



APPLICATION FORM

Fancy winning £100 worth of Northern Ireland Farm Quality Assured (NIFQA) beef and lamb for your school? We are picking seven winners, one from each county and one from Belfast.

Meat4schools is a competition run by the Livestock and Meat Commission for Northern Ireland. Currently LMC provides 350 beef and lamb cookery demonstrations to post primary schools and runs 3 beef and lamb practical workshops for teachers each year. A dedicated education website **www.food4life.org.uk** is available with resources relevant to the Key Stage 3, 4 and A-Level syllabus for teachers and pupils to use. To enhance our education services further we are launching a Meat for Schools competition which aims to raise awareness of the FQAS logo and increase the consumption of NIFQA beef and lamb.

How to enter the competition:

Teachers should pick one year group and complete the enclosed questions **as a class and not individually**. Only one entry **per school** is permitted. To be in with a chance of winning this prize for your school complete the following:

1. Answer fully the two questions; the word count for each question should not exceed 200 words.
2. Create a recipe using **Northern Ireland Farm Quality Assured Beef or Lamb**; this recipe should not be copied from any other source and the theme for 2019 is **'Where we are from...'** e.g. slow cooked lamb and Armagh apple sauce or Finn McCool beef fritters.
3. To enhance your answers relevant diagrams and images can be included. All answers must be emailed to: lhyde@lmcni.com.
4. All documentation, appendices and terms and conditions are available to download from the website: <https://www.food4life.org.uk/>

All applications will be scored and marked against a marking criteria and a winner selected from each county and Belfast. All winners will be notified on Monday **13th January 2020** to arrange a suitable date for the prize to be delivered. The prize will be delivered in one amount and no part delivery option will be available. Following this, an evaluation form and photographic evidence which must be provided to LMC showing how the school used the beef and lamb. This must be sent to above address or emailed by **Monday 2nd March 2020**.





Discuss your knowledge of the Northern Ireland Beef and Lamb Farm Quality Assurance scheme (NIBL FQAS) and explain why it is important to look for the NIFQA logo when purchasing beef and lamb (10marks, max 200 words)



Livestock & Meat Commission

Livestock and Meat Commission for Northern Ireland, Lissue Industrial Estate (East) BT28 2LU, 028 9263 3000

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Explain the nutritional importance that beef and lamb has as part of a healthy balanced diet, you may use illustrations to support your answer (10 marks, max 200 words)



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meat 4 schools

Create your own NIFQA beef or lamb recipe by completing the form below. The equipment, ingredients and method will be marked out of 10 for accuracy. The recipe must declare that the beef or lamb is **Northern Ireland Farm Quality Assured** to be accepted. The theme for the recipe is '**Where we are from...**' so be creative !

Name of recipe (5)

Explanation and description of recipe (5)

Equipment:

Ingredients:



LMC

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Method:



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