

COOKING

The Commonwealth

Skills section



Learn about Commonwealth countries and their cuisine, developing your knowledge and cooking skills at the same time.

Each week, choose a different Commonwealth country ([full list here](#)), learn basic information about the country and cook a national dish. There are 54 Commonwealth countries, so this activity could be used for a 3, 6 or 12 month section depending on how many countries you want to learn about.

You can adapt our suggestions for research and cooking tasks below. Speak to your Assessor if you want to do something a bit different to make sure it still fits the section requirements. There's a template programme log on the next page for you to track your progress.

Research task

- Where is the chosen country – which continent is it part of, and which countries does it have borders with?
- What is the name of the currency?
- What is the current population?
- What is the name of the capital city?
- Does the chosen country offer the DofE through the [International Award](#)?
- What is the national dish of the chosen country?

Cooking task

- 1 Research the national dish or a commonly eaten dish in chosen country.
- 2 Find a recipe.
- 3 Purchase ingredients (or substitutes if the exact ingredient isn't available).
- 4 Follow recipe and cook dish.
- 5 Take photos and get someone to taste test!

Review

- Did you enjoy this dish?
- How easy was it to cook / source the ingredients / did you have to make any substitutions or change anything for dietary reasons?
- Would you cook it again?

Evidence

Upload a photo of your finished dish and add your Research and Review comments to a diary / log.



**YOUTH
WITHOUT
LIMITS**



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Programme log

Duplicate this document for as many weeks as you need.

Week Number:

Country:

Research task

- 1 Where is this country?
- 2 What is the name of the continent?
- 3 What is the country's current population?
- 4 What is the name of the capital city?
- 5 Does this country also do DofE through the International Award, and what is it called?
- 6 What is the national / popular dish in this country?

Cooking task

Write recipe here

- 1 Research the national dish / commonly eaten dish in chosen country.
- 2 Find a recipe.
- 3 Purchase ingredients if possible.
- 4 Follow recipe and cook dish.
- 5 Take photos and get someone to taste test!

Review task

- 1 Did you enjoy this dish?
- 2 How easy was it to make? Could you find the ingredients easily? Did you have to make any substitutions or amendments because of dietary requirements?
- 3 Would you make this dish again?

Evidence task

- 1 Get someone to try your dish, perhaps your Assessor or a relative. Ask for their feedback on the dish.
- 2 Take a photo and upload it to eDofE with the written evidence here.