

 Skills For My Future

 45 minutes

 Give it a go



RANGERS

Fish fingers and...custard?

What you'll need:

- Pens
- Slips of paper, five per girl
- A bowl
- A cutlery knife or spoon
- One jar of pesto
- Bananas, enough for two slices per girl
- A selection of food items (optional)

Note to leader

Remember to check girls' allergies and dietary requirements and plan accordingly. This activity can be completed without trying foods. You can change the food combination selected to suit your unit or even add more combinations. We recommend suggesting girls bring in food from home that is close to the best before date to prevent food waste.

Aim of activity:

Pesto and banana? Strawberry and soy sauce? Take your tastebuds on a flavour expedition and see if you can find the next big thing!

What to do

- 1 More and more brands are launching the next big food combination. Whether that's salted caramel, chilli jam or even peanut butter hummus! Chat together about the strangest food combinations you've seen, heard, or even tried.
- 2 Who's tried pesto and banana together before? You might think it's a little strange but put your fears aside. Grab a banana and slice it so you have a couple of pieces each. Spread some pesto on top and have a taste. What are your taste buds telling you?

3 Now, each take five slips of paper and a pen. Jot down one food item on each and pop it into the bowl. It can be anything from honey to seaweed. Then give the slips a good mix up.

4 Each take turns picking out three slips of paper. What could you create with these? Maybe, it's chocolate dipped carrot with a crispy bacon crunch or a mashed potato jelly! Quickly pitch your delicious food combinations to the other Rangers. Would anyone eat it? Keep going until everyone's had a turn. Did any of your ideas sound like the next big thing?

5 Split into two groups and together plan out what you think the next big food trend could be. Perhaps you'll create a chocolate pasta sauce or a curried orange juice. Remember – sometimes the more controversial the combination, the more likely it might catch someone's eye! Do you think the others will try it?

6 Now you've come up with your delicious flavour combinations, why not take it to your test kitchen and try them out for yourselves? You could make it a competition or even design logos and packaging for the products you'd sell. Experiment with flavour combinations together and see what tasty creations you can make!

Try it this way

If you brought food items into your meeting today, remember to include them on your slips too.