

TAKEAWAYS

THEMED PROGRAMME



AIM

Indian, Chinese, Thai, Fish & Chips. We all love a takeaway and we each have our favourite. This themed programme gives you the perfect excuse to order in a takeaway, or to cook one of the nation's favourite takeaway dishes, and learn more about your favourites.

ACTIVITIES

-  The Takeaway Quiz
-  Takeaway Pictionary
-  Fortune Cookies
-  The UK's Top 10 Takeaway Dishes
-  Sweet and Sour Chicken
-  Do You Want Salt With That?

TAKEAWAYS

» INTRODUCTION

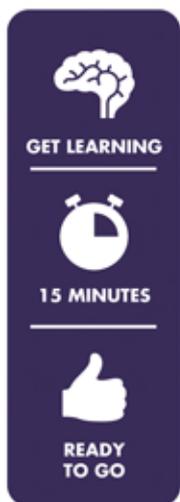
Takeaways are very popular in the UK, particularly on a Friday or Saturday night. With over 40,000 takeaways dotted around the country, we are spoiled for choice!

To compliment this programme, why not consider trying out one of the nation's favourite takeaway dishes as either a takeaway from a local restaurant or, if that's not possible, try cooking the dish at BB.

So tuck in and enjoy your takeaway themed programme.

? DID YOU KNOW?

- The UK's favourite takeaway is a Chinese, with 25% of the population voting it their favourite.
- However the nation's favourite takeaway dish is the classic fish and chips.
- On average a UK family has 3 to 4 takeaways in a month.
- The UK's most popular online food delivery provider is JustEat.
- It is thought the takeaway food market in the UK is worth £10-11 billion and rising.



GET LEARNING: ME & MY WORLD THE TAKEAWAY QUIZ

Put your takeaway knowledge to the test with this takeaway quiz.

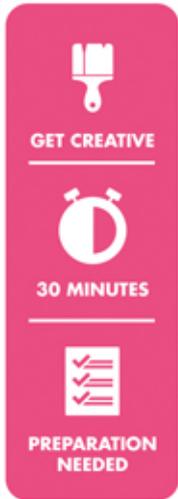
- 1  Download The Takeaway Quiz PowerPoint and display it via a projector or large TV. If working in a small group, you could gather around a laptop.
- 2 Go through the questions in the quiz. Each question provides three possible answers. To share the answers you could allocate different parts of the room as 'A', 'B' and 'C', standing in the part of the meeting space you think is correct. Alternatively, you could have a show of hands or even a group discussion to try and come up with one answer between you.
- 3 Once everyone has shared their guess, move on to the next slide which reveals the correct answer. There is also a fact to go with the answer, to help you gain a bit more knowledge.
- 4 There are 8 questions in total. How many of the 8 can you guess correctly?



GET ACTIVE: PLAYING GAMES TAKEAWAY Pictionary

Takeaway Pictionary: Split into two teams. For each round one person from each team should go to a leader to be given the name of a takeaway dish (you could use the dish names in the Top 10 activity or a leader could come up with their own). Both people then go back to their teams and start drawing. The first team to correctly guess the dish earn a point.

Drawing Rules: Make the game harder by not letting teams draw any food items. So, for example if drawing Chicken Tikka Masala, you could draw a chicken, a cup of tea and a car (i.e. Chicken Tea-Car).



GET CREATIVE: IN THE KITCHEN

FORTUNE COOKIES

- 1 Preheat the oven to 190°C. Line a pan with parchment paper.
- 2 On small slips of paper write some messages to go inside the cookies.
- 3 In a bowl whip the egg whites and sugar for about 2 minutes, until frothy. Whip in the melted butter, vanilla extract, and water until incorporated. Add the flour and mix until the flour disappears.
- 4 With a tablespoon, spoon the batter onto the parchment paper and spread it out into an even 3 inch circle. It's best to only do a few at a time, as they set very quickly, so you'll only be able to work on a couple at a time.
- 5 Bake the fortune cookies for 7-8 minutes, until the edges brown slightly. If you let them brown too much, they will snap when you shape them. Equally, if they don't brown a little bit, they will then tear when folding.
- 6 When each batch of fortune cookies finishes baking, remove them from the oven and quickly flip the circle over, and fold your fortune cookie in half, into a semicircle. This is when you quickly slip your note into the cookie. Place your semicircle onto the edge of a cup, and fold the ends down, to crimp into a fortune cookie shape.
- 7 Place the cookie in a muffin tin whilst it cools, to help it keep its shape.
- 8 Repeat with the remaining batter and enjoy.

What you'll need:

- 1 Large egg white
- 50g Sugar
- 40g Butter (melted)
- ¼ tsp Vanilla extract
- 1tbsp Water
- 50g Plain flour



GET LEARNING: ME & MY WORLD

THE UK'S TOP 10 TAKEAWAY DISHES

As a country we love a good takeaway! But what are our favourite dishes? See if you can identify the top 10 takeaway dishes.

- 1  Download and print the 'Top 10 Takeaway Dishes' activity sheet. You'll need at least two copies. Alternatively write down the 10 dishes on to slips of paper and use these.
- 2 Firstly spend a few minutes looking at the 10 dishes. How many of them have you eaten before? Which ones are your favourites?
- 3 Split into two or more groups, each group having their own set of cards. These 10 dishes are the UK's favourite takeaway dishes, but can you successfully get them in the correct order? Attempt to lay the cards out in a line, with what you think is the nation's favourite dish at one end and the 10th favourite dish at the other end.
- 4 Complete this activity as a race between the two teams, with a leader judging. When a team thinks they have all 10 dishes in the correct order they should call the leader over. The leader can tell them which dishes are in the correct positions. Teams can then rearrange their cards until they finally have all 10 dishes in the correct positions.
- 5 The first team to find the correct order is the winner. The answers are on the activity sheet.



GET CREATIVE: IN THE KITCHEN

SWEET AND SOUR CHICKEN

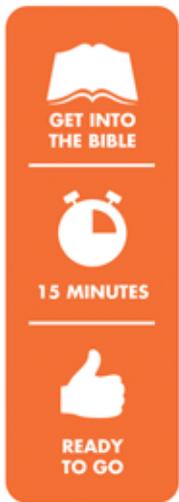
Learn to cook one of the nation's favourite takeaway dishes, Sweet and Sour Chicken. This recipe should serve two people.

- 1 Cut the onion and pepper into slices and the chicken into chunks.
- 2 Heat the oil in a large pan and then add the onions and peppers for 3 minutes over a high heat.
- 3 Add the chicken to the pan and stir fry for a few minutes until lightly coloured on all sides.
- 4 In a bowl mix the sugar, vinegar, tomato sauce, soy sauce and pineapple together.
- 5 Add the sauce to the frying pan and simmer over a medium heat.
- 6 Continue to simmer for 5+ minutes, stirring regularly, until the chicken is cooked through and the pineapple is hot.

What you'll need:

- 1 Chicken breast
- 1 Onion
- 1 Pepper
- 50g Brown sugar
- 50g Vinegar
- 150g Tomato sauce
- 1 tbsp light soy
- Sunflower oil
- 1 small tin of pineapple chunks in juice

Top Tips: If the sauce isn't thick enough, you could add a small amount of cornflour. Consider adding other vegetables to the recipe for more colour and bulk. This meal could be served with rice or noodles.



GET INTO THE BIBLE: UNDERSTANDING CHRISTIAN VALUES

DO YOU WANT SALT WITH THAT?

- 1 The UK's favourite takeaway dish is fish and chips. An important question for any takeaway fan is what to put on your chips. As a group discuss what everyone likes to put on their chips.
- 2 Whilst the group may argue about if tomato ketchup, gravy or mushy peas should go on chips, almost everyone should have hopefully agreed that salt always belongs on chips. A whopping 85% of people add salt to their chips, to help give them some added flavour. Salted chips always taste far better than unsalted chips!
- 3 As a group discuss what salt does? It enhances flavour, helps to preserve food, is an important nutrient for our bodies, helps clear roads and so on. Salt is more important than we might appreciate. In fact, salt was so important in Roman times, that soldiers sometimes received part of their wages in salt.
- 4 In the Bible, Jesus talks about people being 'Salt of the Earth'. Read Matthew 5:13 and as a group discuss what you think it means.



'Let me tell you why you are here. You're here to be salt-seasoning that brings out the God-flavours of this earth. If you lose your saltiness, how will people taste godliness? You've lost your usefulness and will end up in the garbage.' Matthew 5:13

- 5 Those who follow God and his teachings can see other people as he sees them. When we love people for who they are, it can reveal the best in them and encourage them to grow, just as salt adds brilliant flavour to food. We can be the salt shakers of God's love to the people he places around us. We can add God enhancing flavour to our world, through our words and actions, to help make our communities kinder, more accepting, fairer and better – just like salt makes a portion of chips taste instantly better!
- 6 Discuss these two questions before closing in prayer. What can we do to bring out the 'God flavours' of this earth? In what ways could we lose our saltiness and how do we stop that from happening?



FISH & CHIPS



CHOW MEIN



CHICKEN TIKKA MASALA



SWEET & SOUR CHICKEN



CHICKEN KORMA



BEEF BURGER



CHICKEN BALLS



DONER KEBAB



CHICKEN BURGER



CRISPY CHILLI BEEF

- 10. CRISPY CHILLI BEEF
- 9. CHICKEN BURGER
- 8. DONNA KEBAB
- 7. CHICKEN BALLS
- 6. BEEF BURGER

- 5. CHICKEN KORMA
- 4. SWEET & SOUR CHICKEN
- 3. CHICKEN TIKKA MASALA
- 2. CHOW MEIN
- 1. FISH & CHIPS

ANSWERS