

Around the world in 30 days challenge: Introduction



This challenge will take employees on a round the world food experience in just 30 days!

Over a period of one month, employees will be asked to try foods that originate from different countries. The challenge is to visit the most number of countries in 30 days!

Challenge objectives

- To encourage employees to try new foods
- To raise awareness of the geographical sources of foods and therefore the distance food travels before it appears on our plates
- To increase awareness of the nutritional values of different foods.

Challenge details

Participants are provided with a list of foods and the countries from which they originate. (See the Entry form and guide for participants on the next page.) Over a period of one month, they are asked to 'visit' as many different countries as possible by eating foods from those countries. No more than two foods can be counted at any one meal, and no more than one food at any snack time. The foods in the food lists have been selected for their nutritional content.

Participants are asked to record the foods from the list that they eat at each meal.

They are asked to return their completed entry forms at the end of four weeks.

The winner is the person who has 'virtually' visited the most countries in four weeks.

How to start the challenge

- Distribute the challenge entry forms. (You may have an IT expert who could create an electronic entry form for participants to use.)
- Prepare motivational materials to help keep participants interested in the challenge – for example, interesting facts about the countries that the participants may virtually visit, as well as

nutritional information about some of the foods from these countries.

- Organise a team to analyse the completed entry forms.

Entry form and guide for participants

Over the next month we would like to take you around the world using your tastebuds for transport!

Below is a list of a wide range of foods. We would like you to try to include these in your diet at some point over the next four weeks. The foods have been chosen for their nutritional value and also their source of origin. (The source of origin may not necessarily be where these foods are produced today. (Some foods originate from a particular country but are now grown in a much wider range of countries because of changes in farming.)

The challenge is to visit as many different countries as possible by eating foods from these countries.

Use the entry form below to record which foods you eat from the list below. At the top of the form, there's an example of the sort of information you need to fill in.

- You get 1 point for each different food you eat from the list below.
- You can count any single food once during a week. So, for example, if you have porridge on Monday and Friday in week 1, you only get 1 point for it.
- To stop you over-eating, you can only get 1 point at any mealtime and only 1 point for all the snacks each day (not 1 point for each snack).

The winner is the person who has virtually visited the most countries over four weeks.

The maximum score is 112 (28 per week).

Around the world in 30 days challenge: Guide for participants



Over the next month we would like to take you around the world using your tastebuds for transport!

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Around the world in 30 days challenge: Food from around the world

MISSION VERY
POSSIBLE!



Country	Food challenge	Country	Food challenge
Afghanistan	Carrots	Japan	Egg noodles Soya beans Sushi
Africa	Okra	Korea	Barley Pumpkin
Australia	Limes	Mexico	Corn tortillas Red chillies Red kidney beans
Brazil	Cashew nuts	Morocco	Couscous
Canada	Blueberries	New Zealand	Kiwi fruits
China	Aduki beans Bean sprouts Brown rice Green beans	Northern Ireland	Potatoes (boiled or baked)
Cyprus	Artichokes	Peru	Quinoa
England	Apples, pears	Scotland	Porridge oats
France	Grapes	Spain	Onions
Germany	Rye bread	Switzerland	Broad beans
India	Aubergines Chickpeas Kohlrabi Semolina	USA	Black-eyed beans Sweet potatoes
Iraq	Lentils	Wales	Leeks
Italy	Passata Polenta		

Around the world in 30 days challenge: Record sheet

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Week	Country	Food/Mealtime	Points
Example:	Scotland	Porridge / Breakfast	1
Day1	China	Brown rice / Dinner	1
Week 1			
Day 1			
Day 2			
Day 3			
Day 4			
Day 5			
Day 6			
Day 7			
			Total points for the week:

Around the world in 30 days challenge: Record sheet

MISSION **VERY**
POSSIBLE!



Week 2	Country	Food/Mealtime	Points
Day 1			
Day 2			
Day 3			
Day 4			
Day 5			
Day 6			
Day 7			
Total points for the week:			

Around the world in 30 days challenge: Record sheet

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Week 3	Country	Food/Mealtime	Points
Day 1			
Day 2			
Day 3			
Day 4			
Day 5			
Day 6			
Day 7			
Total points for the week:			

Around the world in 30 days challenge: Record sheet

MISSION **VERY**
POSSIBLE!



Week 4	Country	Food/Mealtime	Points
Day 1			
Day 2			
Day 3			
Day 4			
Day 5			
Day 6			
Day 7			
Total points for the week:			

Around the world in 30 days challenge: Feedback

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Use the space provided below to provide feedback about this Eat well! challenge.

The closing date for entries is:

**When you have finished please
return your entry form to:**