

WHAT IS THE LOCKDOWN LUNCH CHALLENGE?

Food and drink has never felt so important to everyone. The impact that COVID-19 has had on every individual's way of life has made us all much more aware of the food we eat, where it comes from, who makes it and its effect on our health and wellbeing.



COVID-19 has affected how FDF Scotland work and a lot of the work that we planned to do with schools has had to be postponed. So, we thought we would amend one of our schools competitions to allow pupils to take part from home and include their families in the activity.

Food and drink is one of Scotland's best performing sectors and thrives on innovation and using the very best quality produce. To make sure we stay on top, especially after COVID-19, our companies need skilled and innovative employees.

The FDF Lockdown Lunch Challenge has been designed to help young people, parents and their educators and carers better understand what our industry is all about, including; **where our food ingredients come from, how they are produced and who is involved in making them**. The Challenge will also help young people understand the skills needed to help them into a great career in food and drink.

The FDF Scotland Lockdown Challenge is a fun challenge for young people (of any age), parents, carers and educators to take part in and an opportunity to encourage a better understanding of:

- The food chain from field to fork and sea to plate
- Where food comes from
- Supporting educated food choices
- How food is made



THE LOCKDOWN CHALLENGE & HOW TO GET INVOLVED!

Can your children / pupils design an innovative **STREET FOOD DISH** that they would LOVE to eat during lockdown?



You might want to base this on the products that you have in your cupboards and fridge during lockdown.

We are setting a few criteria for you to bear in mind and your product **MUST!**

- Use at least one item of local Scottish produce
- Contribute to one of your 5 a day
- Appeal to children developing the products and their fellow pupils or family members

We have created recipe grid for you to complete detailing your instructions and recipes, remember to include accurate measurements of ingredients.

When you have developed and tested your recipe, please send your ideas to skills@fdfscotland.org.uk before Friday 11th June.

A team from FDF Scotland will select a winner or winners from the entries and £20 Amazon vouchers will be awarded to the best entries.

You might like to:

CREATE A SURVEY

Investigate healthy eating and the rise of street food.

You might not be able to speak directly to people but you might like to ask your friends and family about their favourite dishes and ingredients?

<https://theinspiredhome.com/articles/28-popular-street-food-recipes-you-can-make-at-home-1>

LOOK AT THE EAT WELL GUIDE

Using the eat well guide will help you to make healthy choices.

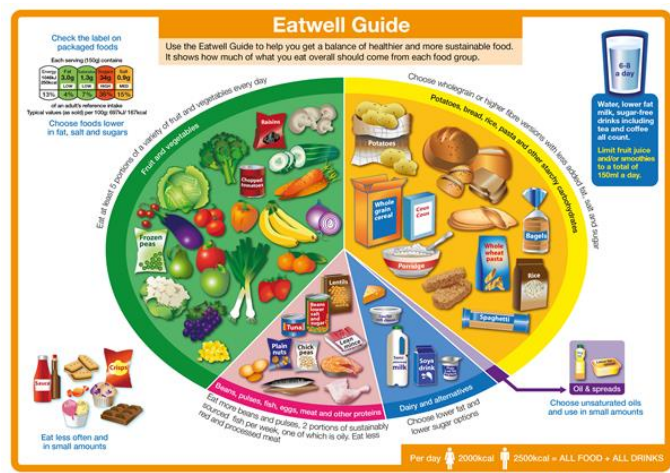
Eat well Guide: [click here](#).

RESEARCH LOCAL FOOD

Investigate what products are produced locally (locally can mean the whole of Scotland - www.supportlocal.scot).

Investigate what foods are seasonal in Scotland.

Investigate where food comes from, look at the labels on food in your fridge and store cupboards and see where they come from and identify these countries on a map of the world.



<https://www.nationaltrust.org.uk/lists/seasonal-food-and-growing>

WORK OUT HOW MUCH YOUR DISH WOULD COST

A simple calculation to work this out is:

Calculate the cost of your ingredients and packaging + overheads (this covers labour, energy etc) a general calculation is to add 40% + profit (decide how much profit you want to make and add this) = FINAL SELLING PRICE

FIND OUT MORE ABOUT CAREER IN THE FOOD AND DRINK INDUSTRY

OTHER RESOURCES

http://www.fdfscotland.org.uk/sfdf/schools_programme/resources/

<https://www.rhet.org.uk/teachers/resource-portal/>

Terms and Conditions

The competition is run by Food and Drink Federation Scotland from 48 Melville St, Edinburgh EH3 7HF 1. All entries should be received no later than Friday 11th June 2020 2. Submission of an entry shall constitute acceptance of all terms and conditions. 3. To constitute a complete entry, entrants 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 individuals will remain with the individual. 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. 6. Winners will be contacted no later than Friday 18th June 2020. 7. The judging panel's decision is final.