

Foxes will eat almost anything - even leftovers! Have a go at making a new dish using only leftover ingredients and a basic larder



For leaders

This is a great activity to do with older groups that are starting to develop their independence. The ingredients don't have to be actual leftovers but you could give them things like: half a tin of beans a few slices of bread, one chicken breast, an egg, fruit or veg, or cheese. You might want to make this more extreme by getting teams to use offal or discounted items from the supermarkets (generally items just before their sell by date).

Age 14 - 18

Age 7 - 11

Activity details

This activity counts towards...



- Fox Challenge

£/££/Free	Indoors/Outdoors
Day/Night	

- | | |
|----------------------------------|---|
| <input type="checkbox"/> 11 - 14 | <input checked="" type="checkbox"/> 14 - 18 |
| <input type="checkbox"/> 5 - 7 | <input checked="" type="checkbox"/> 7 - 11 |
| <input type="checkbox"/> 3 - 5 | |
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| <input checked="" type="checkbox"/> Autumn | <input checked="" type="checkbox"/> Spring |
| <input checked="" type="checkbox"/> Summer | <input checked="" type="checkbox"/> Winter |
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Skills:

- Independence
- Resourcefulness

Equipment:

- Cooking Equipment
- Ingredients