



**Are you stuck in a rut at family meal times? Do you want to be inspired and excited by new foods? Then you need help from CBBC!**

We are searching for 8 – 13 year olds and their families to take part in an online mini-series where a mystery chef crashes your kitchen for the day!

If you're scared of spices or find your veggies vulgar, this series will give you the chance to taste and learn about food from across the world from the comfort of your own home.

If this sounds like something you and your family would love to try, please visit the 'Be On a Show' page on our website to apply <http://www.bbc.co.uk/cbbc/joinin/cbbc-dish-up-be-on-a-show>

Please note, the deadline for applications is **31<sup>st</sup> May 2015** and filming will take place in **July 2015** over one day.