

# Ice Breaker/Energiser/Intergrater

**Name:** Food

**Number of Participants:** 6+ even numbers

**Equipment:** Card

**Time:** 10 – 15 mins

**Steps:**

1. Give each participant a card with a name of food on it (item of ingredients), i.e. potato, minced beef, bacon, bread
2. They should then introduce themselves to each other and what food they are. They should try and work together to create a (spoken) three-course meal using the ingredients they have been given.