



The #BRAW LUNCH-BRAKE Challenge



#BRAW LUNCH-BRAKE

Dear P5, 6 and 7 Teachers,

PROJECT AIM:

As part of Year of Young People 2018 “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 Education Scotland. #YOYP2018 #afutureinfood #brawlunchbrakechallenge

"Meeting Gary and getting involved in live skills was AMAZING!"



HOW TO GET INVOLVED?

Can your pupils design an innovative new dish that includes local Scottish produce that would appeal to diners/pupils and enhance the school dining experience for all users? We would ask that the pupils work with your catering teams to achieve this.

We are asking for initial dish ideas to be submitted by Friday 18th May and a team of judges from the partner organisations will select a number of shortlisted teams to go onto a grand final at City of Glasgow College on Tuesday 12th June where they will be asked to pitch their idea to a team of “dragons”.

Use the handy checklist on page 3 to see a full list of what to submit.

On the day of the final, shortlisted pupils will be asked to

- Prepared a presentation (no more than 5 minutes) to present to an audience of Dragons other pupils and staff from the other shortlisted schools
- Recreate their dish with City of Glasgow College hospitality students in the professionals kitchens
- Take part in a tour of the college facilities
- Meet Gary Maclean, MasterChef Professionals Winner 2016
- Hear the partner organisations discuss careers and opportunities in the food and drinks industry



YOUR PUPILS ARE CHALLENGED TO:

- 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

- Investigate what products or dishes might be popular as part of a school meal using these local ingredient(s), including an investigation of nutritional legislation and an analysis of products to help pupils understand what products can be used in school meals. Your caterers on site will be able to assist with this.

[Nutritional Legislation click here](#)

[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

- Develop an innovative new product or dish that they think would be popular as part of a school meal and would be practical to produce and serve in their school.

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

"An unforgettable experience"



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](#)

PRIZE

The overall winners will receive an all-expenses paid trip to the Royal Highland Show on either

Thursday 21st June or Friday 22nd June 2018.

Travel costs from any point in mainland Scotland will be covered to attend the final.

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 18th May 2018

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 describe the meal dish that you have designed and how it fits with the brief:

“Can your pupils design an innovative new dish that includes local Scottish produce that would appeal to diners/pupils and enhance the school dining experience for all users?”

Please detail the ingredients that would be used in your dish and a method of preparation

PLEASE RETURN TO schools@fdscotland.org.uk NO LATER THAN 18TH MAY 2018

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 18th May 2018. **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 Brakes Scotland 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 Monday 21st May 2018. **7.** The finals will take place on Tuesday 12th June 2018 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 bring aprons with them, 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.