**What is the Pass it on movement?**

**PASS IT ON IN YOUR COMMUNITY**

Anyone can learn how to cook something – all they have to do is give it a try. That’s the idea behind Jamie Oliver’s Ministry of Food project, which includes the Pass It On movement. Pass It On is all about people sharing their cooking skills with each other in order to get the nation making tasty meals with fresh ingredients again. This is important because knowing how to cook will be really good not only for your health, but also the future health of the country. We need as many people as possible to join in.

**PASS IT ON!**

Once you’ve sorted out the logistics, it’s time to get cooking! These simple guidelines will help you to get the most out of your Pass It On groups:

1. RECIPES

Choose a quick and simple recipe. You can use your own recipe or one from the Ministry of Food website, www.jamiesministryoffood.com. They’re all quick and easy and we’ve included step-by-step videos and advice for beginners on store cupboard ingredients, shopping lists and kitchen equipment.

2. GET PEOPLE COOKING AS QUICKLY AS POSSIBLE

Don’t just do a cooking demonstration. It’s really important that everyone prepare the

raw ingredients and cook for themselves.

3. PASS IT ON Once your class has cracked each recipe, get them to Pass It On to two of their friends.

**Choose the right answer:**

1. The objective of the Ministry of Food is:
2. To try cooking
3. To make people cook
4. To cook a recipe
5. The Pass it on movement teaches::
6. Recipes with fresh ingredients
7. People how to cook
8. The future health
9. What is the first step of the “Pass it on “movement?
10. Simple guidelines
11. Make a shopping list
12. A quick and simple recipe

**What are the different steps of the Pass it on movement?**

|  |  |  |
| --- | --- | --- |
| A | B | C |
| 1. Choose a quick and simple recipe.
2. Do a demonstration.
3. Make everybody cook
4. Pass the recipe on to two friends
 | 1. Find a group
2. Choose a recipe
3. Pass it on to two people.
4. Choose a new recipe
 | 1. Visit the web site.
2. Make a shopping list
3. Cook the recipe
4. Make a video
 |

**Step 2**

1. Sum up the message: (read the attached file “what is the ministry of food and the pass it on movement”

The Ministry of Food is a project for \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

The objective: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Why? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_