

# Pasta Challenge



**Holy cannelloni, it's pasta time!**

Are you a true pasta fan or an im-pasta?! Prove your pasta passion with our Pasta Challenge. The pastabilities are endless...

For even more programme ideas check out our 'Pasta' board over on [www.Pinterest.com/PawprintFamily](http://www.Pinterest.com/PawprintFamily)

**#AdventureForAll**  
[www.PawprintFamily.com](http://www.PawprintFamily.com)

# Meet the FAMILY

Hi there! We're Charlotte & Jamie, the husband and wife team behind the Pawprint Family and we believe in #AdventureForAll.

It's our mission to help leaders, teachers and parents save time by providing ideas and opportunities to help them deliver everyday adventure and skills for life. We do this through our family of brands; find out more below and head to the website for your next adventure!



## PAWPRINT BADGES

Pawprint Badges provides thousands of free activity ideas and resources to help leaders, teachers and parents deliver fun and adventure.

Every activity helps you share skills for life and is linked to one of our pawesome embroidered badges. Build your collection and celebrate adventures, new skills and knowledge gained.

## PAWPRINT TRAILS

Pawprint Trails are treasure-hunt style walks around locations in the UK. Solve puzzles, track down the answers and explore everything our great country has to offer.

From historical sights to popular culture discover something new or rediscover a love for where you live then collect the badge to remember your adventures!

Whether you're looking for the perfect addition to your next family holiday or a few hours of fun with friends; each trail can be completed in a few hours or extended with our activity suggestions in to a weekend or a week's worth of fun!

## PAWPRINT TALES

Pawprint Tales are fully illustrated stories that can be enjoyed by the whole family. Join Alfie (our fox-red Labrador) on his adventures around the UK - solving puzzles, turning detective and making new friends. With twists and turns, every tale is an opportunity to discover new places, people and history without needing to leave the comfort of your own home.

Enjoy Pawprint Tales alongside your Pawprint Trails or as a standalone adventure!

## PAWPRINT TRUST

Every brand in the Pawprint Family supports the Pawprint Trust with a percentage of profits from every sale providing grants to young people. We're passionate about enabling young people to access life changing adventures.

Share your adventures and join us over on our social channels for even more adventures and a nosy behind the scenes at Pawprint HQ!



@pawprintfamily



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# HOW TO: Use Your Challenge Pack



This Challenge Pack has been divided into 4 sections: Craft, Food, Games and Other. In order to help you provide a balanced and varied programme for your young adventurers we recommend that the following number of activities are completed by each age group:

<b>Age 3 - 5</b>							<b>Craft</b>	<b>Food</b>	<b>Games</b>	<b>Other</b>	<b>PICK</b>
<b>Age 5 - 7</b>											
<b>Age 7 - 11</b>											
<b>Age 11 - 14</b>											
<b>Age 14 - 18</b>											
<b>Age 18+</b>											

**Leaders, Teachers & Parents**  
Award yourselves a badge for supporting your young adventurers in their activities!

## TOP TIPS

- Adapt activities as necessary to meet your needs.
- Add your own activity ideas or develop them into projects.
- Use what you have; don't buy in lots of new materials/equipment.
- No need to send us evidence, responsible grown-ups decide when the badge has been earned.
- One challenge badge can take as long as you like; from a few hours to days or even a full term!

## Terms of Use

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# Craft

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-  Pasta Picasso. Test your painting skills and get pattern printing with all kinds of pasta shapes. Don't fancy getting messy with paint? Make a picture out of actual pasta pieces instead (remember to glue them down once you've finished!)
-  Thread rigatoni or penne pasta onto string, wool or bracelet bands to create your very own pasta jewellery. Make your jewellery more exciting by dyeing your pasta beads in food colouring first.
-  Build a stack of marshmallow and spaghetti towers. Stick raw spaghetti strips into large marshmallows to create towers, buildings, castles and all sorts of wonderful structures.
-  Have a go at weaving with cooked spaghetti, but be warned, it may get sticky after handling for a long time...
-  Dye a bowl of pasta with different food colourings. Leave raw pasta pieces in a zip-lock bag with a few drops of food colouring and vinegar. Shake the bag until the pasta is covered, leave for 15 minutes and then spread out on a tray to dry before playing or getting creative with it.
-  Painted Pasta Mosaic. Paint a few raw lasagne sheets in a few different colours and leave them to dry. Once completely dry, break the sheets into small jagged pieces and place in patterns, pictures or randomly to create a colourful pasta mosaic.
-  Make your own pasta paintbrushes and paint away!

## How?

Tie a handful of uncooked spaghetti together at the top with string. Carefully boil only the ends of your pasta in a small pan, making sure the string and the top of your spaghetti strips stay out of the water (this step is for grown-ups only). Let them boil until slightly flexible, then dip in food colouring and you're ready to paint.

-  Design your own pasta shape and packaging. Get creative with the shape, colour, and name behind your pasta piece. Who knows, maybe we'll see it in the supermarket someday.
-  To the Pasta Mobile! Build a car, bike, scooter or any kind of vehicle out of spare pasta you have in your kitchen cupboards. Give yourself a gold star if you can make a pasta vehicle that actually moves.
-  Make a variety of pasta shapes out of paper. Check out our 'Pasta' Pinterest board for more paper pasta ideas.



# Food

**PAWPRINT  
BADGES**

- Do you have some leftover pasta in the fridge from last night's dinner? Cook up a batch of leftover pasta fritters for a quick and easy lunch the next day. Make your fritters out of any pasta recipe. Simply mix the chopped up pasta together with egg, cheese, breadcrumbs, salt and pepper, and fry your fritters in a pan until golden and crispy.

## Did you know?

Most dried pastas are made with only two ingredients: flour and water. This is why the word pasta comes from the Italian word for "paste." The flour and water mixed together make a paste.

- Cook your favourite pasta dish for dinner. Is it a classic bolognese or something more adventurous? Why not cook for the family or friend and make a meal of it?
- Pasta crisps?! They sound im-pasta-ble to resist. Transform your cooked pasta into crisps in the oven or an air fryer. Coat your pasta in seasonings of your choice and cook them until crisp.
- Make a sweet pasta dish such as cinnamon and sugar pasta or dessert ravioli. Explore our 'Pasta' Pinterest board for some pleasant pasta puddings.
- Prepare a cold pasta salad to enjoy for your lunch. Use veggies of your choice to bulk up your pasta salad and get your 5 a day in. You could even top with a tasty dressing for extra flavour.
- Use up some left-over ingredients in your cupboards and fridge and make your own pasta sauce from scratch. Not sure how to make fresh pasta? Check out some recipes on our 'Pasta' Pinterest board or find a recipe of your choice online to help you.

## Did you know?

The BBC once aired a fake documentary claiming that spaghetti could grow on trees. After filming a woman 'harvesting' noodles from fake spaghetti trees in Switzerland, millions of British viewers believed the documentary was real and factual. It was only later viewers found out the filming was part of the BBC's first ever April Fool's Day prank in 1957.

- Don't fancy eating a full lasagne for dinner? Downsize and cook some mini lasagne tarts and cupcakes instead. That way you can still enjoy the taste of pasta, but for lunch or a snack instead of a full meal!
- Make a batch of mac 'n' cheese balls. They might pastably be the best pasta snack you ever taste.



# Games

**PAWPRINT**  
**BADGES**

-  Snap that pasta. A traditional game of snap but you're finding matching pasta shapes. If you see two cards in a row that are the same shout "Snap!", and add all of the cards on the pile to your own stack. Whoever has all of the cards at the end of the game wins. Make your own pasta snap stack using card and colouring pens.
-  Use pasta shapes as counters and create your own game. You could play a game of pasta draughts, or chess. Keep the rules the same or mix them up. The choice is yours!
-  Play a game of pasta Kerplunk!

## How?

Fill a colander with raw linguine, slotting the pasta through a hole on one side to a hole on the other. Layer the strips in a criss cross pattern and then balance some penne pasta in the middle on top. Take it in turns to take out strips one by one, trying not to let the penne fall to the bottom. Whoever makes the last penne piece fall loses the game. Will it be a pasta disasta?

-  Remember as many pasta names as you can in 10 seconds (e.g. spaghetti, linguine, tagliatelle, penne, fusilli, rigatoni, macaroni).
-  Pasta Pick up. The aim of the game is to use spaghetti strips to slide into and scoop up as many pasta tubes as you can. To make the game more challenging, give yourself a time limit of 30 seconds, pick up the tubes with a shorter piece of spaghetti, or hold the spaghetti in your mouth. We recommend using raw pasta for this game, cooked pasta could be troublesome...
-  Snakes and Ladders, but with a pasta twist! Make your way up the board to the finish line, sliding down the penne and climbing up the fusilli. Download the free resource from our website now to play.
-  Get physical with the PE Pasta Warm up.

## What?

Everyone spreads out so that they have enough room to move. One leader shouts the name of a pasta and everyone does the action... "Spaghetti" - walk on tip-toes. "Lasagne" - lie flat on the floor. "Cannelloni" - roll on the floor. "Macaroni" - curl up on your side.

-  Is your pasta jar full of lots of different pasta shapes? Tip them all out onto a clean work surface and turn your pasta jumble into a sorting game. Sort the pasta out before the 30 second timer runs out.



# Other

**PAWPRINT  
BADGES**

-  Take a trip to your local supermarket and discover how many different pasta shapes they sell. Why not buy a pack of a new pasta shape that you've never had before and try it in a recipe!
-  Did you know? Before the world had machinery to make cooking easier, pasta used to be kneaded by foot. Get into the spirit of Italian tradition and make a batch of play dough by kneading the dough with your feet. Make sure you wash your feet afterwards...
-  Have a go at learning some Italian. Learn the basics or challenge yourself to learn key phrases you might use on a visit to Italy someday. Can you learn how to ask for your favourite Italian dish at a restaurant?
-  How strong is spaghetti? Work towards your STEM Challenge at the same time as your Pasta Challenge with this spaghetti science experiment. Check out our Pinterest board for more details.
-  Visit a traditional Italian restaurant in your local area and enjoy a delicious pasta dish. Why not order their most popular pasta dish to get the best pasta experience?
-  Discover the meanings and background behind each pasta name. Did you know, spaghetti is technically named because of the way it looks? The word 'spaghetti' comes from the Italian word 'spago', which translates to 'string' in English. Are any types of pasta named for their shape?
-  Take up a pasta making class near you and refine your culinary skills. Don't forget to take photos of your masterclass and tag us on social media!
-  Marcus Livesay from Manhattan, New York, wrote 61 first names on a piece of dry spaghetti, breaking the world record in 2009 for the most names written on a piece of pasta. Write as many words as you can on one strand of raw spaghetti. Can you beat the world record? Remember to use a pen with a super fine nib!
-  Find some recommended pasta recipes to try. Not sure where to find some? Check out recipes that are available online, in magazines or recipe books you have lying around at home.
-  The largest bowl of pasta in the world was made by a restaurant in Krakow, Poland exactly one day before World Pasta Day in 2015 (this day is celebrated on 25th October every year). The bowl of pasta weighed 7,900 kg! Work out how many of you there would need to be to weigh the same amount as that bowl of pasta.

## Adventure Complete?

Reward your young adventurers with their Pasta Challenge badge to mark their achievements! Head to the website to bag yours, download certificates and discover even more adventures!



## Create a Keepsake!

Experienced adventure? Made memories? Then it's time to create a keepsake! Our Pawprint Family camp blankets are the perfect place to sew your badges and look back on them for years to come.



## Personalise it!

Got your camp blanket? Then it's time to make it yours! Our alphabet badges are big, bright and bold...the perfect addition to your camp blanket, hoodies, bags and more. What will you personalise first?



## Even More Rewards!

We're all about added value here at Pawprint Family. In addition to the 1000s of free activity ideas and resources you'll find loyalty stickers in every order and you can claim Children's University learning hours too!



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