



HOLIDAY FOOD – We're on the road to
The resources aim to help pupils to think about and then make the types of foods they could take with them to eat on a journey or when they get to their destination.

How does the activity link to the Active Kids Get Cooking Challenges?

The resources give you recipes and design ideas to work on the following Challenges:

The AKGC Primary Challenges

- 1 Eat more fruit and vegetables: Plan and make a tasty dish to encourage people to eat more fruits and vegetables.
- 2 Exploring healthier lunchboxes: Make a super salad for a summer lunchbox that you would share with your friends; make a savoury dish that could be included in a lunchbox.
- 4 Discovering bread and bread products: make a batch of bread for a lunchbox e.g. mini pizzas
- 5 Cooking Healthily: Make foods for a school picnic which promotes healthy eating for themselves and their parents/carers.

The presentations will help your children to start planning these Challenges. The design sheet will also help them to record their thoughts as they work through the Challenge.

The AKGC Secondary Challenge

Bronze Award

Super Shake – develop a dairy based drink or smoothie which promotes the 5 A DAY message.

Silver Award

- Perfect picnic – Design and make a fruit based sweet dish which could be eaten as part of a picnic. These could be fruit kebabs plus a range of luscious dips or mousse type desserts to serve with them.
- Perfect pizza – Make a pizza or calzone that could be shared by you and your friends.
- The wholegrain – Use wholegrain to prepare a tasty and fun savoury dish which could be made and eaten as a snack on return from school (or on a picnic).





Gold Award

Specialist diets – Plan, cook and develop a special main meal for either: a person with an intolerance to wheat or gluten; a person with an intolerance to dairy products.

The resources include 5 presentations showing the following:

1. Setting the scene - This presentation sets the scene for the activities. It asks questions such as: where are you going and how will you get there; what could you take to eat; how will the food be packaged and carried; who will be going and what will they eat? Use this as for discussion, to give the pupils ideas and help them develop their own.

Next there are 4 recipe presentations you might like to try or adapt. Use them to show to pupils to give them ideas of the types of dishes they could make and the ingredients they could use. Pupils could also try out the ideas by following the step-by-step instructions before they design and make their own.

2. Making mini pizzas – this shows bread making and making mini pizzas with a variety of toppings.

3. Bread sticks and bread crisps – bread dough used in different ways to make bread sticks and thin bread crisps, using various seeds as toppings.

4. Cool drinks – smoothies using fresh fruits. Dairy and non-dairy alternatives.

5. Frozen summer lollies – lollies using fresh fruits, fruit juices, yogurt.

NB There are other presentations on the Active Kids Get Cooking site that you could use – Kebabs (Olympics) and Easter Breads.

A brief outline of a way to tackle the Design and Make Activity

Design and make one dish/a range of dishes that could be eaten on the way to a destination or when you have arrived. Dishes could be made to eat on a train, in a car, on a bike, etc. Consumers could be going on a day trip, on a holiday, on a school trip, having some food in the garden, etc.

Getting started –

1. Use the Holiday Food presentation to set the scene. Explain that foods can be taken to eat on the way to a destination or when you arrive.





What types of things need to be thought about before deciding on what to take? For example: where are you going, how are you going to get there, what types of things could you take, how could the foods be packaged and then carried, who is going and the types of foods they may like to eat. Discuss why it may be a better alternative to make your own food rather than buy it on the way or when you get there – cost, healthier options.

2. Discuss the types of foods that could be made. Why some foods aren't appropriate – a fresh cream bun on a bike ride to the park may not be appropriate! Frozen lollies have been included – when and where could these be used? Perhaps a party day in the garden with friends?
3. Start discussing the idea that we all need a balanced diet and ask how this could be achieved in this type of meal. Talk about balancing foods and how this can be related to the kind of food which they will be making. What kinds of 'healthy options' could be made?
4. Use one or more of the presentations to show the types of foods that could be made. A practical activity could be making one, some or all of the recipes shown on the four recipe presentations. The outcomes of these could be tasted and results recorded and used to help their own designs. There are other presentations on the website that could be shown as well – kebabs (Olympic activities), breads (Easter activities).
5. The pupils could make their own product(s) following their design(s).

Food based activities for a cross curricular work.

Here are some ideas for areas of research that can be carried out with/by pupils and some templates to use through the activity:

- Comparing the cost of homemade dishes with their bought equivalent
- Discussing the use of seasonal ingredients
- Finding out about places that could be visited within walking distance, a bus ride away, by bike.
- Asking people what types of foods they would like to eat on this type of occasion and displaying the results as a bar or pie chart.





My ideas for Holiday Food -

Different foods and dishes I could choose:	Ingredients I could use:
Draw and label some ideas here:	What ingredients could I use and why? <ul style="list-style-type: none"> • • • • •

My chosen idea:

Chosen situation and person:

Describe how the completed dish(es) will look:

Chosen ingredients:

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Describe why you have chosen the dish(es):





Recipe name:

Ingredients:	Equipment:

Method:





One of my finished dishes looked like this (draw a picture or use a digital photograph).

Write a few sentences to describe the recipe that you have made and any changes you would like to make to how you have worked or the finished kebab.

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