

Every  
Moment  
Matters



# Cooking Together:

Delicious Activities for Care Homes

*Activities Pack*



*Prioritising Wellbeing*



an  RLDataix company

# Welcome

## Celebrating **Every Moment Matters** Campaign

QCS is delighted to collaborate with NAPA (National Activity Providers Association) on a new series of activity packs celebrating the '**Every Moment Matters**' campaign. This initiative highlights the importance of making every moment meaningful for individuals in care settings. By offering engaging and enjoyable activities, we can enrich the lives of those we support, bringing a sense of joy and purpose to their daily routines.

The 'Every Moment Matters' campaign aligns perfectly with NAPA's mission to enhance the quality of life for individuals in care. Through our partnership with NAPA, we have created a range of resources designed to inspire and support activity providers in delivering high-quality, meaningful activities.



# About NAPA:

NAPA (National Activity Providers Association) is a UK-based charity dedicated to promoting wellbeing through activity and engagement for individuals in care settings. We provide support, training, and resources to activity providers, ensuring they have the tools needed to create vibrant and stimulating environments.

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By working together, we aim to ensure that every moment truly does matter for those in care. We look forward to seeing the positive outcomes of this campaign and the joy it will bring to many lives.

If you want more resources like this, become a member of NAPA for just £170, get £25 off with this code **QCS25**.

*This offer closes on 30 September 2024.*

Find out more HERE:

<https://digital.napa-activities.co.uk/view/903439453/>



“ We are thrilled to be part of the ‘Every Moment Matters’ campaign. At NAPA, we believe that every interaction, every activity, and every moment can significantly impact the wellbeing of individuals in care. Our collaboration with QCS on these activity packs is a testament to our shared commitment to making a positive difference. ”

**Hilary Woodhead**  
CEO National Activity  
Providers Association

## Introduction

### Let's Get Cooking: Delicious Activities for Care Homes

This booklet is packed with fantastic food-related activities designed to bring joy and connection to your care home environment.

#### **Whisk Up Wonderful Memories:**

Inside, you'll find a delightful variety of activities – from trivia quizzes testing your culinary knowledge to delicious recipes perfect for group baking sessions or individual exploration. We've included ideas suitable for all skill levels, ensuring everyone can participate and create tasty treats.

#### **Easy Recipes, Endless Fun:**

Each recipe is presented with clear, step-by-step instructions, making it easy for everyone to follow along,

regardless of prior experience. Feel free to adapt and modify the activities to suit individual preferences and dietary needs.

#### **The Secret Ingredient: Connection:**

Our goal is to create a passion for food and build a sense of community through shared experiences. So, grab your aprons, gather your friends, and get ready to whip up some delicious moments together! Don't forget to share these moments with us on social media and use

**#EveryMomentMatters**

**Bon appétit!**

# Cooking Trivia and Cultural Food Taste Test Challenge

## What You Do:

- Create a list of cooking and food-related trivia questions
- Select a variety of foods with distinct flavours and textures for the taste test
- Include cultural food items to enhance the tasting experience
- Set up tables and chairs for the activity
- Welcome participants and explain the trivia and taste test activities
- Divide participants into small teams
- Ask trivia questions and have teams write down their answers
- Score the answers and announce the scores

## YOU WILL NEED:

- Trivia questions about cooking and food
- Blindfolds
- Various food items for tasting (e.g., fruits, vegetables, spices, snacks)
- Cultural food items for tasting (e.g., sushi, samosas, baklava, empanadas)
- Paper and pens for keeping score
- Small prizes (optional)

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- Blindfold participants and have them taste different food items, including cultural foods
- Ask them to identify each item based on taste and texture
- Award points for correct guesses
- Reveal the correct answers and discuss interesting facts about the foods and their cultural significance
- Announce the winning team and distribute prizes if available
- Thank everyone for participating



### TOP TIPS:

- Choose a diverse range of food items to ensure a rich sensory experience
- Keep trivia questions straightforward and fun
- Be mindful of food allergies and dietary restrictions
- Encourage discussion and sharing of personal food experiences
- Have all food items pre-cut and ready for tasting to keep the activity smooth
- Play light background music to create a relaxed and enjoyable environment





## Easy Bake Cupcakes

A day to make, bake and fake the delicious cupcake, but remember a cupcake is for any day not just a National Day of Celebration. You could host your own cupcake party, fundraiser or bake off or even just enjoy an afternoon tea party.

### What You Do:

- Preheat the oven to 180C/350F/ Gas 4 and line a 12-hole muffin tin with paper cupcake cases
- Cream the butter and sugar together in a bowl until pale. Beat in the eggs a little at a time and stir in the vanilla extract
- Fold in the flour using a large metal spoon, adding a little milk until the mixture is of a dropping consistency. Spoon the mixture into the cupcake cases until they are half full



### YOU WILL NEED:

#### For the cupcakes

- 110g/4oz butter or margarine, softened at room temperature
- 110g/4oz caster sugar
- 2 free-range eggs, lightly beaten
- 1 tsp vanilla extract
- 110g/4oz self-raising flour
- 1-2 tbsp milk

#### For the buttercream icing

- 140g/5oz butter, softened
- 280g/10oz icing sugar
- 1-2 tbsp milk
- A few drops food colouring of your choice and decorative cake toppers and decorations

- Bake the cupcakes in the oven for 10-15 minutes, or until golden-brown on top and a skewer inserted into one of the cakes comes out clean. Set aside to cool for 5 minutes, then remove from the tin and cool on a wire rack
- For the buttercream icing, beat the butter in a large bowl until soft. Add half the icing sugar and beat until smooth
- Then add the remaining icing sugar with one tablespoon of the milk, adding more milk, if necessary, until the mixture is smooth and creamy. Add the food colouring and mix until well combined
- Spoon the icing into a piping bag with a star nozzle and pipe the icing using a spiralling motion onto the cupcakes in a large swirl



**TOP TIP:**

You can add different flavours to your cake mix such as lemon juice, chocolate chips, raisins, or cherries to vamp up your cupcakes.





## The BIG BLT

Bacon lovers, stand by, as today is about to get a whole lot better and we've got just the thing to get your tastebuds tingling.

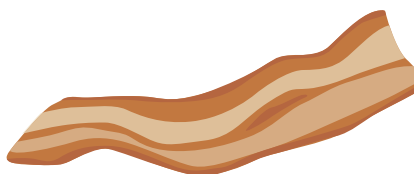
Why not host your very own BIG Breakfast? With bacon at the heart of your morning, of course, invite individuals in your care service to come along.

### What You Do:

- Cook your bacon as preferred; you could grill, pan fry, oven cook or use a griddle pan
- Slice your preferred bread
- Wash and shred your lettuce; you could just pick off the leaves, if preferred
- Slice your tomatoes; some like cold, others prefer them grilled - it's your choice!
- Once the bacon is cooked, place onto the bread and layer your tomatoes and lettuce on top; close the sandwich and enjoy.

### YOU WILL NEED:

- Bacon rashers, streaky, smoked, unsmoked, back or [HLL1] rindless, you could even use vegetarian or vegan alternatives if you prefer
- Thick sliced bread of your preference! You could use crusty white, brown, granary or rolls
- Tomatoes- use a variety of plum, cherry, vine, or beef tomatoes
- Lettuce- Iceberg or Little Gem



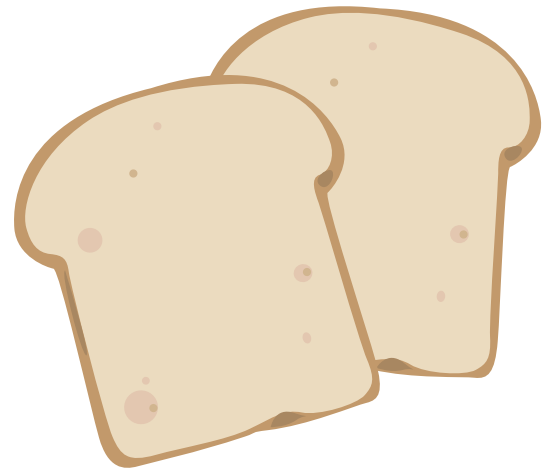
## Cooking Together: Delicious Activities for Care Homes

- WAIT! You could take it a step further and add a sauce to your sandwich too, not just tomato ketchup but what about a garlic or mustard mayonnaise, a BBQ sauce, or a spicy sweet chilli?
- Brie works beautifully with bacon - why not add slices of brie to your bacon before you add the lettuce and tomato? Warm it under the grill to slightly melt it - delicious!



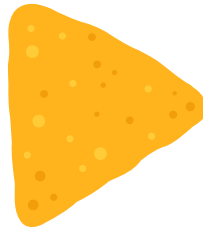
### TOP TIP:

Have a napkin to hand, as this could get messy!



## Mexican Street - Sweetcorn Nachos

Street Sweetcorn Nachos! Tortilla chips topped a creamy Monterey Jack cheese sauce, toasted sweetcorn, crumbled cotija, chili powder and coriander, also known as cilantro.



This recipe uses frozen sweetcorn kernels. You can of course use sweetcorn from grilled sweetcorn on the cob.

Mexican crema is a lot like runny sour cream. You can also use diluted sour cream. But if you have crema, use it!

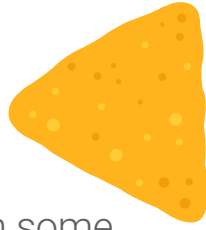
### What You Do:

- Sear the sweetcorn, then mix with mayo: Heat oil on high heat in a large, cast iron pan. When the oil is almost smoking hot, add half of the frozen sweetcorn (not defrosted) to the pan. Spread it out in the pan and let sear. Stir occasionally, until most of the sweetcorn kernels have browned a little on at least one side. You'll know the

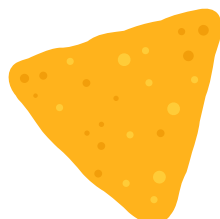
### YOU WILL NEED: (serves 8)

- 2 tablespoons canola oil (or other high smoke point oil)
- 450g frozen sweetcorn, still frozen
- 2 tablespoons mayonnaise
- 200g bag low-salt tortilla chips
- 450g Monterey Jack cheese, grated
- 1 tablespoon sweet cornstarch
- 120ml cream
- 120ml milk
- 1 clove garlic, minced
- 60g crumbled Cotija cheese (can also use crumbled feta)
- 1/8 teaspoon chipotle chili powder (can use regular chili powder or smoked paprika)
- 2 tablespoons of Mexican crema or 2 tablespoons sour cream that has been slightly diluted with water
- 1/2 lime, sliced into wedges
- 2 tablespoons chopped coriander

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- sweetcorn is ready when some of the kernels start 'popping'.
- Remove the sweetcorn from the pan to a bowl and repeat with the remaining frozen sweetcorn kernels
  - Mix the sweetcorn with the mayonnaise and set aside
  - Toast tortilla chips: Preheat oven to 350°F. Spread the tortilla chips out on a large sheet pan and place in the oven for 10 minutes, until lightly browned
  - Make cheese sauce: While the tortilla chips are toasting, make the cheese sauce. Set up a double boiler with an inch of water in the lower pan. If you don't have a double boiler, place an inch of water in a small saucepan and place a metal bowl over it so that steam from the boiling water below heats the bottom of the bowl. Do not let the bowl touch the water
  - Place the grated Monterey Jack cheese in the top pan or bowl of the double boiler. Mix with the sweet cornstarch. Pour in the cream and milk (can use half and half if you want). Add the minced garlic
  - Heat the water in the double boiler to a boil. Let the cheese gently melt, stirring occasionally, until the sauce is smooth
  - Assemble nachos: Once the tortilla chips are lightly browned, remove them from the oven. Transfer to a large serving platter. Pour the cheese sauce over the chips
  - Sprinkle the top with the toasted sweetcorn. Sprinkle with Cotija cheese crumbles Sprinkle with chipotle chili powder. Drizzle with the crema or diluted sour cream
  - Sprinkle with coriander
  - Sprinkle with a little lime juice and serve immediately with lime wedges



# Cheesy Baked Plantains with Chilli - West African Flavours

Easy baked ripe plantain stuffed  
with cheese and chilli

## What You Do:

- Preheat oven to fan assisted  
180C/375F/gas 5
- Make a lengthways slit along the  
plantains leaving at least 5cm at each  
end so they stay whole during baking
- Brush the plantains with some oil, place  
them on a lightly oiled, lined baking  
tray and bake for 40 mins making  
sure to turn them halfway through
- Remove plantains from the oven,  
place them slit side up and stuff  
them with the cheddar cheese
- Return the stuffed plantains to the  
oven and bake for about 5 mins  
or until the cheese is melted
- Serve plantains warm drizzled  
with chilli sauce

## YOU WILL NEED:

- 3 ripe plantains peeled
- Oil to brush plantains
- 85 g/3oz finely grated  
Barber's 1833 Vintage  
Reserve Cheddar
- 1 tsp crunchy chilli sauce



# Homemade Plum Crumble



## What You Do:

- Preheat the oven to gas mark 5/190C
- Share the plums and frozen berries between the two ovenproof dishes: sprinkle over the golden caster sugar and ground cinnamon
- Set to one side
- Put the flour into a large bowl along with the cubed butter; rub together with your fingertips until the mixture resembles breadcrumbs
- Add the sugar and oats and stir together gently
- Sprinkle the topping over the fruit and bake for about 30 minutes until the topping is golden and the fruit bubbling

## YOU WILL NEED:

### For the filling (serves 10-12)

- 1kg of fresh plums – washed, quartered and stones removed
- 1kg bag of frozen berries
- 200g golden caster sugar
- 1 tsp ground cinnamon
- 2 x ovenproof dishes

### For the topping

- 300g plain wholemeal flour
- 250g chilled unsalted butter, cubed
- 200g oats
- 200g caster sugar



## TOP TIPS:

- You could make individual portions of this crumble by using small ovenproof bowls or ramekins
- Why not serve your crumble with a dollop of clotted cream, crème fraiche or vanilla ice cream?
- You can add different spices to your fruit instead of, or as well as, cinnamon, such as stem ginger or nutmeg
- Remember to ensure good hand hygiene whilst preparing food and wear gloves and aprons, if required





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