

# IAPS District Cookery Competition ‘MasterCook’

## “How to host a Master Cook Competition”

### MasterCook competition overview

This competition is designed to celebrate culinary talent while being practical for schools of all sizes.

**Target age group(s):** Ideal for Year 6 or older.

**Period of the year:** To suit your district but ideal for the Summer Term.

**Location:** A suitable kitchen space fully equipped.

**Theme:** One dish - Starter/Main Course or Dessert. Focus on foods that are familiar and appealing to the participants.

**Number of participants:** Depends on the size of your school and the facilities you have but it works nicely for 12 students per cook-off.

**Competition duration:** 2 hours. 1 hour for setup, 1 hour for cooking and 30 minutes for clean-up while judging is taking place.

### Hosting a MasterCook competition in your district

One school in each district will act as the finals host, inviting other schools to enter one pupil each into the competition.

The number of finalists will vary depending on the host school's kitchen facilities and available time. Given the nature of cooking spaces, this number is likely to be relatively small.

Hosts may like to run either:

- A half-day competition with one session for one age group.
- A full-day competition with two sessions (e.g., morning for one age group, afternoon for another).

Once a host is confirmed, the number of finalists it can accommodate will determine how many schools can participate.

### School selection process

Each participating school is encouraged to run its own internal MasterCook competition to select the pupil who will advance to the district final. The format of this can mirror the structure of the finals.

If a school cannot run its own competition due to facilities or demand, they may still enter a pupil. However, they should ensure the chosen participant is suitably skilled. This can be verified by reviewing evidence of their cooking ability (e.g., photos or videos).

## Entry process

- First-come, first-served basis, subject to available spaces.
- Schools must submit their selected pupil within the deadline.
- Schools running their own competition can determine the number of internal participants.

## Running the MasterCook competition

This section applies to both the district finals and intra-school competitions, though schools may tailor details to suit their internal selection process.

### Schedule of the day

Time	Activity	Details
9:00	Meet and register	Participants check in, store ingredients in the fridge
9:30-10:00	Set-up	Participants prepare their cooking stations
10:00-11:00	Cooking	60 minutes of active cooking time
11:00-12:00	Cleardown & judging	Participants clean up while judges review the dishes
12:30	Leave	

### The MasterCook challenge details

- **Cooking time**
  - 1 hour of cooking time.
  - Dishes should be plated and presented no more than 5 minutes before the end of the competition to ensure the dish is served at its best.
- **Dish:**
  - One dish to be made, either Main Course or Dessert.
- **Ingredients:**
  - Pupils must bring all necessary ingredients.
  - No nuts (allergy form required).
  - Ingredients must be named and labelled upon arrival for fridge storage.
- **Equipment:**
  - Basic equipment (ovens, hobs, whisks, pans, baking trays) will be provided.
  - Pupils should bring essential equipment that is not provided (a list of available equipment will be shared).

- Chefs' jackets will be supplied for the day.
- **Safety and cleaning:**
  - White chefs' jackets and aprons provided by the school.
  - Recommended pupils wear pull-on gloves, oven gloves, and aprons.
  - Long hair must be tied up.
  - Cleaning supplies will be provided in-house.

### **Estimated costs**

- Venue and equipment hire.
- Staffing and logistical support.
- Additional costs for schools hosting external participants (e.g., first aid, cleaning).

### **Judging criteria**

Each dish is scored out of 3 points per category:

Criteria	Score	Description
Skills Used	1-3	Variety and execution of techniques
Taste & Texture	1-3	Flavour balance and quality
Presentation	1-3	Visual appeal of the dish
Organisation	1-3	Time management and cleanliness

### **Prizes and recognition**

- 1st, 2nd, and 3rd place winners.
- Participation certificates for all entrants.

### **Communications and social media**

- Promote the competition within the district.
- Share competition format and entry details with schools.
- IAPS will amplify event coverage by sharing posts on social media.

### **Entry process**

- Entries submitted can either be via email with a completed registration form to the host or via the IAPS website.

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If you have any questions about hosting, equipment, or logistics, please contact:

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