

# 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!**



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**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!

- 1 Each year in March, everyone around the world is invited to give 60 minutes to help the planet. What is this called?
- 2 How many days does the Chinese New Year Festival traditionally last?
- 3 What year marked the beginning of The Big Lunch and bringing people together on the first weekend in June?
- 4 In the UK, Black History Month is celebrated in which month?
- 5 Which vibrant festival, celebrated with the throwing of coloured powders, is known as 'the festival of colours'?
- 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?

- 1 \_\_\_\_\_ were once a common meal for tin miners in \_\_\_\_\_
- 2 Made from seaweed, \_\_\_\_\_ is a signature dish from Wales
- 3 The historic county of \_\_\_\_\_ is famous for its traditional coiled sausages
- 4 \_\_\_\_\_ is a cockney classic that originated in \_\_\_\_\_
- 5 Cheddar cheese shares its name with a gorge in \_\_\_\_\_
- 6 Dating back to Medieval times, \_\_\_\_\_ is believed to have originated in Scotland
- 7 Loved by King George III, \_\_\_\_\_ comes from the seaside town of Weymouth
- 8 Often served with \_\_\_\_\_ and potato bread, the \_\_\_\_\_ fry is a popular dish of Northern Ireland

**PORTLAND PUDDING**

**PIE AND MASH**

**CORNWALL**

**SODA BREAD**

**LONDON**

**CUMBERLAND**

**SOMERSET**

**ULSTER**

**LAVERBREAD**

**PASTIES**

**SHORTBREAD**

**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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**PORTLAND PUDDING**

**PIE AND MASH**

**CORNWALL**

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**LONDON**

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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.

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

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



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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?
- 2 In pick-up sticks, what happens if you move a stick while trying to pick one up?
- 3 What do people need to try and 'bite' from a water-filled bucket in an autumnal party game?
- 4 When the wolf says 'dinner time' in what's the time, Mr. Wolf?, what do players do?
- 5 What does the person who is 'it' need to do to catch someone in the game of tag?
- 6 In marbles, what is the name of the larger marble sometimes used to hit smaller ones?
- 7 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!

- 1 Which popular spice blend commonly contains cumin, coriander, and turmeric?  
**Garam masala      Chinese 5-spice      Jerk seasoning**
- 2 What percentage of the world's land area is currently used for food production?  
**27%      37%      47%**
- 3 Which of these is NOT a type of pasta?  
**Rigatoni      Pappardelle      Pomodoro**
- 4 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**
- 6 The root of what common yellow flower was often used during WW2 as a substitute for coffee?  
**Daffodil      Common Gorse      Dandelion**
- 7 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.



1 Dandelion



2 Violas



3 Bistort



4 Wild Garlic



5 Marigold



6 Cornflower



7 Burdock



8 Dog Rose



9 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**

- 3 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 get-together for communities!

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

**A: October**

- 5 Which vibrant festival, celebrated with the throwing of coloured powders, is known as 'the festival of colours'?

**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!



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# 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.

- 1 **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**
- 6 Dating back to Medieval times, **SHORTBREAD** is believed to have originated in Scotland
- 7 Loved by King George III, **PORTLAND PUDDING** comes from the seaside town of Weymouth
- 8 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?

- 1 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.
- 3 The puffin, a distinctive seabird, is considered native to the UK  
**A: True**
- 4 Thistle is the native flower of Scotland. **A: True**
- 5 Urchin is the Old English name for a hedgehog.  
**A: True**
- 6 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**
- 8 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.

- 1 What item is traditionally thrown onto numbered squares in the game of hopscotch? **A: Pebble**
- 2 In pick-up sticks, what happens if you move a stick while trying to pick one up? **A: Your turn ends**
- 3 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!
- 4 When the wolf says 'dinner time' in what's the time, Mr. Wolf?, what do players do? **A: Run away**
- 5 What does the person who is 'it' need to do to catch someone in the game of tag? **A: Touch them**
- 6 In marbles, what is the name of the larger marble sometimes used to hit smaller ones? **A: Shooter**
- 7 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'.
- 2 What percentage of the world's land area is currently used for food production? **A: 37%**
- 3 Which of these is NOT a type of pasta? **A: Pomodoro**  
**Did you know?** Pomodoro is the Italian word for tomato!
- 4 World Food Day takes place every year in which month? **A: October**
- 5 Which popular condiment is made from crushed sesame seeds? **A: Tahini**
- 6 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!
- 7 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!



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