

Plan a foodie social

Get baking

Find healthy recipes including one for orange and almond muesli bakes at: fundraising.scouts.org.uk/jaffa



Time needed 90 minutes

Badges



Jaffa partners the Beaver Health and Fitness Activity Badge and the Cub Our Skills Challenge Award

Partner



Outcomes

The young people will share their knowledge about healthy foods with others and help encourage family and friends to eat more fruit and vegetables as part of a balanced diet. They will learn about how many calories are burned by different types of exercise and plan a fundraising event that advocates healthy eating.

Taking it further

Entertain your guests with a comedy sketch about healthy eating, or get moving with some agility activities.

More information

For badge resources and activity sheets visit fundraising.scouts.org.uk/jaffa. If you have any ideas or feedback to improve the resources available for these badges, email info@jaffa.co.uk.

Encourage family and friends to enjoy a healthy lifestyle and get to know each other

Suitable for Beavers, Cubs and Scouts

You will need

- paper
- pencils
- pens

Instructions

1 Discuss with the young people why it's important to lead a healthy lifestyle. What can they do to get and stay healthy?

2 Explain that you're going to plan three or four activities for a healthy eating fundraising event at your meeting place. See the suggestions on this page for inspiration. **Ensure that you take into consideration any dietary requirements, allergies and dislikes when planning your activities.**

3 As a group, decide on a cause to support with your healthy fundraising. This might be equipment for your section or a local charity.

4 Design invitations and posters for your event, including what's going to be happening and when people should come along. Explain that it's also

a social event where young people can get to know others in their community.

5 Before your event, allocate tasks to the young people so everyone contributes to the activities. This might include baking or preparing food before the event.

6 Enjoy the event and activities with your family and friends, making sure food is labelled with ingredients and allergy information.

Activities to promote healthy eating

1

Bake different brownies using healthy additions like orange zest, beetroot, sweet potato or courgette, and ask people to guess the secret ingredient. (Check that nobody has any allergies first!)



2

Older sections could find out how many calories are burnt doing different physical activities and create a quiz to see how many people can guess correctly.

3

Create a buffet of healthy snacks including dishes of vegetable sticks and hummus, orange, halloumi and carrot salad, and fruit kebabs with yoghurt dip.