



Cooking & Nutrition



TEAM GB



Can you create an original recipe inspired by Team GB?

Newark Academy, Aldi and Team GB are challenging young people aged 5–14 to get creative and design their own original recipe, inspired by Team GB. Your recipe could be chosen to join Aldi's Taste Kitchen Collection and you could win exclusive Team GB signed merchandise!!



How do I know what to include in my recipe?

What's your favourite dish?

- How does it taste?
- How does it look and smell?
- What are the ingredients?
- What is your favourite thing about this dish?

Challenge:

- You will need to design any dish, it could be a smoothie, soup, snack or a full meal but it should include at least two fruits or vegetables.
- You must write ingredients, instructions and a description for your recipe.
- You must include a short paragraph to explain how your recipe is inspired by Team GB.
- You must include a photograph of yourself with your finished dish.
- Do not copy your recipe from another site or book.
- You must then use the Taste Kitchen Challenge **Recipe Sheet** to submit your entry. Use this QR code for your **Recipe Sheet** to download.

Use this word bank to ignite your imagination!!

Delicious – Sweet – Spicy – Salty
 – Savoury – Bitter – Sour – Juicy
 – Colourful – Fresh – Crisp – Herby – Fruits – Vegetables – Healthy – Flavours – Texture – Crunch



Email it back to:
EMowat@
newarkacademy.co.uk

HOT Task:

What makes a great recipe? Can you add dietary information, preparation time and a description to make your dish stand out!

What are we looking for?

- A clear list of ingredients with quantities.
- Well written instructions.
- An exciting description explaining your dish and encouraging others to try it.
- A photograph of you and your dish.
- A healthy recipe to include at least two fruits or vegetables and suitable for athletes and friends!

Extension activity:

How could your recipe be inspired by Team GB?

Athletes: Healthy food, food for strength, quick to make.

Great Britain: British foods, red, white and blue colours, local ingredients.