

**PAWPRINT
BADGES**

Veggie Challenge



Are you ready to turnip the fun?

Lettuce take you on a colourful adventure through the world of vegetables and uncover the superpowers hiding in every one!

For even more programme ideas check out our 'Veggie' board over on www.Pinterest.com/PawprintFamily

#AdventureForAll
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



@pawprint_family

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:

Age 3 - 5						
Age 5 - 7		Craft	Food	Games	Other	PICK
Age 7 - 11	+					
Age 11 - 14	+					
Age 14 - 18	+					
Age 18+	+					

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

By downloading or purchasing this resource you agree to our terms of use as outlined below. As a husband and wife team we work hard to keep all of our resources and activity ideas available free of charge; we can only do this with your help.

Please Do	You May Not
Use this resource with your young adventurers.	Redistribute or sell this resource in any way, shape or form.
Direct people to this resource online by sharing our website links.	Upload this resource to a website for download.
Tell your friends/family/colleagues about us!	Copy or modify any part of this resource to share with others either for free or for sale.
Share photos of you enjoying your adventures with us on social media.	Use any text, graphics, content or fonts without our written permission.

If you are unsure or have any questions about these terms of use please email info@pawprintfamily.com

You can view the extended terms of use on our website www.pawprintfamily.com/terms-conditions



Craft

**PAWPRINT
BADGES**

-  Explore patterns and textures by dipping vegetables into paint and stamping them onto paper or card. Why not cut some fun shapes into them first?
-  Design your own plant markers for your vegetable patch or pots. Why not use the free resource 'Fruit and Vegetable Allotment Labels' on our website to help you out?
-  Craft a musical instrument using a vegetable.

Did you know?

The world record for the most concerts performed by musicians playing vegetable instruments is 344 and was achieved by The Vegetable Orchestra from Geneva, Switzerland. Why not put together your very own orchestra or band with different people playing vegetable instruments?

-  Create a papier-mâché sculpture shaped like your favourite vegetable or challenge yourself to make a vegetable themed bowl to store vegetables such as onions, potatoes or garlic.
-  Turn your leftover broccoli into a paintbrush. Dip the textured end into paint and stamp it over drawn tree trunks or branches to create the look of leaves and treetops.
-  Experiment with natural colours by making paint out of vegetables like beetroot or turmeric.
-  The Annual Lambeth Country Show is a free festival held in South London where people can enter their own carved vegetable sculptures. In past years, entries have included famous figures such as Dolly Parton, Wallace and Gromit, and the Pope. Have a go at creating your own vegetable sculpture inspired by a favourite celebrity or cartoon character.

Here's an idea!

Why not have research what other sculptures have been created in previous years for some inspiration?

-  Decorate your own plant pots using paints, pens, or stamps.
-  Did you know cucumber and lettuce are over 95% water? Have a go at creating your very own watercolour masterpiece.
-  Make your own vegetable garden using craft paper and recycled materials.



Food

**PAWPRINT
BADGES**

-  Layer colourful vegetables such as green peppers, mushrooms, red onions, and sweetcorn to make a pizza that is as beautiful as it is delicious.
-  Want to see in the dark? Have a go at making a recipe using carrots. These valiant veggies contain Vitamin A which helps you to see in low-light.
-  Make a smoothie that includes a vegetable such as kale or spinach. We like kale and pineapple or spinach and strawberry!
-  Try a classic salad such as Greek, Caesar, or Caprese.
-  Make some colourful vegetable skewers.

Did you know?

The world record for the longest skewer of vegetables is 69.94 meters, set by Junior Chamber International Fukaya in Japan on 1st of April, 2017.

-  Bake a cake where the star ingredient is a vegetable, such as chocolate beetroot, carrot, or courgette and lime cake.
-  Set up a salad station and let guests create their own veggie masterpiece.
-  Whip up a warming soup using your favourite vegetables.
-  Give your meal a healthy boost with some nutritious superfoods!

What?

Superfoods are foods that are extra rich in vitamins, minerals, and antioxidants, which help to keep our bodies strong, healthy, and full of energy. Some top vegetable superfoods include turmeric, kale, spinach and Swiss chard.

-  Prepare some colourful peppers filled with rice, veggies, and herbs for a tasty lunch or dinner.
-  November 1st is National Vegan Day. Celebrate by trying some vegan dishes of your choice and learning how plant-based foods can help our bodies.
-  Garlic is said to boost your immune system, which is how our bodies fight off colds. Make a simple garlic recipe.
-  Have a go at making dips to enjoy with fresh crudités such as carrots, cucumber, and celery. Some tasty ideas include hummus or tzatziki.



Games

**PAWPRINT
BADGES**

-  Take part in the timeless sports day favourite, the potato sack race. Hop, bounce, and wiggle your way to the finish line and see who can cross first.
-  Play a game of Fruit Salad but swap the fruit for vegetables.
-  Set up carrots, parsnips, or cucumbers as bowling pins and use a potato as the ball. Take turns rolling the potato and see who can knock down the most pins.
-  Dress up as your favourite vegetable and compete in a racing challenge of your choice.

Did you know?

The fastest men's marathon completed whilst dressed as vegetable is 2 hours, 44 minutes, and 12 seconds, and was set by Jordan Maddocks (USA) in January 2022.

-  Race to sort a mix of vegetables into different categories (e.g. root, leafy greens, stem etc).
-  Onions have many layers, just like a classic game of pass the parcel. Wrap a small prize in layers of paper and pass it around, unwrapping each layer to reveal a fun surprise.
-  Play the memory game "I went to the shop and I bought..." but with vegetables.

How?

The first person says, "I went to the shop and bought a carrot." The next person would then say, "I went to the shop and bought a carrot, and a potato." The shopping list then builds up as it goes around the circle until someone forgets a vegetable that's been bought. Make the game even more challenging by enforcing an alphabet rule, so that you can only say a vegetable beginning with the next letter of the alphabet (e.g. broccoli, cucumber etc).

-  Name as many vegetables as you can in one minute.
-  Challenge yourself to make the longest potato peel you can. Try to peel one continuous strip without it snapping. Don't forget to ensure small adventurers are supervised by an adult!
-  Place different vegetables in a bag and take turns reaching in to feel and guess what vegetables they are. Make sure not to peek though!



Other

-  Visit a local farmer's market to explore a wide variety of fresh vegetables.
-  Plant and grow your own vegetables at home or in an allotment. To go the extra mile, why not complete the Grow Your Own challenge too?
-  Read one of Willow's plantable children's books, such as *The Carrot Who Was Too Big for His Bed* or *The Parsley Who Flew to the Rescue*. These delightful stories are not only fun to read but are also printed on special seed paper, allowing children to plant the pages after finishing the story and watch their own vegetables grow.
-  Take photos of vegetables as they grow to observe changes over time.
-  Write a poem or a song about the different types of vegetables.
-  Did you know that tomatoes are actually fruits, not vegetables? Find out some other fruits that are often mistaken for vegetables.
-  Watch an episode of *Supertato*. There are currently four whole series full of fun and exciting adventures!
-  Root vegetables grow underground over time. Watch a time-lapse video showing how vegetables such as carrots, potatoes, parsnips, and beetroot grow beneath the soil.
-  Sing along to a song all about fresh fruits and vegetables such as *Cauliflowers Fluffy* or the *Harvest Samba*.
-  Vegetables can give us different superpowers; for example, carrots give us super sight, broccoli gives us strong muscles etc. Write your own story about vegetable superheroes and how they help our bodies to stay healthy.
-  Explore why some people choose a vegetarian or vegan diet. If you know someone who is a vegetarian or vegan and they are happy to discuss it, you could conduct an interview with them and ask why they made this choice.
-  Discover the weirdest and most wonderful vegetables in of the world. Ever heard of a dragon carrot? Or a fiddlehead fern? Some of these unique vegetables are wilder than any you would find in your local supermarket.
-  Help the planet by turning your leftover vegetable scraps into nutritious compost for your plants. You could include peels, ends, stems, and other scraps for extra goodness.

Adventure Complete?

Reward your young adventurers with their Veggie 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!



Subscribe to the **Tribe News** for all the latest adventures direct to your inbox!

Scan me!

