



#DevonVirtualGames

## Making Healthier Meals Challenge

**Opens:** Tuesday 4<sup>th</sup> May 2021

**Closes:** 5pm, Friday 2<sup>nd</sup> July 2021

### Overview

Welcome to the Devon *Virtual Games* Events hosted by Active Devon and the Devon School Games Organisers. This series of events throughout the Summer term will offer young people the opportunity to compete against themselves and others whilst maintaining social distancing.

All competitions are virtual, and you can enter as many of them as you like. They give you the chance to team up with your classmates, represent your school and compete against other children from across Devon!

The Making Healthier Meals Challenge will run from Tuesday 4<sup>th</sup> May 2021 – 5pm Friday 2<sup>nd</sup> July 2021. Schools will be able to submit their entries via an online link below.

You must ensure you are following the [latest government guidance](#) and the [guidance for teachers, school leaders, carers, parents and students](#).

### Brief Description of the 'Healthier Eating' Event:

This event is aimed at all primary and secondary school students to try something new by developing their knowledge, confidence, and creativity by preparing and cooking healthier breakfasts, meals and snacks/desserts at home, or even at school in their bubbles.

To achieve one of the **Bronze, Silver or Gold e-certificates** you will need to:

1. Plan and make the number of different breakfasts, meals or snacks/desserts for your age group and award you are applying for.
2. Create your own recipe and send us a photo, list the ingredients and the method used to create it.

To also receive one of our **Platinum e-certificates** your favourite recipe photo, ingredients and method will have been selected by our panel to be included in our next recipe booklet along with your first name and school.

**Primary KS1** – any recipes from the categories: breakfasts, dinners, and snacks/desserts. These can be all cold if you wish.

<b>Bronze</b>	–	4 different recipes + photo, ingredients, and method
<b>Silver</b>	–	8 different recipes + photo, ingredients, and method
<b>Gold</b>	–	12 different recipes + photo, ingredients, and method

**Primary KS2** – mixture of recipes from the categories: breakfasts, dinners & snacks/desserts

- Bronze** – 4 different recipes (at least 1 hot) + photo, ingredients, and method
- Silver** – 8 different recipes (at least 4 hot) + photo, ingredients, and method
- Gold** – 12 different recipes (at least 8 hot) + photo, ingredients, and method

**Secondary KS3 (year 7-9)** – mixture of recipes from the categories: breakfast, dinners & snacks/desserts

- Bronze** – 5 different recipes (at least 3 hot) + photo, ingredients, and method
- Silver** – 10 different recipes (at least 7 hot) + photo, ingredients, and method
- Gold** – 15 different recipes (at least 10 hot) + photo, ingredients, and method

**Secondary KS4 (year 10-11)** – mixture of recipes from the categories: breakfast, dinners & snacks/desserts

- Bronze** – 10 different recipes (at least 7 hot) + photo, ingredients, and method
- Silver** – 15 different recipes (at least 10 hot) + photo, ingredients, and method
- Gold** – 20 different recipes (at least 15 hot) + photo, ingredients, and method

**Secondary KS5 (year 12-14)** – mixture of recipes from the categories: breakfast, dinners & snacks/desserts

- Bronze** – 12 different recipes (at least 8 hot) + photo, ingredients, and method
- Silver** – 18 different recipes (at least 12 hot) + photo, ingredients, and method
- Gold** – 25 different recipes (at least 18 hot) + photo, ingredients, and method

**SEND Primary** – any recipes from the categories: breakfast, dinners & snacks/desserts

- Bronze** – 3 recipes + photo, ingredients, and method
- Silver** – 6 recipes + photo, ingredients, and method
- Gold** – 9 different recipes + photo, ingredients, and method

**SEND Secondary** – any recipes from the categories: breakfast, dinners & snacks/desserts

- Bronze** – 4 recipes + photo, ingredients, and method
- Silver** – 8 recipes + photo, ingredients, and method
- Gold** – 12 recipes + photo, ingredients, and method

Health and Safety is very important. Parents/guardians/teachers must decide on child's competency to complete tasks and always supervise especially when using sharp knives, chopping of ingredients, using blenders, mixers, hot pans and ovens etc.

## Before You Start:

You will need to:

1. Decide what you are going to make from either our recipe booklet, the following websites or research you own. Maybe even a family favourite/s.

### Healthier Eating Booklet

Change 4 Life [www.nhs.uk/change4life/recipes](http://www.nhs.uk/change4life/recipes)

BBC

[www.bbc.co.uk/food/diets](http://www.bbc.co.uk/food/diets)

[www.bbcgoodfood.com/recipes/collection/kids-cooking-recipes](http://www.bbcgoodfood.com/recipes/collection/kids-cooking-recipes)

[www.bbcgoodfood.com/recipes/collection/healthy-kids-recipes](http://www.bbcgoodfood.com/recipes/collection/healthy-kids-recipes)

Tesco

<https://realfood.tesco.com/recipes/collections/easy-recipes-for-kids.html>

<https://realfood.tesco.com/healthy-recipes.html>

<https://realfood.tesco.com/recipes/special-diets/dairy-free-recipes.html>

<https://realfood.tesco.com/recipes/special-diets/gluten-free-recipes.html>

<https://realfood.tesco.com/vegan-recipes.html>

<https://realfood.tesco.com/recipes/special-diets/vegetarian-recipes.html>

<https://realfood.tesco.com/budget-meals.html>


Primary specific <https://www.bbc.co.uk/cbeebies/shows/i-can-cook>

SEND Specific <https://www.pinterest.com/beverlypalomba/easy-recipes-for-special-ed-students/>

2. Check you have all the equipment needed to make your chosen recipe e.g. scales, bowls, oven proof dishes, masonry jar, frying pan and baking tray.
3. What and how much ingredients do you need? Write your ingredients list, checking the fridge or cupboards then buy from the shops.
4. Follow the instructions for your recipe. Get help from your parents/guardians depending on your age, ability and experience to complete the meals.
5. Take photos of your completed recipe and enjoy.
6. Share with us on our Facebook page your progress.

## How to Record Your Results:

Here is an example template to record the recipes you have made.

Date	Name of recipe	Hot or cold	Booklet or name of website of recipe found	Enjoyment: 

### How to Send Results:

The entry process will be done via an online link. You can also attach your favourite recipe with photo, ingredients, and method. Enter results here [Making Healthier Meals Results Form](#). Entries will close at **5pm on Friday 2<sup>nd</sup> July 2021**.

### E-certificates:

E-certificates will be issued in the following categories:

<b>Bronze</b>	–	4 different recipes + photo, ingredients, and method
<b>Silver</b>	–	8 different recipes + photo, ingredients, and method
<b>Gold</b>	–	12 different recipes + photo, ingredients, and method

### Social Media:

Why not share your achievements with us on social media using the **#DevonVirtualGames**.

- [Twitter – @SGDevon](#)
- [Devon School Games Facebook Group](#)

For the full #DevonVirtualGames Overview and Terms & Conditions please [click here](#).