

**Compete against your friends and family or play yourself as you try to create delicious meals from a list of ingredients.**

**Aim:** Pick a card and set a timer for 2 minutes (you can make the time longer or shorter to make it easier or harder). Read the list of ingredients and create a meal with them before your time is up. You don’t have to use all of your ingredients.

**Playing in pairs:** If you are playing in pairs, you both create an idea from the same card and then vote to see who creates the best meal.

**Playing in a group:** All other players use the same card to create a meal and one person acts as the judge and decides which player has created the best meal.

**Making the game last longer:** Rather than setting a short timer, give each player one of the challenge cards and ask them to go away and research their ingredient. They can research what the ingredient is, where it comes from (i.e. animal or plant, country of origin) and what meals it can be used for.

**Progression:** Use the Eat Well Guide document attached to try and match the ingredients to the correct food group.

Can your children identify the vegetarian options or meals that could have come from a different country?

**Feedback:** Take some photographs of you and your family playing the game or carrying out your research and email them to your tutor. Don’t forget to share some of your meal ideas or photograph anything you write down.

Complete the reflection sheet attached after you have completed the activity and email the sheet to your tutor.

**Breakfast ingredients**

|  |  |  |  |
| --- | --- | --- | --- |
| BaconTomatoesMushroomsBrown breadEggs | EggsButterBrown breadTomato ketchupBrown sauce | Sweet wafflesStrawberriesBananas Yoghurt | Eggs MushroomsTomatoesMilkSpring onions |
| MilkPorridge oatsGrated carrotsCinnamonRaisinsGrated apple | Almond milkPorridge oatsBerriesHoney | PotatoesEggsOnionOilBacon  | Flour MilkEggsSugarPineappleYoghurt |
| TortillasBaked beansVegetarian sausagesMushrooms | CrumpetsMixed berriesYoghurtMaple syrup | BananasEggsBaking powderBerriesHoney | Mixed nutsOatsChocolate chipsDried fruitMilk |
| Smoked salmonBreadButterEggs | ApplesPearsPeachesGrapesYoghurt | SalamiHamSmoked cheeseBread bunsLow fat spread | RiceHamVegetablesNoodlesEggs |
| CroissantsCheeseHamJamButterHoney | KippersBreadPotatoesRiceLemon | BagelsJamButterBaconChocolate spreadSoft cheese | BeansBreadMushroomsTomatoes Onions  |

**Lunch or Tea options**

|  |  |  |  |
| --- | --- | --- | --- |
| Brown pastaPork minceTinned tomatoesMushroomsCarrotsOnions | RiceEggsBeef Soy sauceMixed vegBlack bean sauce | White codBreadGreen peasLemonsPotatoes | Beef minceBrown riceKidney beansPeppersChilli powder Baked beans |
| Couscous TunaRed onionsYellow peppersStock cubesSweetcorn | Eggs HamCheeseCherry tomatoesSpring onions | FlourMilkEggsCheeseTunaMayonnaise  | TortillasTomato pureePepperoni or chickenCheesePeppersOnions |
| Brown pitta breadsSliced turkeyLettuceTomatoesSoft cheese or mayonnaise | PrawnsChickenRiceMixed vegetablesOnionsHerbs and spices | LeekPotatoesVegetable stockCarrotsOnionsCelery  | EggBreadGrated carrotsGrated potatoesSweetcorn Peas |
| FlourMilkEggsSausagesPotatoesGravy granules | Chicken stripsTortillasFajita mixOnionsPeppers | Beef jointPotatoesBroccoliCarrotsGravy Peas | Pork chopsSweet potatoesTomatoesOnionsBaked beans |
| Bacon LeeksMacaroniCheeseWhite sauce | Curry pasteFishRiceMixed vegetablesNaan breadsCoconut milk | Kidney beansBaked beansBlack eye beansPasataChilli powderPotatoes | MinceBread bunsSweet potatoesLettuceTomatoRed onions |

**Snack options**

|  |  |  |  |
| --- | --- | --- | --- |
| ChickpeasOlive oilTahiniCarrotsCucumberPeppers | GrapesStrawberriesBananasKiwisApplesBlueberries | Brazil nutsAlmondsRaisinsCranberriesPistachiosChocolate chips | Porridge oatsHoneyButterRaisinsSeedsNuts |
| Mixed berriesGreek yoghurtHoneyIce | Savoury pancakesCucumber slicesSoft cheeseGrated carrotsSliced spring onion | OatsCoconut piecesChocolate chipsProtein powderHoney | EggsButterMilkBrown breadTomatoes |
| FlourEggsMilkSugarStrawberriesChocolate spread | AvocadoBananasMilkSourdough breadHoney | Cherry tomatoesOnionsGarlicFresh corianderLimeNachos | YoghurtBerriesStrawberriesHoneyGranola |
| Bananas Chopped mixed nutsChopped milk or dark chocolateCrushed cornflakes | EggsSugarFlourButterJamSprinkles | Peanut butterJamBread | Chopped tomatoesCiabatta CheeseGarlic cloveFresh parsley  |
| Digestive biscuitsGreek yoghurtBananasCaramelHoney | MangoBananaPeachApplesYoghurt or milk | Rice cakesCucumbersSoft cheesePeanut butterPeppers | Popcorn kernelsSaltSugarCinnamonHoneyPaprika  |

**Challenge cards**

|  |  |
| --- | --- |
| Salmon and curry powder | Gnocchi |
| Calamari | Enchilada kit |
| Halloumi | Butternut squash |
| Arborio rice | Quorn chicken strips |
| Red lentils | Monkfish  |