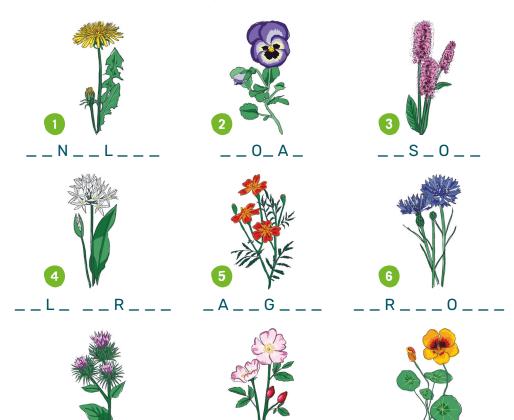
WHAT AM I?

Can you tell a daisy from a daffodil? How many of these flowers can you name? **Grab yourself a bonus point if you can spot what they all have in common!**



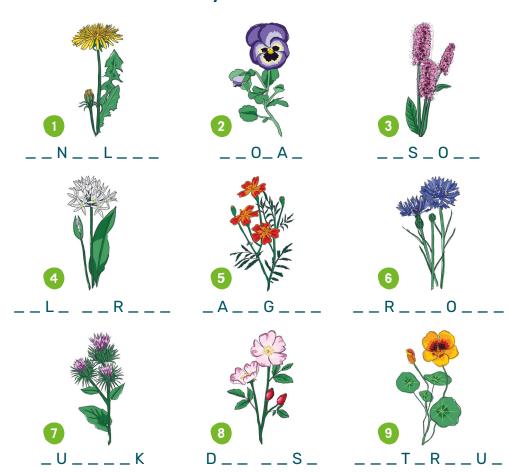
Did you know? Rose hips (the fruits found on rose plants) are rich in vitamin C and great for making teas, jams and syrups!





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COMMUNITY CHEER!

Gatherings, global events and local traditions that bring people together – test your knowledge on community celebrations from around the world!

- Each year in March, everyone around the world is invited to give 60 minutes to help the planet. What is this called?
- In the UK, Black History Month is celebrated in which month?

- 2 How many days does the Chinese New Year Festival traditionally last?
- Which vibrant festival, celebrated with the throwing of coloured powders, is known as 'the festival of colours'?

- What year marked the beginning of The Big Lunch and bringing people together on the first weekend in June?
- 6 St Patrick's Day and the Eden Project's birthday is on which date?
- 7 What colour do they wear in the Netherlands to celebrate Kings' Day?

Did you know? Over 10 million people took part in The Big Lunch last year and it is the UK's largest annual get-together for communities!





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MAP TO MENU

From local delicacies to regional favourites, can you uncover the connection between iconic foods, their stories and the places they've put on the map?

PORTLAND PUDDING	were once a common meal for tin miners in	1
PIE AND MASH	Made from seaweed, is a	2
CORNWAL	signature dish from Wales	
SODA BREA	The historic county of is famous for its traditional coiled sausages	3
LONDO	is a cockney classic that originated in	4
CUMBERLANI	Cheddar cheese shares its name with a gorge in	5
SOMERSE ¹ Ulstei	Dating back to Medieval times,is believed to have originated in Scotland	6
LAVERBREAL	Loved by King George III, comes from the seaside town of Weymouth	7
PASTIES	Often served with and potato bread, the fry is a popular dish of	8
SHORTBREAL	Northern Ireland	

Did you know? Each country in the UK has their own version of a full breakfast - usually made with ingredients that are traditionally eaten in that region!





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WILD ABOUT NATURE

How well do you know the wonders of nature and who can tell fact from fiction? Dig in to spot what's true or false.

		irue	Faise
1	The red fox is the fastest UK land mammal		
2	In the human body, the metacarpus is found in the foot		
3	The puffin, a distinctive seabird, is considered native to the UK		
4	Thistle is the native flower of Scotland		
5	Urchin is the Old English name for a hedgehog		
6	The sun is made primarily of hydrogen and carbon		
7	Bats are the only mammal that can fly		
8	The Thames is the longest river in the UK		
9	Aloe vera, commonly known for its soothing properties, is classified as a herb		
10	The spice saffron is derived from the Crocus flower		

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LET THE GAMES BEGIN!

Ready to play? Who's got the competitive edge when it comes to favourite childhood games and playful pastimes?

- 1 What item is traditionally thrown onto numbered squares in the game of hopscotch?
- When the wolf says 'dinner time' in what's the time,
 Mr. Wolf?, what do players do?

- 2 In pick-up sticks, what happens if you move a stick while trying to pick one up?
- What does the person who is 'it' need to do to catch someone in the game of tag?

- What do people need to try and 'bite' from a water-filled bucket in an autumnal party game?
- In marbles, what is the name of the larger marble sometimes used to hit smaller ones?
- What does the seeker say before looking for hidden players in hide and seek?

Did you know? The current world record for the largest game of hide and seek had 1,437 players! Some organisers in the UK have attempted to break this a few times - could your community be the one to do it?





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FOOD FOR THOUGHT

From the history of your cuppa to the secrets of your spice rack, get your taste buds tingling and see if you can pick the right answer!

Which popular spice blend commonly contains cumin, coriander, and turmeric?

Garam masala Chinese 5-spice Jerk seasoning

What percentage of the world's land area is currently used for food production?

27% 37% 47%

Which of these is NOT a type of pasta?

Rigatoni Pappardelle Pomodoro

World Food Day takes place every year in which month?

September October November

5 Which popular condiment is made from crushed sesame seeds?

Hummus Tahini Miso

The root of what common yellow flower was often used during WW2 as a substitute for coffee?

Daffodil Common Gorse Dandelion

What year were teabags first sold in the UK?

1913 1933 1953

Did you know? According to a popular survey, Brits drink up to 100 million cups of tea a day!





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THE BIG LUNCH QUIZ

WHAT AM I?

Nine beautiful blooms to identify - plus a bonus point for anyone who guesses the tasty secret they all have in common.









Violas

Bistort







Wild Garlic

Marigold

Cornflower







Dog Rose

Nasturtium

Bonus point! What do they all have in common?

A: They're all edible!

COMMUNITY CHEER!

See **who knows their community traditions** and events when it comes to celebrations that bring people together.

1 Each year in March, everyone around the world is invited to give 60 minutes to help the planet. What is this called?

A: Earth Hour

2 How many days does the Chinese New Year Festival traditionally last?

A: 15 days

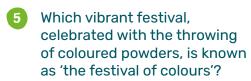
What year marked the beginning of The Big Lunch and bringing people together on the first weekend in June?

A: 2009

Did you know? Over 10 million people took part in The Big Lunch last year and it is the UK's largest annual gettogether for communities!

4 In the UK, Black History Month is celebrated in which month?

A: October



A: Holi

6 St Patrick's Day and the Eden Project's birthday is on which date?

A: 17 March

7 What colour do they wear in the Netherlands to celebrate Kings' Day?

A: Orange

Did you know? Community activities on King's Day often include boat parades, street parties and large flea markets popping up in towns and villages!





THE BIG LUNCH QUIZ

MAP TO MENU

In this round, players need to **fill in the blanks** with the words provided, matching iconic foods with the places they come from.

- PASTIES were once a common meal for tin miners in CORNWALL
- 2 Made from seaweed, LAVERBREAD is a signature dish from Wales
- 3 The historic county of **CUMBERLAND** is famous for its traditional coiled sausages
- 4 PIE AND MASH is a cockney classic that originated in LONDON
 - **Did you know?** Some of the earliest pies served in east London were filled with eels caught from the river Thames!
- 5 Cheddar cheese shares its name with a gorge in **SOMERSET**
- Dating back to Medieval times, **SHORTBREAD** is believed to have originated in Scotland
- 1 Loved by King George III, PORTLAND PUDDING comes from the seaside town of Weymouth
- Often served with SODA BREAD and potato bread, the ULSTER fry is a popular dish of Northern Ireland

Did you know? Each country in the UK has their own version of a full breakfast - usually made with ingredients that are traditionally eaten in that region!



WILD ABOUT NATURE

A **true or false** round all about the wonders of nature - can players spot fact from fiction?

The red fox is the fastest UK land mammal.

A: False (Brown Hare)

Did you know? The Brown Hare can run up at 45 mph!

2 In the human body, the metacarpus is found in the foot. A: False (Hand)

Did you know? Monkeys also have metacarpal bones! They're the bones that connect the fingers to the wrists.

- The puffin, a distinctive seabird, is considered native to the UK

 A: True
- Thistle is the native flower of Scotland. A: True
- 5 Urchin is the Old English name for a hedgehog.
 A: True

The sun is made primarily of hydrogen and carbon. A: False

Did you know? The sun is primarily made of hydrogen and helium!

- 7 Bats are the only mammal that can fly. A: True
- The Thames is the longest river in the UK. A: False (The River Severn)
- 9 Aloe vera, commonly known for its soothing properties, is classified as a herb. A: True
- 10 The spice saffron is derived from the Crocus flower. A: True

Did you know? Saffron is the most expensive spice in the world and takes around 75,000 flowers to produce just 1lb!





THE BIG LUNCH QUIZ

LET THE GAMES BEGIN!

Who can **remember the rules from childhood games?** Let the Games Begin is all about classic playground activities and playful pastimes.

- What item is traditionally thrown onto numbered squares in the game of hopscotch? A: Pebble
- In pick-up sticks, what happens if you move a stick while trying to pick one up? A: Your turn ends
- What do people need to try and 'bite' from a water-filled bucket in an autumnal party game? A: Apple (Apple bobbing)

Did you know? Apple bobbing is an ancient tradition that can be traced back to the Romans!

- When the wolf says 'dinner time' in what's the time, Mr. Wolf?, what do players do? A: Run away
- What does the person who is 'it' need to do to catch someone in the game of tag? A: Touch them
- In marbles, what is the name of the larger marble sometimes used to hit smaller ones? **A: Shooter**
- What does the seeker say before looking for hidden players in hide and seek? A: Ready or not, here I come!



Did you know? The current world record for the largest game of hide and seek had 1,437 players!

FOOD FOR THOUGHT

Time to put everyone's food knowledge to the test as they tuck into this **multiple-choice round.**

1 Which popular spice blend commonly contains cumin, coriander and turmeric?

A: Garam masala

Did you know? In Hindi, the name Garam masala means 'hot mixture of spices'.

- What percentage of the world's land area is currently used for food production? A: 37%
- Which of these is NOT a type of pasta? A: Pomodoro

Did you know? Pomodoro is the Italian word for tomato!

- World Food Day takes place every year in which month?

 A: October
- Which popular condiment is made from crushed sesame seeds? A: Tahini

The root of what common yellow flower was often used during WW2 as a substitute for coffee? A: Dandelion

Did you know? Roasted dandelion root was 1 of the ingredients regularly used in coffee substitutes – you can still buy it today!

In what year were teabags first sold in the UK? A: 1953

Did you know? According to a popular survey, Brits drink 100 million cups of tea a day!



