



Nailsea School

ASPIRE

BELIEVE

SUCCEED

STARTS

Veggie Bake-Off

Nailsea School students celebrated National Vegetarian Week with a Vegetarian-Bake Off. Over forty Year 10 students took part in the challenge which invited them to prepare a vegetarian dish. National Vegetarian Week encourages people to sample vegetarian dishes as part of a healthier lifestyle and this year's campaign was headed by the Hairy Biker Chefs and runs from 14th May.

The Nailsea School students who are all taking Food Preparation and Nutrition as a GCSE were asked to create a vegetarian dish within 1 and half hours. The students researched recipes from the Vegetarian Society's website and then tweaked them to make them their own.

Students were asked to focus on presentation and nutrition, with an appeal to teenage tastes. A variety of courses were created, including spinach and butternut squash lasagne, griddled halloumi, strawberry and black pepper biscuits and home-made ice cream.

The students excelled themselves and Food teacher and project leader Mrs Hounsell said

"The standard was really very high, it was a great competition and opportunities like these are a terrific way for students to get experience, particularly in time for their GCSE practical exam. Their focus was really on point and it's made them all consider the nutritional value of the food they eat".

Students William and Tom were Highly Commended. A further ten students were selected for their approach, creativity and meeting the brief, Toby, Poppy, Elodie, Carly, Megan, Millie, Lauren third place went to Sophie's Vegetarian Lasagne – much admired by the judges for its rustic simplicity and healthy ingredients. Second place went to Natalia, with her beautifully presented Chocolate and Raspberry Cheesecake and first place went to Rebecca for her Bean Burger, in homemade bun served with Hand-cut Potato Wedges.

The recipes will be put together to create the Nailsea School online Vegetarian Recipe book and will be available on the school's website soon.

ENDS

PRESS RELEASE

Headteacher: Mrs D Elliott

Mizzymead Road, Nailsea, Bristol, BS48 2HN

Company Number: 8084047

Telephone: 01275 852251 e-mail: nailsch@nailseaschool.com Web: www.nailseaschool.com