



Special Challenge Guide 2010

This guide is designed to help you work with your pupils to produce entries for the Active Kids Get Cooking Challenge 2010. The guide will help you consider the criteria of the challenge and how you can address these with your pupils. Support materials available are listed throughout the guide, and are aimed at 8-14 year olds, but may be adapted to suit the age and needs of your pupils.

The Challenge:

'In an ideal world we would shop wisely, eat well and sustain resources for the future.'

Impress your friends by designing and making a sustainable spread which shows your resourcefulness.

You may consider:

- growing your own ingredients;
- using local/regional foods;
- choosing seasonal foods;
- buying products which are value for money;
- reducing food waste;
- using leftovers;
- reducing the environmental impact.

The judges will be looking for:

- at least three examples of how you have considered sustainability when creating your dishes;
- evidence that you have followed current healthy eating guidelines;
- an original recipe.

What do we mean by sustainability?

Sustainability is a broad term and can be interpreted in many ways. For the purpose of the Special Challenge 2010 the term sustainability is intended to encourage consideration of what we can do to reduce waste and our environmental impact, when we prepare dishes and meals. For example, by growing our own fruit and vegetables we could save the resources needed to take a car or bus to the supermarket and avoid the need for packaging or bags to transport the ingredients; creating a tasty meal using leftovers could prevent food being thrown away unnecessarily, save a trip out to get more ingredients and perhaps reduce cooking time therefore saving energy. These are just a few ways we can be sustainable – there are many more possibilities. The Special Challenge lists a number of possible areas for consideration (see *You may consider*), to help guide schools with the sustainable element of their entries.





Getting started

Make sure pupils have a clear idea of what sustainability is in relation to this challenge:

- read the challenge and ask your pupils to explain what they think is meant by 'sustainable';
- use the **Sustainable cooking** presentation to look more closely at ways to be sustainable with food, e.g. grow your own ingredients. Discuss each point and question your pupils to help them engage with the ideas and how they could be applied in their own lives.
- get your pupils to do some of their own research into how they can take a more sustainable approach to food and cooking, e.g. what is needed to grow particular fruit and vegetables, how to set-up their own food compost; location of local food producers; what foods are in season at different times of the year.

Get your pupils inspired with recipe ideas:

- let pupils look through recipe books;
- use the internet to research recipes and restaurant menus;
- walk around the local area and look at restaurant and café menus;
- arrange to visit a local restaurant to find out about the dishes they prepare, and whether they use local suppliers.

Remember, recipes can be used for inspiration, but those entered for the Special Challenge must be original.

Use the worksheets below to help pupils explore the foods available in different seasons, and plan a menu based around foods available at a particular time of the year:

- **Seasonal foods**
- **Seasonal spread**

Use the worksheet below to get your pupils thinking about exactly what foods get thrown away and how waste could be reduced:

- **Food waste diary**

Use the card activity below to get pupils thinking creatively about what they can do with leftover food:

- **Leftover discussion cards**

Creating a 'spread'

The 'spread' element of the challenge is intended to encourage a variety, range or selection of dishes in the entry. Special Challenge entries should include more than one dish and demonstrate thought and planning so they '*impress...*' and '*demonstrate resourcefulness*'. For ideas on how to plan your entry, look at the presentation below:

- **Planning a sustainable spread**

This presentation also looks at the *Eight tips for eating well* and how these can be applied to your entry to help you follow current healthy eating guidelines.

Healthy eating

More information about *The eatwell plate*, the UK healthy eating model, is available in the **Healthy eating guide - Special Challenge 2010**. This guide provides useful background information for teachers working with pupils on the Special Challenge.

