



NELSON'S JOURNEY PURPLE PICNIC MONTH CLASSROOM RESOURCES FOR HIGH SCHOOLS

Bringing Back
Smiles to Bereaved
Children in Norfolk



A selection of
resources to use
in the classroom
during purple
picnic month.





Welcome to Purple Picnic Month

We are super excited for you to join us in our annual Purple Picnic event.

Cooking and Baking are not only great fun for all ages, but can also contribute towards a number of great skills and qualifications. The Duke of Edinburgh Award has a number of Life Skills that could be achieved through organising a picnic including :

Cooking
Event Planning

If students are studying towards a GCSE in Food Technology, why not use the assessment to prepare a feast for your picnic?

Have fun and gain those qualifications at the same time as raising much needed funds to help support Norfolk's Bereaved Children and young people.



Welcome to Purple Picnic Month

On the following pages, you will find a number of resources and activities to use. These include recipes, activities and information. They are both fun and educational.

Feel free to print whichever resources you find useful and will help you on your way.

We love to hear all about your events and see any photos so please send these over via email to fundraising@nelsonsjourney.org.uk or tag us in any posts on social media.



Recipe donated by Baking for Wellbeing in support of Nelson's Journey Purple Picnic week

FOR THE SPONGES

- 110g Baking Spread such as Stork
- 110g Caster Sugar
- 2 Medium Eggs
- 110g Self Raising Flour
- 1/2 tsp (teaspoon) Baking Powder

For the Buttercream:

- 200g Soft Butter (Room temperature)
- 400g Icing Sugar
- Food Colouring

EQUIPMENT

- Mixing Bowls
- Scales
- Sieve
- Measuring Spoons or Teaspoon and Tablespoon
- Table Knife
- Electric Mixer or a Fork & Wooden Spoon
- Silicone Spatulas
- Bun Tin
- 12 Cupcake Cases
- A Metal Skewer or Cocktail Stick
- Icing Bags
- Icing Nozzle (Wilton 2D for the Roses & Wilton 352 for the leaves)
- Scissors
- Small Bowl

PURPLE CUPCAKES METHOD



- Preheat the oven to 160C/350F / Gas Mark 4.
- Put the cupcake cases in the bun tin. If you don't have a bun tin, the cases can rest on a flat tray.
- Break the eggs in the bowl, then sift the flour onto the eggs in the mixing bowl, then add the sugar, baking spread & baking powder and mix together either by hand or using a mixer. Make sure the mixture is smooth and slightly fluffy.
- Divide the mixture evenly between the 12 cupcake cases.
- Put in the middle of the preheated oven for about 12-15 minutes or until they are well risen and golden. To check they are cooked, push gently on top and if they spring back it's done. Alternatively, insert a skewer or cocktail stick in centre of the cupcake. If it comes out with cake mix on it, cook for longer, if it comes out clean they're cooked.
- Once cooked, leave the cupcakes in the tin to cool completely.
- While cupcakes are cooling, make the buttercream. Put the butter into a bowl and mix for 30 seconds. Sift the icing sugar into the bowl and mix for 2-3 minutes until it all comes together. Add about 1/2 teaspoon of boiling water and then mix for 10 seconds more. Don't overmix as it needs to be stiff for icing.
- Separate some of the icing and put into a small bowl for the leaves. You only need a couple of tablespoons worth. Add the green food colouring to this mix and mix until it has an even colour. Add the purple food colouring to the remaining buttercream.
- Snip off ends of 2 icing bags and insert a nozzle in each one. Put the purple buttercream into the bag with the 2D nozzle, don't overfill the bag. Do the same with the green buttercream with the bag with the 352 nozzle.
- To pipe the flowers, use the bag with purple icing. Start in the middle of the cupcake and allow the buttercream to fall onto the cake then slowly spiral outwards overlapping the cake until it's covered. At the end, stop squeezing and pull the nozzle away sharply. Carry on piping until you've completed all 12 cakes.
- You will see the icing is a bit untidy where the nozzle has been pulled away, this is where you add your leaves. Grab the icing bag with the green icing. Hold it up so it's like a beak and 1/2cm away from where you want the leaf. Gently squeeze and the nozzle will start creating a leaf. You don't need to pull away much until after you finish squeezing. It's always worth practicing by icing into a bowl if you're a bit unsure to start with.

SAUSAGE
ROLLS



Recipe courtesy of BBC Good Food

Ingredients

- 375g all-butter puff pastry
- flour, for dusting
- 2 tbsp apple sauce, pickle or chutney
- 400g sausagemeat or sausages, skins removed
- 1 egg, beaten
- 2 tsp sesame seeds or nigella seeds (optional)

EQUIPMENT

Rolling Pin
Fork
Knife
Pastry Brush
Small bowl
Baking Tray
Baking Parchment
Cooling Rack

SAUSAGE ROLLS METHOD

STEP 1

- Roll out the pastry to a 35 x 30cm rectangle on a surface lightly dusted with flour. Trim the edges neatly, then cut in half length ways to form two long strips. Spread with a thin layer of the apple sauce, pickle or chutney, leaving a border along the edges.

STEP 2

- Tip the sausage meat into a large bowl, add 3 tbsp cold water and squash together. Divide the mixture in two and mould each half into a cylindrical shape. Put each portion of meat into the middle of a pastry strip, leaving a border at either side. Brush the pastry border and the top of the sausage mix with the beaten egg. Fold one edge of the pastry over the meat and roll to encase, then use a fork to press the pastry edges together. Cut the sausage rolls into 5cm lengths and arrange on a lined baking tray. Chill for 20 mins. Can be made a day ahead or frozen for up to one month; to bake from frozen, add an extra 10 mins to the cooking time.

STEP 3

- Heat oven to 200C/180C fan/gas 6. Brush the sausage rolls with the rest of the beaten egg and sprinkle with the sesame seeds or nigella seeds (if using). Bake for 30-35 mins until the pastry is deep golden. Transfer the sausage rolls to a wire rack and leave to cool for 10 mins.

LIGHTER
SCOTCH
EGGS



Recipe courtesy of BBC Good Food

Ingredients

- 5 tsp rapeseed oil
- 1 shallot, finely chopped
- 5 medium eggs
- 85g green lentil (drained weight from a 400g can)
- 225g extra lean pork mince (less than 5% fat)
- 2 tsp finely chopped sage
- 3 tsp finely snipped chive
- ½ tsp dry mustard powder
- good pinch of grated nutmeg
- 1 tbsp plain flour
- 25g panko crumbs (Japanese breadcrumbs)

EQUIPMENT

Non Stick Frying Pan
Medium Sauce Pan
Spatula
Plate
Timer
Mixing Bowl
Fork
Pastry Brush
Kitchen Roll
Baking Parchment
Baking tray

LIGHTER SCOTCH EGG METHOD

STEP 1

Heat 1 tsp of the oil in a small non-stick frying pan. Add shallot and fry for a few mins until softened. Transfer to a plate and set aside to cool. (No need to wash the pan, you can use it later.)

STEP 2

Meanwhile, put 4 of the eggs in a medium pan, covering well with cold water. Bring to the boil – as the water starts to bubble, set the timer and boil for 5 mins. When cooked, pour off the boiling water and cool the eggs under cold water to stop them from cooking further. Mash the lentils well in a medium bowl with the back of a fork, then stir in the pork mince, sage, 2 tsp of the chives, the mustard, nutmeg, cooled shallots, a pinch of salt and a generous grating of black pepper. Peel the shells from the eggs and pat dry with kitchen paper.

STEP 3

Divide the meat mix evenly into 4. Tip the flour onto a plate and roll in each egg to coat, tapping off any excess. Pat down a quarter of the meat mix on the work surface to a 12-13 cm circle, using the rest of the flour to keep it from sticking. Cup the circle in your hand and place one of the eggs in the center. With both hands, pat, press and ease the meat mix around the egg until it is completely and evenly covered. Seal really well so there is no join, then pat and roll it into a good shape on the floured surface. Repeat with the rest of the meat mix and cooked eggs.

LIGHTER SCOTCH EGG METHOD

CONTINUED...

STEP 4

Mix the panko crumbs on a large plate with the remaining chives. Beat the remaining egg on a plate, brush some all over each coated egg (you won't use it all), then roll the eggs in the panko crumbs, patting them on to stick. Lay the eggs on a baking parchment-lined baking tray and chill for 20-25 mins (but not overnight). Heat oven to 190C/170C fan/gas 5.

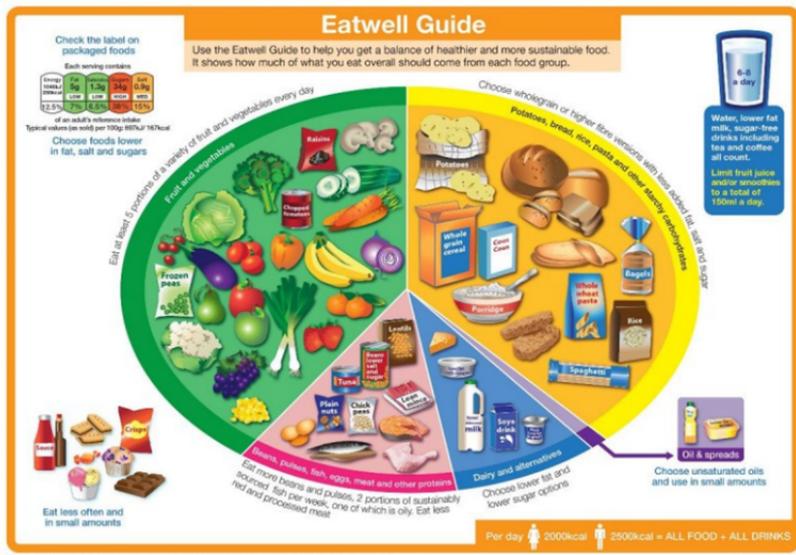
STEP 5

Heat 2 tsp of the remaining oil in the pan you used for the shallot. When quite hot (it is hot enough when a few panko crumbs dropped in sizzle immediately and start to brown), put in 2 of the scotch eggs and roll in the oil to coat them well. Set the timer for 2 mins, then fry, turning often, to brown all over. You are just browning, not fully cooking the eggs at this stage, so don't overcook or the coating may start to split. Transfer to the lined baking tray and repeat with the remaining eggs, lowering the heat slightly if the pan gets too hot.

STEP 6

Bake the scotch eggs for 12 mins. Remove and lay them on kitchen paper to drain and leave to cool slightly. Halve the scotch eggs using a sharp knife and serve slightly warm or cold. Best eaten the same day or, when cold, can be stored overnight in the fridge in an airtight container.

The Eatwell Guide information



Eating a well balanced diet is so important. The Eatwell Guide is the UK healthy eating model. It shows the proportions in which different types of foods are needed to have a well-balanced and healthy diet. The proportions shown are representative of your food consumption over the period of a day or even a week, not necessarily each meal time.

The Eatwell Guide is based on the Government's Eight tips for healthy eating, which are:

1. Base your meals on starchy foods.
2. Eat lots of fruit and vegetables.
3. Eat more fish – including a portion of oily fish each week.
4. Cut down on saturated fat and sugar.
5. Try to eat less salt – no more than 6g a day for adults.
6. Get active and be a healthy weight.
7. Don't get thirsty
8. Don't skip breakfast.

The Eatwell Game

Knowing what you are fueling your body with is very important.

Food not only tastes great and stops our stomach grumbling, but it also plays an important role in keep us fit, healthy and functioning on a daily basis.

Do you know which foods belong to which groups?

Download the food cards below and categorise them into each of the 5 categories.



Event Planning

Your Purple Picnic can be as simple or elaborate as you want.

Regardless of what your plans are - preparation is always key.

Get a group together to come up with a plan for the event.

Things that need to be considered include:

- Who to invite
- How to invite them
- Timings and Venue
- Food options and dietary requirements
- Health, Safety and hygiene
- If selling items - pricing and payment methods
- Set up
- Event itinerary / plan
- Activities
- Pack down and clean up
- Event evaluation and feedback



DOWNLOAD



Free events planner



Set Up Your JustGiving Page

The most convenient and easiest way for you to collect donations is to set up an online fundraising page by visiting <https://www.justgiving.com/campaign/purplepicnic>

Here's some tips on how to set up and promote your fundraising page:

- 1) Upload a profile photo
- 2) Set a fundraising target
- 3) Tell your story of why you are taking part in Purple Picnic, and why you're raising funds for Nelson's Journey
- 4) Share the link so your supporters can make a donation
- 5) Thank your supporters



Good Luck!
We Hope You Have Fun



After Your Picnic...

We hope you enjoyed hosting your Purple Picnic and that everyone had fun.

WHAT'S NEXT?

We would love to know how your event went.

Please email

Fundraising@nelsonsjourney.org.uk

Please tell us a bit about what you did, include details like this:

- Details about your Picnic, what you did, what went well.
- Photos of your event that you are happy for us to share on social media and for marketing purposes.
- How much you raised.
- How and when you will be paying in funds in to the charity.



Thank you for supporting our work and helping to bring back smiles to Norfolk's bereaved children.



How To Pay Your Funds In

If you have not set up a JustGiving page you can send donations to us in the following ways.

ONLINE DONATION

Visit <https://www.justgiving.com/campaign/purplepicnic> and select the give now option.

BY DIRECT BANK TRANSFER

Please contact us at fundraising@nelsonsjourney.org.uk for full details on how to do this.

BY CHEQUE

Please make this payable to 'Nelson's Journey' and post to Smiles House, Octagon Business Park, Hospital Road, Little Plumstead, Norwich, NR13 5FH.

BY CASH

You can drop off payment to our office by prior arrangement. We are open Monday – Thursday 9am to 5pm and Friday 9am to 4:30pm. Call us on 01603 431 788 to arrange this.



Congratulations!

in taking part in the 2024
Nelson's Journey
Purple Picnic.
Thank you for raising

to support Norfolk's
bereaved children.

