



Many cultures have influenced East African dishes, how food is prepared and consumed, this has resulted in a unique melting pot of flavours, ingredients, and cooking methods.

Typically, dishes in East Africa include grains, stews, and curries generously spiced with herbs, fruits, and seafood. While different communities have their own native foods, East Africa enjoys cereals like maize, millet and sorghum accompanied by various meats, fish and vegetables

Latest data shows a likely unprecedented deterioration in the food security situation, with over 5.4 million people experiencing acute food insecurity in Kenya alone.

Due to poor rainfall, insecurity and government policies Somali, Kenya, Ethiopia and South Sudan are facing acute food shortage and malnutrition.

During our food season, teams will trace the food journey from how it is grown, harvested, transported, processed, distributed and consumed. They will dig deeper on the factors that affect distribution, cost, handling and safety of food looking at the roles taken by men and women in our society to ensure the food we consume is not only safe and fresh but timely and reliable.

We shall have two events;

1. In school expo presentations and displays between **October 1st and 7th 2023**, each school will have its presentation day individually, presentation pictures and short videos will be shared to us via WhatsApp and feedback given to the schools on areas that need improvement.
2. All together presentations, robot game and display on **30th March 2024**. **Venue and schedule will be shared later**. During this event, teams will have display tables to showcase their work. Judges and teams will have time to see the work done by other team's, listen to their pitch and displays; later, we'll have robot game running before closing ceremony.

Cost:

Age	Team reg fee without challenge resources	Challenge resources	Total cost: Team reg. inclusive of materials per team	Materials	Max no of Students per team
6-9 years	6,000/=	3,000/=	9,000/=	Challenge poster	3
10-13 years	8,000/=	15,000/=	23,000/=	Challenge mat and obstacles	4
14-17 years	12,000/=	15,000/=	27,000/=	Challenge mat and obstacles	6

Kindly note: Challenge resources can be shared among teams. E.g., three teams can pay reg fee for 3 teams and purchase 1 challenge resource.

Links you can use:





History of food: <https://www.youtube.com/watch?v=YUk8LrLEiyk>

History of cooking: <https://www.youtube.com/watch?v=KHALwapsD-0>

Culinary history: <https://www.youtube.com/watch?v=59ZIVoqD9N0>

History of agriculture: <https://www.youtube.com/watch?v=GtCEAR6Sb3Y>

Food process: <https://www.youtube.com/watch?v=WazK8e88axE>

How plants grow: <https://www.youtube.com/watch?v=u46A0WKp2nk>

Harvesting: <https://www.youtube.com/watch?v=rLrV5Tel7zw>

Harvesting practices: <https://www.youtube.com/watch?v=x6Mwfd2-SOQ>

Food processing: <https://www.youtube.com/watch?v=DNDipuD1Y9c>

Food laboratory: <https://www.youtube.com/watch?v=dIsoKWCZRkc>

Food Scientist: https://www.youtube.com/watch?v=RFE9ByZ_oUo

Food supply Chain: <https://www.youtube.com/watch?v=9hRU1Gc3Fag>

Netherlands green house: <https://www.youtube.com/watch?v=KfB2sx9uCkl>

Food Safety: https://www.youtube.com/watch?v=0J2Qv_72Xzo

Food Safety inspection: <https://www.youtube.com/watch?v=7xQkcjluQjU>

Food consumption and environment: https://www.youtube.com/watch?v=uJ_CgWS6xRo

Food and environment: <https://www.youtube.com/watch?v=Plc42oIU0Ik>

Food wastage: <https://www.youtube.com/watch?v=ishA6kry8nc>

Food related careers: <https://www.youtube.com/watch?v=gXRIVMRHBFo>

Kenya vision 2030: <https://vision2030.go.ke/economic-pillar/>

SDG: <https://www.un.org/food-systems-summit>