

ACTIVITY PACK LEADER'S NOTES

HEALTHY EATING BADGE



KENWOOD

INTRODUCTION

Food is not just about preventing hunger; the type of food we choose to eat and give our children determines their growth, their health and wellbeing.

Furthermore, many foods have so many nutrients, they can build up our immune systems and help us to avoid illnesses such as colds and flu and digestive complaints. Certain foods also help to provide energy for sports, or to calm a person down before bed time.

Getting young people/Beavers involved with food preparation and cooking will help them understand the value of healthy food from a young age and set them up for a healthier lifestyle in the future. This is why Kenwood is very pleased to sponsor the Healthy Eating Badge.

We aim to make our Activity Pack educational and fun with games and quizzes for Beavers to do in their Colony or at home. We also have very special offers on selected Kenwood products to help with current and future tasks.



ACTIVITY 1

MAKE A FRUIT KEBAB

Fruit is an ideal source of vitamins for everyone and children should be encouraged to eat many varieties.

Equipment:

- a quantity of wooden skewers
- several bowls to display the different fruit for the children to pick from
- a knife for leaders to cut some of the fruit into small pieces, shaped cutters for star shapes, and so on
- white plates for the young people to work on (white will make their colourful skewers stand out)
- you could ask the Beavers to bring an apron from home if they have one

Additional ideas:

- You could ask the Beavers to prepare some colourful labels for the front of the bowls – with the name or a drawing of each fruit. This could be done either at home or at a previous session.
- You could give points/rewards for the most colourful skewer and take photographs to post on your Facebook page, your noticeboard or website.
- Check for allergies.

Fruit:

- bananas
- green/red/black seedless grapes
- pineapple chunks
- strawberries
- mango chunks
- apples
- pears
- orange/clementine segments
- blueberries
- melons
- apricots
- dates
- kiwis
- cherries
- pitted olives



ACTIVITY 2

MAKE A HEALTHY SNACK

DID YOU KNOW?

that tomatoes, avocados and olives are all classified as fruit?

- Make this activity fun by using lots of different finger food and get the young people to make shapes, faces and drawings onto a plate.
- You could separate the Beavers into several groups with one group making a smoothie or milkshake to go with the snacks that the others are making.
- Make a smoothie or milkshake as a healthy drink to go with the snack (see recipes in activity pack).

Equipment:

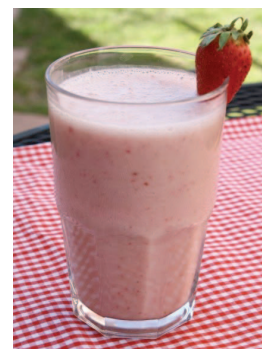
- use shaped cutters to cut bread and fruit into fun shapes
- paper cups for the smoothies/milkshakes
- plastic knives
- white plates for the children to work on (white will make their colourful snacks stand out)
- several bowls to display the different food for the children to pick from
- Kenwood smoothie maker or hand blender available to Scouts at 50% off RRP

Ingredients:

- **Vegetables:** cucumber (chopped into rings), carrots (cut into thin strips), celery, sweetcorn, sliced ham, peppers, mushrooms, green beans, peas
- **Fruit:** Cherry tomatoes, avocados, bananas, green/red/black seedless grapes, pineapple chunks, strawberries, mango chunks, apples, pears, orange/clementine segments, blueberries, melons, apricots, dates, kiwis, cherries, olives
- **Other:** brown and white bread, cheese (choose coloured ones too, such as red cheddar), oatmeal biscuits, raisins, seeds, unsalted nuts

Notes:

- Use lots of different coloured food to make it more fun and appealing.
- Help to cut food into bite-sized pieces.
- You could give points/rewards for the best looking plate, tastiest snack, most creative plate, and so on, and take photographs.
- Check for allergies.



ACTIVITY 3

MAKE TWO DIFFERENT SANDWICHES

Please see activity packs.

ACTIVITY 4

LIST SOME UNHEALTHY FOOD

- Ask the young people to cut out images of food from magazines and separate them into 'healthy food' and 'not so healthy food'.
- Or ask them to make a paper hat with a drawing of a food they have chosen and then ask them to place themselves into two groups – the 'healthy' group and the 'not so healthy' group.
- Play a game with the Beavers by calling out the names of various healthy, unhealthy and perhaps ambiguous foods. Ask them to run to one side of the room if they think the food is healthy, and the other side if they think it's unhealthy. If they are not sure, ask them to stay in the middle of the room.

Here are just a few examples:

Healthy: carrots, oranges, grapes, cucumbers, bananas, apples, pineapples, ham, orange juice, peppers, peas

Not so healthy: pizza, chips, crisps, sweets, fizzy drinks, salted peanuts, chocolate, ice cream, burgers

ADDITIONAL TASKS & TAKE HOME TASKS

- Create your own lunch box. Get the Beavers to help prepare their own lunchbox. Ask them to add one new healthy food in their lunch box the following week. These can be chosen from any of the food listed in the previous activities.
- Divide sandwiches into a jigsaw and get children to put the pieces back together. Not only do they eat, but they get to have fun as well.
- Play 'guess the food'. Blindfold the child and give him some bite-sized healthy food and see if they can identify what it is.
- Download a healthy eating certificate and award to those who have tried at least four new healthy foods during the week.
- At the supermarket, let your children find three foods that contain vitamin C, D, and so on.

KENWOOD SCOUTS OFFER



Kenwood Ltd is pleased to be able to offer the Scouting community the opportunity to purchase Kenwood kitchen equipment at a special 50% off RRP reduction.

At Kenwood we believe teaching children and young people how to prepare their own food is key to a healthy lifestyle and can open doors to further career options as they get older, developing the cooks and chefs of the future.

Kenwood has been designing and developing food preparation products for over 60 years, from food processors to hand mixers, including the iconic Kenwood Chef, which remains a kitchen staple. The Chef is continually being improved to suit the needs of today's customer and we're pleased to be able to offer our Chef Classic for just £140. You can also grab other great offers like the Hand Mixer, Hand Blender, Food Processor and Smoothie Maker. See the attached form to make your order.

Product specifications:

KM336 Chef Classic

- 800 watt motor
- 4.6 litre stainless steel bowl
- 1.5 litre blender
- Variable speed plus pulse
- 3 non-stick bowl tools
 - K Beater, Balloon Whisk, Dough Hook



FPP220 Food Processor

- 750 watt motor
- 2.1 litre total bowl capacity
- 1.2 litre calibrated blender
- Whipping tool
- 2 speed plus pulse
- Stainless steel knife blade and reversible slicing/grating discs



SB266 Smoothie Maker

- 500w motor
- 1.5 litre goblet with dispensing tap
- Spatula stir stick
- 2 speed plus pulse
- Stainless steel blades



HB724 Triblade Hand Blender Kit

- 700 watt motor
- Variable speed plus pulse
- Includes stainless steel blender wand, durable balloon whisk, big foot pan blender, puree masher, 0.5L chopping bowl with stainless steel blades, 0.75L beaker



HM326 Hand Mixer

- 250 watt motor
- Non-degradable stainless steel beaters and dough hooks
- Beater interlock system
- 3 speed
- Wrap around cord storage



Child Tabbards

- Age 5–11
- Pack of 6 only

To order these products, visit www.scouts.org.uk/kenwood.

For further information on these products, and the rest of the products in the Kenwood range, please visit www.kenwoodworld.com/uk



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Please write clearly in BLOCK CAPITALS and complete all of the sections. All the sections are mandatory and must be completed.

Title: _____ First Name: _____ Surname: _____

Scout Group/ Location: _____ Leader membership number: _____ (if applicable)

Address: _____

Postcode: _____

Telephone: _____ Email: _____

Product	Quantity	Offer price	Total price
Hand Mixer HM326		£13.49	
Hand Blender HB724 Triblade		£34.99	
Smoothie Maker SB266		£19.99	
Food Processor FPP220		£27.49	
Chef Classic KM336		£139.99	
Child Tabbards - Age 5-11 (pack of 6)			
Plus a delivery charge of £5 (free delivery for orders over £500)			£5.00
Total			

I enclose a cheque for £ made payable to Kenwood Limited.

Please return this form with your cheque to:
Kenwood Scouts Offer, UK Marketing Department, Kenwood Ltd, New Lane, Havant, Hampshire PO9 2NH

Please allow up to 28 days for delivery, subject to availability.

I agree to abide by the terms and conditions below.

Terms and Conditions: Kenwood Scouts Offer

- **The Offer** – is made by Kenwood Limited and is only open to UK Scout Leaders and parents.
- **Applications** – offer is valid from 1st October 2012 whilst stock lasts.
- **Prices** – include VAT.
- **Payment** – payment must be made with a cheque payable to Kenwood Limited.
- **Delivery** – Please allow up to 28 days from the receipt of the order for the delivery of your goods. No goods will be left unless an adult signs for delivery.
- **Delivery Charges** – delivery charges for the products are applicable and will be charged at £5.00 per order. (Free delivery for orders over £500.)
- **Supply of Goods** – where more than one product has been ordered but not all are available for immediate supply, we may elect to deliver the products that are available or wait for the complete order to be available. If we do this the delivery charges to you will be limited to the charges above.
- **Receipt of Goods** – you must ensure that the person who signs for the goods is entitled to do so. We cannot be held responsible for any loss incurred once delivery to the address you have specified has been made, nor are we responsible for the goods being accepted by the incorrect recipient at the receiving address.
- **Product Safety** – all the products offered are our standard models. By supplying them to Scout Groups we do not warrant that they are suitable for use by children. It is the responsibility of the Scout Leaders to assess the suitability of any of the products for use by any child and shall ensure all instructions issued with the product are complied with including, but not limited to, the requirement for the use by children to be supervised by an adult.

- **Product Warranties** – any consumer warranty document included within the product packaging shall be null and void as it relates to consumer rather than institutional use.
- **Return of Goods** – goods may only be returned by specific prior arrangement by phoning 02392 392291. We will then inform you of the procedure to return the goods to us. Refunds or replacements are issued only after the goods have been returned, checked and tested as appropriate. In all cases, goods returned to us must be sufficiently packaged to ensure that they arrive undamaged: we cannot be held responsible for any damage or loss that occurs to returned goods whilst in transit between you and Kenwood Limited.
- **Unwanted Goods** – you have 14 days from the time of delivery of the goods to you to inform us by phone on 02392 392291 that you do not wish to keep the goods. We must receive these goods from you within 14 days of your notification to us. Subject to goods being returned in "as new", unused condition in original undamaged packaging, we will refund in full the price inclusive of any delivery charges paid by you to us for the original supply of the product.
- **Faulty Goods / Goods Supplied in Error** – if the return is required as a result of our error or the discovery of a defect notified to us within the first 30 days from delivery to you, we will refund in full the price inclusive of any delivery charges paid by you to us for the original supply of the product or we will replace the goods for you at no cost, at your election. If an error in our supply to you or the discovery of a defect is informed to us after the expiry of 30 days from delivery to you we will refund or repair or replace the item at our election.
- **Special Offer** – the items offered are limited in supply and we reserve the right to withdraw the offer at any time.
- **Statutory Rights** – none of the above affects your statutory rights.
- **Applicable Law and Jurisdiction** – these Terms and Conditions shall be governed by the laws of England and the parties hereby submit to the non-exclusive jurisdiction of the English Courts. If any portion of these Terms and Conditions become void, it will not affect the validity and enforceability of the remaining provisions.



CONGRATULATIONS!!



HEALTHY EATING BADGE

This is to certify that

has achieved the Healthy Eating Badge

Date _____

Signature _____



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