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Activity Ideas

Afternoon tea

Host your own afternoon tea with a selection of sandwiches, cakes, and pastries.

Don't forget the scones- will there be a debate on whether jam or cream goes first?

Coffee and cake morning

Hold a social event in the communal area/s for people to enjoy a chat, cuppa, and slice of cake.

Why not sample teas and coffees from around the world- rate with a thumbs up or thumbs down.

Foods from around the world

Theme an evening meal around a different country or even have a tasting activity.

Which cuisine will you choose?

Guess the food?

No peeking- can you guess the flavour, texture, or smell?

Cut up different and maybe some more unusual foods and see how many people get it right.

Smoothie/ juice bar

Why not have a go at making your own smoothie or juice drink- how adventurous will you be?

Food Diary

Encourage people to write down what they have eaten and drunk for a few days.

This may provide some suggestions for future meal/snack ideas that can be added to the menu.

Go as big or as small as you wish- we would love to see some photos or hear about what you have enjoyed doing as a setting. Please email us at infectionprevention@lancashire.gov.uk Or tweet us @LancsIPC



**QUIZ TIME**

1. Can you name five song titles, singers/bands, or lyrics that have a food or drink in them?
2. In which country is it tradition to eat KFC on Christmas Day?
3. What is James Bond's favourite tipple?
4. What type of pastry are profiteroles made of?
5. What is the most expensive spice in the world by weight?
6. What is the best-selling flavour of soup in the UK?
7. What is the most consumed manufactured drink in the world?
8. How many calories does a glass of water contain?
9. Aduki, borlotti and cannellini are types of what?
10. Which country produces the most potatoes?
11. What percentage of a mushroom is water? (50, 75 or 90)
12. Which sweets were particularly popular in the 1940s because they only needed one ration token rather than two?
13. What is beef fillet cooked in pastry called?
14. What gives Windsor red cheese its colour and flavour?
15. Which herb is used in Pesto sauce?
16. In which country do red onions originate?
17. What is the main vegetable ingredient of moussaka?
18. Glamorgan sausages are a traditional vegetarian sausage from which country?
19. What two words were combined to make the word 'Spam'?
20. Is a Jaffa cake a cake or a biscuit?

**Answers**

1. Share answers as a group
2. Japan
3. Vodka Martini (Shaken not stirred)
4. Choux pastry
5. Saffron
6. Tomato
7. Tea
8. Zero
9. Beans
10. China
11. 90%
12. Spangles
13. Beef wellington
14. Red wine
15. Basil
16. Italy
17. Aubergine
18. Wales
19. 'Spiced' and 'Ham'
20. Legally Jaffa Cakes are considered a cake due to the moisture content and this means McVitie's do not have to pay VAT on Jaffa Cakes in the UK.

**True or False Quiz**



1. Potatoes are 80% water?
2. Strawberries aren’t actually berries?
3. The modern depiction of Santa Claus was created by Coca-Cola?
4. Ketchup was once used to cure diseases like diarrhoea and colds?
5. Honey will usually never go bad?
6. Apples belong to the rose family
7. Fruit juice and baked beans count as one portion of your fruit and vegetable intake.
8. A diet containing an adequate supply of fibre will help prevent constipation, lower blood cholesterol levels and help control blood glucose levels
9. There is more calcium in a pint of skimmed milk than in a pint of whole milk.
10. It is recommended that we should drink 6-8 glasses of water per day

**Answers**

1. True
2. True
3. False
4. True
5. True
6. True
7. True
8. True
9. False
10. True

Wordsearch

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| * Water
* Tea
* Fruits
* Vegetables
* Hydrate
 | * Energy
* Health
* Thirsty
* Headache
* Tired
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Wordsearch

Answers

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**FRUIT AND VEGETABLES**

**WITH HIGH WATER CONTENT**

