegetable, protein and carbohydrate elements of the meal• Texture combination

Judging Form – School Heat

Name of School:

Contact Teacher:

Date of Competition:

NOTE FOR JUDGES: Please award the appropriate marks for each of the categories and total the score in the end column

	Full Name	Year Group	Workmanship Skills & Techniques 20	Composition, Taste and Flavour 20	Presentation 10	Total (50 Marks)

Name of Judge: _____ **Signature** _____

What happens next?

Please complete the following form <https://form.jotform.com/212074934814052> so we can collate the names of your winners. A member of the Springboard FutureChef Team in your area will be in touch with local final dates and further information.

For the local final criteria please download the Local Final Pack from the FutureChef resources site at <https://lms.futurechef.uk.net> using your login details supplied and go to My Courses and then FutureChef Competition.

Good luck with the next stage.