



# Challenge: Too Many Cooks?

Did you know, there's a phrase 'too many cooks spoil the broth'? This means if there are too many people involved, it isn't successful and doesn't work! We want to test this out with this challenge. Teamwork is important and can be REALLY successful if the team are led in the right way. We want you to be a leader in this challenge, leading your team to be successful cooks in the kitchen. Often, people volunteer to be a leader, but it's not always easy being in this role. You need to think about the skills of all the team members, as well as what they might not be so good at. You might give them a job to do that you know they can do easily, but if they always get this job, how will they ever learn some new skills from the other roles? Do you give them a chance to train and learn new skills, but this might take longer and they might not get it right first time? It's up to you!

**Step 1:** Ask an adult to help you decide on a recipe you'd like your team to make. It could be one of the meals you planned as part of the 'Creativity' challenge? You could have a look at [www.nhs.uk/change4life](http://www.nhs.uk/change4life) for some ideas! You could even make a three-course meal – a starter, a main course and a dessert! That will really test your team of cooks!

## You will need:

- Paper, pencil, crayons
- food ingredients
- cooking equipment

**Step 2:** Think about your team members (the people who live in your house). What are their skills in cooking? What will any younger team members be able to do to help? Can some of the older members teach the younger members how to do things? You might want to ask them what their cooking skills are (peeling, chopping, mixing, weighing, timing, frying, etc.) and write a list of them?

**Step 3:** Now you've got your team members and their skills, think about your dish/es. What are the steps you'll need to do to create it and who will do it? For example, if you're making mashed potato, you'll need to wash and peel them, chop them, boil them, strain them (take them out of the water), then mash them. Will it be the same member of your team or will the different steps be done by different members of the team? Write or draw your plan.



**Step 4:** Explain your plan to your team. Make sure you're clear and explain why they've been given their jobs. Listen to any feedback they have – remember, they might not like the job you've given them – will you let them change or swap or will you stick to your plan? Remember to keep clean and tidy as you go. Some of your team will have to do this job so how will you make sure they're not unhappy about it? A good leader listens and helps out! What will your job be?

**Step 5:** How will you know if it was a success? Or was it 'too many cooks spoil the broth'? Sit down with your team afterwards and talk about how everyone felt. Did they like their jobs? Would they like to do a different job next time?

**Which skills will I be developing?**

**Main**



**Additional**



**Skills Builder**  
PARTNERSHIP

