



Olympic Flag kebabs



Now that you have read and tried out some of the recipes, use the skills and ideas that you have to help with the design task set in these resources.

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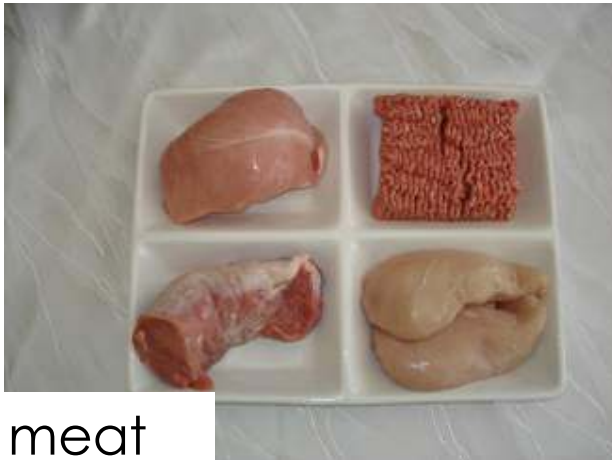
First some reminders - ingredients to use may include:



fruits



vegetables



meat



cheese

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For flavour add-

Herbs: basil, chives, flat leaf parsley, rosemary, parsley, coriander.



Curry
paste
Honey
Pesto



Garlic, ginger, lemons,
limes, spring onions,
chilli

Extra virgin
olive oil
Wine
vinegar
Black
pepper
Mustard



Which countries are represented these kebabs?



Here are two kebab ideas illustrating the flags of 2 different countries. Can you identify the countries? Can you identify the ingredients that have been used? Find out the names of athletes from these countries.

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The Design Task

Design and make a skewer or kebab that would be suitable for an Olympic athlete to eat.

The ingredients on the skewer:

- should be arranged so that they illustrate the flag of the athlete's country
- should use the flavours of the country
- should use typical ingredients from the country.





Getting started

First: decide on the athlete you will be designing and making the kebab for. Research into the continent or country the athlete comes from and that you will illustrate with the ingredients on the kebab.

Second: choose the ingredients that will illustrate the colours of the flag and/or typical ingredients of the country.

Third: think about the type of marinade or glaze will you put on the kebabs.





My ideas for an Olympic kebab

Different countries I could choose and typical flavours:	Ingredients I could use on the kebabs:
Draw and label some ideas here:	What ingredients could I use and why: 1. 2. 3. 4. 5.





My chosen idea:

Chosen country and athlete:



Describe how the completed kebab will look:

.....

Chosen ingredients:

.....

Describe the flavours of the kebab:

.....



Recipe name:

Ingredients:	Equipment:
Method:	





My finished kebab 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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