



Super Chef

Three weeks of food for the activity badge.

How to earn the badge

1. The food we eat comes from lots of different places all over the world. Some grows underground, some grows on bushes or trees, and some comes from animals. Think about where the foods you eat come from.
2. We can use all of our senses to find out about food. It can be sweet, salty, crunchy, soft, or even brightly coloured. Are there any new foods you would like to try? Explore some new foods with your friends.
3. Having fun while cooking isn't just for grown-ups. Wash your hands, follow a recipe, and make a tasty snack with your friends.



Programme Planner – Week 1

Arrival	Colouring
Story	Oliver's Fruit Salad
Activity	Fruit Kebabs
Game	Fruit Salad

Programme Planner – Week 2

Arrival	Colouring
Activity	Food Detectives
Discussion	My Favourite Foods
Game	Fruit Salad



Programme Planner – Week 3

Arrival	Colouring
Story	The Hungry Caterpillar
Activity	Camp Fire Biscuits
Activity	Camp Fire Songs



How to run each part of the programme:

Fruit Kebabs

Prep: Snip the very sharp end of the skewers.

How: Everyone should wash their hands.

The person leading the activity should show everyone the whole fruits.

Everyone should talk about what the different fruits are. Has anyone tried any of them before?

Carefully pass around the different whole fruits. Do they have any smell?

Make sure that everyone has a clean plate or surface to use.

The person running the activity should explain that the knives and skewers are sharp and they should show everyone how to safely cut up the fruit into smaller pieces and how to put fruit on the skewer. (Show how to hold the fruit on either side with their fingers and thumb and pull it gently onto the skewer. warn not to press down from the top in case they injure their hands).

Everyone should decide which fruits they would like to try and put one or two pieces onto their plates, making sure that there is enough for everyone to try everything.

Encourage the young people to try something new and use their senses to explore any unfamiliar fruits. People could take one piece of each unfamiliar fruit to see what it feels and smells like – if they decide not to use it, they should leave it on their plate.

No one else should use a piece of fruit once someone else has touched it.

Everyone should cut their fruit and put it onto their skewer, one piece at a time.

Once the kebabs are finished, everyone should sit down and enjoy their fruit kebabs together.

It is ok if some young people would rather save them and take them home.

Fruit Salad Game

How: Everyone sits in a circle, making sure that there is enough space for people to run around the outside of the circle.

Choose four different types of fruit, walk around the circle, tap people on the shoulder, and give them a fruit name and give the fruit names out in order, so every fourth person will be the same fruit. Check that everyone knows what fruit they are by asking each fruit to put their hands up in turn.

The leader calls out the name of one of the fruits. Anyone with that fruit name should get up, run around the edge of the circle, and sit down in a different place to where they were before.

Keep running practice rounds until everyone understands the rules and is ready to play.

Keep calling out fruits, and everyone should keep getting up and running around the edge when their fruit name is called, before sitting down in a different place.

If "FRUIT SALAD" is called, everyone should stand up, run around the edge, and sit in a different space.

Food Detectives

Prep: Collect a range of different food packaging, make sure it is clean. Include some items that come from plants and some that come from animals, or some that come from both, such as pizza. Put all the food packages and tins (un-opened to be safe) in a "Bag for Life" from a supermarket. Prepare signs: FROM PLANTS / FROM ANIMALS / FROM BOTH.

How: Ask everyone about where their food comes from. People might talk about supermarkets or food banks, but where does the food come from before it gets there?

Some young people might grow food in a garden or on allotment (a piece of land away from your home). Some young people might even keep chickens for their eggs.

Explain that some food (like vegetables and pasta) comes from plants, while other foods (like milk and chicken) come from animals. The food people eat is likely to have come from different places all around the world or maybe from local farms. Some of it goes to factories, where they mix things together to make different foods.



Show everyone the bag of food items and invite each young person, one at a time, to pick an item from the bag. They should try to identify their food item. Do they think it comes from a plant or an animal, or maybe both?

Then everyone looks at the map and tries to decide where the food originally came from, the leader, working on a central map can place the item outside of the map and connect it with a piece of string, securing with some blu-tac.

Let young people keep taking it in turns to choose a food item, identify it, and think about where it comes from. You can discuss if it grows above the ground, does it grow in a tree (like bananas) or on a smaller plant or bush (like strawberries)?

Ideas for food items

Here are some ideas of different items you might want to use.

From animals:

An empty milk bottle or carton
An empty egg box
An unopened can of tuna
An empty yoghurt pot
An empty tub from dairy spread
An empty jar from honey

From plants:

An unopened can of sweetcorn
A packet of spaghetti
A potato
An apple
A packet of raisins
An unopened can of baked beans

From plants and animals:

For an extra challenge, you could include some foods that have ingredients from both plants and animals:

An empty cardboard pizza box
A bar of milk chocolate
An empty box from fish fingers

My Favourite Foods

How: Everyone sits in a circle and takes turns to describe their favourite foods and where they come from. Are they plant or animal based or a mixture of both.

Camp Fire Biscuits

Prep: Cut the laces into pieces and mix the icing sugar into a thick mixture to stick things together. Also, it is helpful to make an example.

How: Everyone should wash their hands.

The person leading the activity should show the example of the camp fire biscuit and then everyone make their own version on a paper plate.

