

To Eat or Knot to Eat



You will need

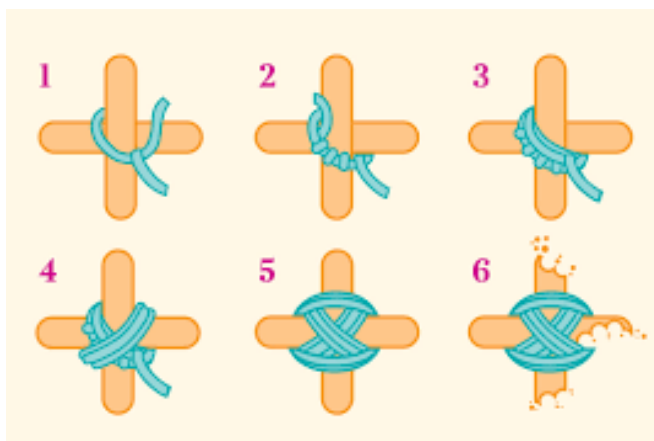
- Edible Poles:
Pretzels, Breadsticks or Chocolate Fingers
- Edible Ropes:
Cheese Strings or Strawberry Laces

Before you begin

Make sure you wash your hands.

Have a go

1. Start by winding the string around both poles.
2. Next, wind it back on itself.
3. Wrap diagonally across the poles in one direction with two or three turns.
4. Then wrap diagonally with two or three turns the other way.
5. Tie off the lashing with a knot.
6. If the lashing has been tied correctly, it can be eaten – so tuck in!



Additional Information

This activity is also about how we can use materials in the outdoors to help us.

If you need to tie a knot when you are outdoors, nature can provide suitable materials like vines and grasses.

But what is important is you must practice making your lashing and knots neat and tidy.

Think what other things you could build to practice more edible pioneering projects:

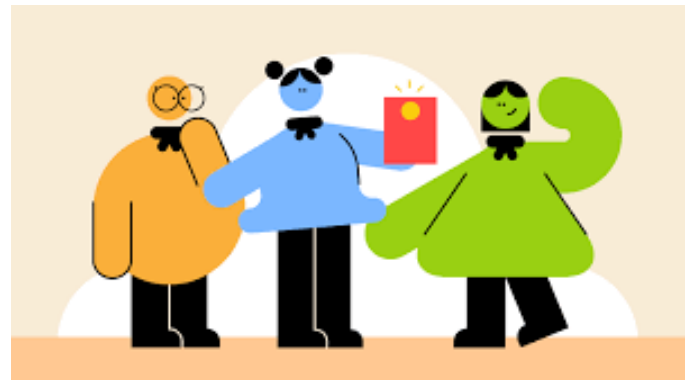
- Tripods
- Flagpoles
- Miniture Camp Gadgets
- Monkey Bridges
- Towers
- Ladders

Reflection

This activity has helped you to learn new skills by practising your knots and lashings.

These can be hard to do at first, but practice makes perfect.

- What did you learn about the importance of knotting skills?
- How many different types of knots did you use?
- What happened if you over-tightened your edible knots?



Safety

Food – Check for food allergies before you begin.

Make sure you have suitable areas for storing and preparing food to avoid cross-contamination risks.

Check with an adult before starting this activity.

All Activities are taken from the Scout Association's Great IN Doors programme.