

## **‘Healthy Herts’ FOOD CHALLENGE**



Choose at least one challenge out of the 25 available.

Try to pick something that the Unit has not tried before and is a challenge in the true sense!

**Please do check that you have the correct adult-to-child ratio for your section when meeting outside and that you follow the guidelines in the Guiding Manual.**

1. Hold a Ready Steady Cook evening or event
2. Play the alphabet food game
3. Make a collection of seasonal recipes
4. Grow your own vegetables or herbs and use them - invite guests to sample your delights
5. Hold a themed food evening - international, festive or other theme
6. Have a fun-filled evening using chopsticks!
7. Make lemonade, tropical fruit punch or other non-alcoholic cocktails
8. Keep a food diary and work on the results!
9. Go on a quest to make the ultimate hot chocolate drink
10. Hold a fondue evening - sweet or savoury, whatever takes your fancy!
11. Take the Breakfast Challenge - make the best meal of the day
12. Look at the energy we get from food - take a closer look at supermarket labels
13. Make some homemade soup - prepare, cook and give it a name. Invite guests to try it!
14. Create your own fast foods - make burgers, real chips and pizza
15. Make jams or chutney and sell it to raise funds
16. Have fun with a potato!
17. Investigate quick alternatives to fast food
18. Invite a local food professional to your meeting - a restaurateur, chef, etc
19. Create your own lollies and ice creams using fruit juices and berries
20. Hold a smoothie evening and invite another unit to join you
21. Visit Mill Green Museum, buy some of their flour and bake your own bread
22. Make 5-a-day fruit or vegetable characters and learn more about your 5 a day
23. Hold a ‘bring a cookbook’ evening and have fun planning meals and talking about food!
24. Make a traditional picnic packed lunch and decorate with gingham napkins and bunting
25. Hold a ‘favourite TV chef’ evening

## The Challenges in more detail...

### 1. Hold a Ready Steady Cook evening or event

Copy the TV show and either in teams or as leaders buy ingredients for £5 for the teams to cook. You can compete or one team makes a meal and the other the dessert.

### 2. Play the alphabet food game

Time filler game - in a group start with A and the first person thinks of a food beginning with A (e.g. apple), the second B (e.g. banana) etc. A harder alternative is asking them to remember the items as they go: e.g. the first person says apple, the second person apple, banana, and the third person says apple, banana and carrot.

### 3. Make a collection of seasonal recipes

Ask each girl to bring in her favourite summer/winter recipe. Look at how many are the same; are there seasonal changes - in winter do they prefer a casserole and in summer strawberries?

### 4. Grow your own vegetables or herbs and use them - maybe invite a guest to sample your delights.

If you have space you may wish to grow vegetables as a unit, or set the girls a challenge to grow their own and have a competition to see whose is the biggest etc. Sunflowers (which have edible seeds) are also good to grow as a challenge. Alternatively you can grow cress in the shape of your initials or older girls could make garlic bread. The choice is yours!

### 5. Hold a themed food evening - international, festive or other theme

Try foods from the world centres in India (curry), Mexico (tortilla chips), London (fish and chips) and Switzerland (cheese/chocolate fondue).

### 6. Have a fun-filled evening using chopsticks!

You could try eating a Chinese meal with chopsticks and play some games, such as eating smarties or raisins using them.

### 7. Make lemonade, tropical fruit punch or other non-alcoholic cocktails.

Have a look at Activity Sheet F7 for some recipe ideas.

### 8. Keep a food diary and work on the results!

Provide each girl with a timetable for the week; ask them to write down the meals/snacks/drinks consumed during the week. Ask them to think about their 5-a-day and how much water they are drinking. If they are older you could discuss the protein and carbohydrates they are eating. Is it healthy to have the odd bag of crisps or is two bags a day too many?

### 9. Go on a quest to make the ultimate hot chocolate drink

Hold a competition to make the best or simply bring along the ingredients with some added extras such as marshmallows/chocolate sprinkles and cream. (Remember not everyone likes hot chocolate so you may need some alternatives)

### **Basic Hot Choc Recipe**

Put a few lumps of good quality dark cooking chocolate in a saucepan and heat gently. Once melted, add milk and stir until mixed.

Pour out into mugs and top with a blob of whipped cream and decorate with mini marshmallows, hundreds and thousands and/or chocolate powder.

**Try it differently...** If you have a girl with a lactose intolerance or other dietary requirement, try using soya or goat's milk - can the girls tell the difference? Alternatively Green & Blacks do a yummy hot chocolate which will save you going through the chocolate melting process.

#### **10. Hold a fondue evening -sweet or savoury, whatever takes your fancy!**

Chocolate fondues are great, you don't even need a fondue set - some melted chocolate in a bowl with some fruit to dip in makes a wonderful mess but is very tasty.

A cheese fondue is good for a small group, but it's best to follow a recipe, however please be aware that a traditional cheese fondue recipe will contain alcohol. So over 18's only!!

There are recipes out there that do not contain alcohol but they are all likely to suffer problems with flavour and texture. You can replace alcohol with apple juice.

[www.yummly.com](http://www.yummly.com)

#### **11. Take the Breakfast Challenge - make the best meal of the day**

Challenge groups to design and make their own breakfast. Could it be a muesli/yoghurt delight? Does it need to be the full works (sausage, egg, bacon etc)? Or would a bacon toastie be the best? Who knows!

#### **12. Look at the energy we get from food -take a closer look at supermarket labels**

Investigate the nutrients mentioned on the nutritional panel food labels - look at the Food Standards Agency website for more information. [www.food.gov.uk](http://www.food.gov.uk)

#### **13. Make some homemade soup - prepare it, cook it and give it a name. Invite guests to try it!**

See Activity Sheet F13 for some recipe ideas or have fun trying your own.

#### **14. Create your own fast foods. Make burgers, real chips, and pizza.**

See Activity Sheet F14 for some pizza recipe ideas. There is a good homemade burger recipe here: <https://www.jamieoliver.com/recipes/beef-recipes/a-cracking-burger>

#### **15. Make jams or chutney and sell it to raise funds.**

See Activity Sheet F15 for some recipe ideas.

#### **16. Have fun with a potato! Have a creative evening with this versatile veg - cook it, print with it or make a Mr Potato Head!**

Make wrapping paper or a picture with your potato prints. Look at [www.Pinterest.com](http://www.Pinterest.com) for ideas.

**17. Investigate quick alternatives to fast food - survey your local area for healthier alternatives to fast foods. Include restaurants, farm shops and supermarkets and look at organic, fair-trade and healthy options**

Look at the options; does the outlet have healthy food? Score the shop on the number of healthy options available? How healthy do you think it really is (e.g. McDonald's salads)? A lot of the traditional fast food outlets now offer healthy alternatives to burger and chips.

**18. Invite a local food professional to your meeting - a restaurateur, chef, butcher, baker or other**

Find out about what their work involves and get the girls to come up with good questions to ask. Perhaps they could ask about the qualifications they'd need to get into the job.

**19. Create your own lollies and ice creams using fruit juices and berries.**

See Activity Sheet F19 for some recipe ideas.

**20. Hold a smoothie evening and invite another unit to join you.**

**Recipe for Banana Smoothie** from [www.netmums.com](http://www.netmums.com)

- 2 Bananas
- 1 tbsp Honey
- 1tbsp Yoghurt
- 2 cups Milk

Peel, chop up and liquidize banana in food processor or smoothie maker with honey and milk.

Pour into cups/glasses add curly straw for extra appeal if you want!

Try using different fruits and flavoured yoghurts to see how different combinations taste.

**21. Visit Mill Green Museum, buy some of their flour and bake your own bread.**

Find out more: [www.Millgreenmuseum.wordpress.com](http://www.Millgreenmuseum.wordpress.com)

**22. Make 5-a-day fruit or vegetable characters and learn more about your 5 a day**

Make your own characters; use a potato for a body, cocktail sticks for arms, raisins for eyes, nuts for feet. Alternatively create your own characters by drawing/painting or using felt.

Look for ideas on the internet.

**23. Hold a 'bring a cookbook' evening, have fun planning meals and talking about food!**

Bring in your favourite recipes and see if you can make a balanced menu. Does your unit have a sweet or savoury tooth?

**24. Make a traditional picnic packed lunch, decorate with gingham napkins & bunting.**

Get everyone to bring along a contribution to the picnic, and during the meeting make pretty bunting and decorate your picnic space.

**25. Hold a 'favourite TV chef' evening - include their personality, cooking styles, recipes, and restaurants**

Choose a favourite recipe such as spaghetti bolognese and get everyone to bring along a recipe for it from a different chef. Compare the ingredients, cooking method and taste. Do they taste very different? Do they use different herbs and spices? Do some take longer than others to cook?