

READY STEADY COOK!

A harvest assembly for primary schools

This assembly is suitable for any primary school assembly and could easily be adapted for secondary (visit www.salvationarmy.org.uk/schools for more secondary assembly ideas). It is based around the TV programme *Ready Steady Cook* and celebrates the beauty of God's creation - particularly the amazing array of food the Earth provides for us to eat. The assembly also helps pupils to think about the importance of what we do with what we've been given and using the Earth's resources wisely.

Resources

Downloadable:

- Ready Steady Cook/Harvest PowerPoint presentation
- Red tomato/green pepper cards for pupils*
- Red tomato/green pepper images for aprons/shopping bags*
- Theme tune for *Ready Steady Cook*:
http://www.televisiontunes.com/Ready_Steady_Cook.html (16 second version)
http://www.youtube.com/watch?v=GzXY6_Y1Vq0 (30 second version)

*Print in colour or print b/w versions on red and green card - also available to loan from Schools Unit).

You will also need:

- 2 x teachers to be contestants*
- 2 x tables, chopping boards, food preparation, gloves, knives, plates, utensils, graters etc
- 2 x aprons
- 2 x environmentally friendly shopping bags
- 2 x sets of ingredients for each bag
- A five-minute timer - there are some colourful extra-large sand timers available from www.tts-group.co.uk for £10.52. Alternatively use an alarm clock or stopwatch.
- Music for beginning/reflection/end of assembly. Here are three suggestions:
'All things Bright and Beautiful' from *Angel Voices 2*, St Philips Boys' Choir (now known as Libera)
'The Sharing Song' from *Sing-a-Longs & Lullabies for the Film Curious George*, Jack Johnson
'Lovely Jubbly' from *Lovely Jubbly*, Doug Horley

*if you're using the simpler version of the assembly you'll just need yourself and one of all the other items.

Preparation

- Practise the PowerPoint presentation before the assembly and see how it works with this outline. Also, check the music works before the assembly begins.
- If you're not familiar with the school, before the assembly you may want to ask whether there are two teachers who would be willing to take part and also check for any allergies etc.
- The shopping bag ingredients need to have the potential to become a dessert, salad, sandwich etc (obviously no actual cooking is involved). The ingredients should mainly be made up of fruit and vegetables - as bright, colourful and varied as possible - since the assembly is all about celebrating God's creation and provision. You may want to add a few other things (eg a bread roll, yoghurt, dried fruit for decoration etc) to help the contestants to be as creative as possible.
- Try to make sure the end result is edible and is actually eaten - you may need to say this at the start. As the assembly is also about using the Earth's resources wisely, it wouldn't be wise to waste the food you are celebrating! It might be an idea to bring some containers to put the food in at the end.



READY STEADY COOK! (10-15 minutes)

Give out the red tomato and green pepper cards (one of each, or print them double-sided) to each pupil as they enter the assembly hall. Once everyone is sitting down play the theme tune music.

Hello and welcome to Ready Steady Cook – Harvest Special! *If you are visiting a school for the first time you may need to introduce yourself, perhaps by announcing that you are the special host for today's show. It's wonderful to welcome our lovely studio audience. Now let's meet our two contestants. (Round of applause.) In the red kitchen please welcome (insert name of teacher). In the green kitchen please welcome (insert name of teacher).*

Briefly interview each contestant:

- Tell us a little bit about yourself
- How would you rate your cooking abilities on a scale of one to ten?
- Shall we see what ingredients we've got today? *Invite the contestant to empty the bag onto the table and describe the contents. Make a point of expressing how bright and beautiful and lovely the fruit and vegetables are.*

You have just five (or ten if you have more time) minutes to create a wonderful dish using your ingredients. At the end of the five minutes we'll be judging you on how tasty your meal is, as well as on presentation and on how creative you have been with the ingredients you have. It's time to start the clock. All together, 'Ready, Steady, Cook!'

As the contestants make their dish ask them to explain what they are doing with each item of food, as well as other questions about foods they enjoy, do they eat their five-a-day etc. This will not only keep this section entertaining for the pupils but also add some pressure to the contestants. You could also interview some of the audience about their favourite vegetable or fruit-based dish, interspersed with checking on how the contestants are doing. Keep this section really fast-paced and fun.

Let the contestants and audience know when there is one minute to go. If you can, play the 30-second or 16-second theme tune music at the appropriate point as a countdown. Then get the audience to count down from 5 to 1 before you shout 'Stop cooking!'

Let's have a look at what you've made. *Try to make sure the pupils can see what each contestant has made. Try a bit of each one. Perhaps get the head teacher or another teacher to try a bit of each dish too and describe how tasty and well presented each one is, to help the audience decide.*

Now get the pupils to judge which one should win by holding up either their red tomato or green pepper card. Think of some fun prizes for the contestants (eg mug, plate, free meal at the school cafe etc), thank them for taking part and invite them to go back to their places.

Adapt this idea...

Here's a shorter, simpler version of the above idea. Start by playing the theme tune music. Ask the pupils if they know which programme it's from. Have they ever seen 'Ready Steady Cook'? I've been out to my local supermarket/farmer's market/garden and bought/picked a lovely selection of food for our very own Ready Steady Cook Harvest Special! Shall we see what's inside the bag? Empty the contents onto a table and invite some children near the front to tell everyone what they can see. Ask the pupils to say what they would make with the ingredients if they were on 'Ready Steady Cook'. Hopefully you will get a few different ideas. You may want to use one of them. Talk about Harvest by using/adapting the notes below whilst you create something from the ingredients, and then do the tasting at the end before the reflection.



The Earth is the Lord's (3 minutes)

That's it for our Ready Steady Cook Harvest Special. But hang on a minute! What did that have to do with Harvest? *You could ask the pupils for ideas.* Our contestants were given some beautiful, colourful fruit and vegetables. Harvest is the time we celebrate all the wonderful things we have to eat – especially things which come from the Earth and which farmers care for and grow and which end up in our supermarkets.

Christians (and people from other faiths too) believe that the world was created by God and belongs to God. The Bible says: 'The earth is the Lord's and everything in it, the world, and all who live in it...' (Psalm 24:1 *New International Version*). God made all the different varieties of fruit, vegetables and grains, not for him to keep, but for us to enjoy and to give us all the nutrients we need to live and be healthy. So all the lovely things we eat and enjoy are a gift from God.

But there's another link between *Ready Steady Cook* and Harvest. Our *Ready Steady Cook* contestants were given a bag of ingredients and asked to use them wisely and to make something tasty and lovely out of them. We have been given a whole planet full of different types of plants, including flowers and vegetables, and animals, which provide everything we need to live. As human beings, we have been given the special job or responsibility of looking after what we've been given and making the most of it, a bit like the contestants had to with their ingredients. How we use what we've been given is really important.

In the Bible there are some really good rules which God wanted his people to follow. One was to be good stewards of the Earth – a bit like gardeners looking after a garden. He didn't want people to just use the earth however they wanted to, but to take care of it. The other rule God told his people was that when they gathered in all the crops they had grown at Harvest time, they should leave all the crops which had fallen around the edges of their field for the poor, the orphans and the widows, instead of collecting all of it for themselves. This was a way of helping them not to be greedy but to share with others and make sure that everyone had enough. These rules were given to people a long time ago but they are still important for us today.

A famous Indian spiritual leader called Mahatma Gandhi once said, 'There's enough food in the world for everyone's need, but not for everyone's greed.' Harvest is a good time to remember that the world is a gift for everyone to share. Imagine if all humans only ever used what they needed from the Earth. Imagine if everyone took good care of the planet all the time. And imagine if everyone who has more than enough, more than they need, shared with people who didn't have enough. I wonder what the world would be like. *Ask the pupils what they think.* Christians believe that this is the way God meant the world to be.

Harvest donations (2 minutes)

If the school has been collecting food or other items for your church or centre, talk about how the children are using what they have been given to help people in your community who don't have all they need. Thank them for doing something beautiful for others and for sharing what they have and assure them that The Salvation Army will use their gifts wisely too and make sure they go to the people who need them most.



Reflection (2-5 minutes)

Let's have a time to be quiet and think. *Pause between each wondering question.*

- I wonder what you would like to say thank you for today. I wonder if there are three things you can think of to say thank you for.
- I wonder how you, your family or your school could care for the Earth even more.
- I wonder how you could share the good things you have been given with others.

If there's time play a reflective song to help pupils think about these questions, or perhaps a more lively one as they leave the assembly (see the song suggestions above).



For advice or help with any of the resources or ideas mentioned, phone or email the Schools & Colleges Unit, Monday to Friday 8.45am-5.00pm (details below). Visit our website for more assembly ideas.

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