



Family Recipes

'Food is the ingredient that binds us together.'

Are you a Nadiya Hussain? A Paul Hollywood? A Vikas Khanna? A Mary Berry?

Food is an important part of our lives and can be used different foods can be eaten for different occasions. It can be used for celebrations- birthdays or festivals to name but a few. Food is used to make us happy; sometimes we eat particular foods when we are sad. We eat some meals at certain times of the year. With a family member, discuss the following questions:

- ◇ What is your favourite meal? (You may have more than one and this is perfectly fine!)
- ◇ What foods do you like to enjoy together as a family?
- ◇ Where in the world do your favourite foods come from?
- ◇ Does your family have a special recipe?
- ◇ What is the story behind the recipe? Does it come from a country you have visited?

Pick one of the challenges below to complete together:

Challenge 1:

Enjoy a family favourite and invite someone to share it with. Take a picture of your meal/tasty treat and bring it to schools so we can find out, 'what has been cooking?'

Challenge 2:

If you have a recipe that is a family favourite, bring it into school for a 'Schools Linking recipe book'. We would like to share the recipes with **[insert link school]**.

Challenge 3:

Create a mind map of all your favourite foods- you could either draw these or create a collage using pictures/photographs. Bring in your finished creation by **[insert date]** and we will share all of your masterpieces with **[insert link school]**.