

## GUIDES

# Twist that dish



Skills For  
My Future



60 minutes



Challenge  
yourself

## What you'll need:

- Paper and pens
- Bowls – one per group
- Spoons
- Measuring spoons
- Shop-bought salsa
- Suggested bases: yogurt, mayonnaise, soy, cream cheese, soured cream
- Suggested extras: chocolate hazelnut spread, bananas, honey, salt, pepper, herbs, cheese, tomato sauce, chilli sauce, avocados, ginger, garlic, cucumbers, tomatoes, limes
- Suggested dippers: breadsticks, crackers, sliced apples and crunchy vegetables

## Note to leaders:

Check girls' allergies and dietary requirements and plan accordingly.

## Aim of activity

Salty or sweet? Spicy or sour? How would you design your own dip? Experiment with this delicious activity.

- 1 Grab a dipper and try the prepared salsa. Discuss what you think about it. Is it tasty, uninspired, fresh or salty? Let your inner food critic come out. What would make it a showstopper and more memorable?
- 2 Get into small groups. You're going to create your own unique dip. How do you want it to taste? Do you want it to be sweet or savoury? What do you want to dip in it?
- 3 Look at the dip bases, dip ingredients and dippers. Using a pen and paper, plan your dip. Remember to include how much you think you'll use of each ingredient. This is your recipe.
- 4 Ready, set, dip! Grab a bowl and start constructing your dip. Don't forget to taste

along the way using the dippers. If you add anything, make sure to write down how much you added. And remember to name your dip!

5 When you think you've perfected it, get someone else to try it. What do they think? Could you add anything to make it even better?

6 Get back together to chat about how you found making your dip. What other foods could you add a special twist on? How about adding cocoa powder to your spaghetti bolognese for extra depth of flavour? You could also try recreating your unique dip at home, to share with other people.

## Take it further

Give someone else in your unit your recipe to see if they can recreate your dip. How good were your recipe writing skills?



**TRY IT THIS WAY**  
Why not hold a dip-tasting competition to see who has created the supreme dip!