



The #BRAW LUNCH-BRAKE Challenge

#BRAW LUNCH-BRAKE

Dear P5, 6 and 7 Teachers,

PROJECT AIM:

The Braw Lunch-Brake Challenge is an opportunity to enhance the food education experience in schools by;

- Encouraging greater understanding of the food chain from field to fork and sea to plate
- Supporting educated food choices
- Developing an understanding of the real world of work and how businesses operate

This challenge is a partnership between Brakes Scotland, Food and Drink Federation Scotland, RHET, ASSIST FM and Developing a Young Workforce.

#afutureinfood #brawlunchbrakechallenge

HOW TO GET INVOLVED?

Can your pupils design an innovative, healthy dish that includes local Scottish produce that would appeal to them and their fellow pupils? Split your class into teams of 5 pupils and create a lesson on healthy eating and finding out where products are produced. We have created a worksheet for you to use on page 4.

Friday 10th May

Initial dish ideas from each team/school to be submitted. A team of judges from the partner organisations will then select 'the best 6' healthy dish ideas to go onto a grand final at City of Glasgow College.

Friday 17th May

Schools will be contacted no later than Friday 17th May on whether they have made the final.

Thursday 6th June 2019

It's finals day! Shortlisted teams will be asked to:

- Prepare a presentation (no more than 5 minutes) to present to an audience of dragons and other pupils from the other shortlisted schools.
- Recreate their dish in the professional kitchens with help from City of Glasgow College hospitality students and lecturers.
- Take part in a tour of the college facilities
- Hear the partner organisations discuss careers and job/work opportunities in the food and drinks industry.

THE PRIZE

The prize is an all expenses paid trip to the Royal Highland Show for the entire class (not just the team who wins) on either:

Thursday 20th June or Friday 21st June 2019.

Travel costs from any point in mainland Scotland will be covered.



KEY AREAS TO COVER:

1 Investigate what products are produced locally (*locally can mean the whole of Scotland*)

Find your nearest [RHET officer here](#) who can help with where food comes from (farming)

When preparing and cooking a variety of foods, I am becoming aware of the journeys which foods make from source to consumer, their seasonality, their local availability and their sustainability.

HWB 1-35A / HWB 2-35A

2. Investigate what products or dishes might be popular as part of a school meal using ingredient(s) - using the 'eat well guide' will help the pupils make healthy choices.

[Eat Well Guide: click here](#)

By applying my knowledge and understanding of current healthy eating advice I can contribute to a healthy eating plan.

HWB 2-30A

3. Develop an innovative new product or dish that they think will be popular as part of a school meal. Why not do a survey in your class of what dishes are most popular and why?

I can extend and explore problem-solving strategies to meet increasingly difficult design challenges with a food (or textile) focus.

TCH 2-04C

I can discuss, debate and improve my ideas with increasing confidence and clear explanations.

TCH 2-04d



Through this activity the pupils are expected to; explore local food and where food comes from, develop an understanding of new product development, increase their awareness of careers in the industry, research existing products, sustainability, costs and marketing and promotion related to food and drink products. This will help to:

- Meet a number of Experiences and Outcomes within Food & Health / Food Technologies
- Provide active engagement between pupils and industry
- Encourage educated food choices
- Support health and wellbeing through research and practical application
- Help pupils gain practical skills
- Encourage team working and co-operative learning
- Help pupils to understand the links between subjects and careers in food and drink
- Support delivery of [good practice for curriculum delivery linked to benchmarks and careers guidance](#)
- [FDF Scotland have a number of resources on their website that may help](#)
- You may also be interested in further reading: [how to reduce wastage with Zero Waste Scotland](#)

Checklist

- Investigate Local Produce
- Research and engage with your school canteen team on what they believe are popular dishes
- Conduct market research with other pupils as to what they would like to eat
- Develop recipe ideas and pick the most popular
- Include a name for your dish
- Detailed recipe/methodology
(instructions on how you are going to make your dish)
- Ingredients
- Complete & submit form by
Friday 10th May 2019

APPLICATION FORM

Remember to double check you have completed all the points on the checklist too!

NAME AND ADDRESS OF SCHOOL:

LOCAL AUTHORITY:

YEAR GROUP OF PUPILS PARTICIPATING:

NAME OF TEACHER:

EMAIL:

PHONE:

Please scan in and return pages 3 & 4
to schools@fdfscotland.org.uk
NO LATER THAN 10TH MAY 2019

Terms and Conditions

The competition is run by Food and Drink Federation Scotland and 4 other partners from 48 Melville St, Edinburgh EH3 7HF **1.** All entries should be received no later than Friday 10th May 2019. **2.** Submission of an entry shall constitute acceptance of all terms and conditions. **3.** To constitute a complete entry, teams must submit as per above checklist which includes a name for the dish, methodology and ingredients. Incomplete entries will not be submitted into the paper judging stage of the competition. All entries will be checked on submission. **4.** All copyright existing on the entries and any promotional activities undertaken by primary schools will remain with the individual team. However, by entering the competition entrants agree that FDF & Partners reserves the right to use any materials submitted including but not limited to photographs for any purpose connected to the competition. **5.** Entrants will be paper judged by a panel of 'dragons' and competition representatives. Entry into the finals will be at the sole discretion of the judging panel. **6.** Teams that qualify for the finals will be contacted no later than Friday 17th May 2019. **7.** The finals will take place on Thursday 6th June 2019 at the City of Glasgow College, Scholars Restaurant. Teams will have 1 hour in which to prepare, cook and serve their dish. **8.** Teams will be provided with all equipment and ingredients for the challenge at the college. **9.** Pupils will be cooking in the college on the day so should be prepared to tie back long hair, wear full shoes i.e. no sandals or open toes, remove jewellery and not wear nail polish. **10.** Only judges and other selected competition representatives (such as the partner organisations) are permitted to taste the food presented. **11.** All competition entrants may be required to participate in PR activity during the competition. **12.** The judging panel's decision is final.

WORKSHEET

Design an innovative new dish that includes local Scottish produce that would appeal to diners/pupils.

1. NAME OF DISH

2. INGREDIENTS

Is your recipe healthy?

Must include at least 10 ticks in the below boxes.

FRUIT / VEGETABLES

Must Contain 2

- | | |
|---|--------------------------------------|
| <input type="checkbox"/> Apple | <input type="checkbox"/> Pineapple |
| <input type="checkbox"/> Carrot | <input type="checkbox"/> Onion |
| <input type="checkbox"/> Pepper | <input type="checkbox"/> Cauliflower |
| <input type="checkbox"/> Banana | <input type="checkbox"/> Broccoli |
| <input type="checkbox"/> Leeks | <input type="checkbox"/> Sweetcorn |
| <input type="checkbox"/> Peas | <input type="checkbox"/> Tomatoes |
| <input type="checkbox"/> Butternut Squash | |
| <input type="checkbox"/> Other _____ | |
| _____ | |
| _____ | |

DAIRY

- | | |
|----------------------------------|--------------------------------------|
| <input type="checkbox"/> Milk | <input type="checkbox"/> Other _____ |
| <input type="checkbox"/> Yoghurt | _____ |
| <input type="checkbox"/> Cheese | _____ |

PROTEIN

- | | |
|--------------------------------|--------------------------------------|
| <input type="checkbox"/> Beef | <input type="checkbox"/> Chicken |
| <input type="checkbox"/> Lamb | <input type="checkbox"/> Tuna |
| <input type="checkbox"/> Ham | <input type="checkbox"/> Other _____ |
| <input type="checkbox"/> Beans | _____ |
| <input type="checkbox"/> Fish | _____ |
| <input type="checkbox"/> Egg | _____ |

CARBOHYDRATES

- | | |
|--------------------------------------|----------------------------------|
| <input type="checkbox"/> Pasta | <input type="checkbox"/> Flour |
| <input type="checkbox"/> Potato | <input type="checkbox"/> Bread |
| <input type="checkbox"/> Rice | <input type="checkbox"/> Cereals |
| <input type="checkbox"/> Other _____ | |
| _____ | |
| _____ | |

METHODOLOGY

- | | |
|----------------------------------|--------------------------------------|
| <input type="checkbox"/> Baked | <input type="checkbox"/> Other _____ |
| <input type="checkbox"/> Fried | _____ |
| <input type="checkbox"/> Steamed | _____ |

LOCAL PRODUCE

SEASONAL

GROWN / REARED
IN SCOTLAND

HOW COULD YOU MAKE IT HEALTHIER?

Cooking Time:



MUST BE COOKED WITHIN 1 HOUR

3. FINAL INGREDIENTS FOR YOUR DISH

(in millilitre/grams etc)

4. RECIPE

Short description of how you would make this dish?