



Connecting Experience Cooking Challenge

AGE GROUP

11+

AMOUNT OF PEOPLE

5+

TIME

60 MIN – 90 MIN

OBJECTIVE

To encourage the participants to cook fresh meals, and to explore what can be made from food that would otherwise go to waste.

MATERIAL

Ingredients brought by participants, container, cooking equipment and something to cook on.



Instructions

Have each participant bring one ingredient from home, ideally something that's nearing its use by date, or something their family isn't going to eat.

Suggest things like vegetables, fruit, eggs, grains, meat etc rather than foods like sweets or cakes.

Place all the ingredients into a container. In small groups, have the participants choose ingredients from the container without looking. Using all the ingredients they have, challenge the groups to prepare a dish making as little waste as possible.

Have participants present their dishes to the other groups and encourage them to try what the other groups have made.

If there's a dish the whole group particularly likes, consider adding it to the meals you make at camp.



CONNECTING EXPERIENCE PAGE
<https://ej2020.org/connecting-experience/>

HOST ORGANISATION



OFFICIAL EVENT



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