

Fruit Challenge



Squeeze the day with our fruit challenge!

Get ready for a bunch of grape activities - you're sure to get at least 1 of your 5 a day whilst having some fruity fun.

For even more programme ideas check out our 'Fruit' 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








PAWPRINT BADGES

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






Craft

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BADGES**

-  Summer fruit sunglasses! Draw and cut out a pair of super snazzy card sunglasses. Want to make your glasses more 3D? Make the lenses out of toilet roll tubes instead!
-  Fed up of having an empty fruit bowl? Trick your friends and family into thinking you have a full bowl of fruit with our free 3D paper fruit resource. Download this resource from our website for fruity fun.
-  Make your very own fruit garland using balloons. Take a look at our 'Fruit' board on Pinterest for some inspiration.
-  Create a citrus print picture by slicing a lemon or lime in half, paint the juicy side generously with a colour of your choice and print on paper. Once finished, let your painting dry fully before framing it, then hang it in your kitchen to freshen up your decor.
-  Swap your normal fruit bowl with a super sweet summer fruit bowl made out of Papier-mâché. Decorate the centre of your bowl like the inside of a piece of fruit! Why not paint the middle like a lemon slice or the centre of a kiwi?
-  Have a go at carving a pattern or picture out of a large fruit such as a watermelon. Use utensils or cutlery of your choice to create a masterpiece that's one in a melon!
-  Create a bunch of fruity flowers using fruit of your choice and cocktails sticks or skewers. Use a flower cookie cutter to make things slightly easier, or even have a go at carefully carving and shaping the flowers yourself.

Did you know?




Fruit is sometimes edited to look juicier and fresher when used in adverts. Often, the fruit is sprayed with hairspray to look shinier and more appetising on camera. Strawberries are also touched up with lipstick to give a ripier red colour!

-  Build your own edible cars using apple slice bodies, banana chunk wheels and cocktail sticks. Don't fancy those ingredients? Swap out the apple for orange segments and the banana for grape wheels!
-  Never lose a page again with a fruit slice corner bookmark. Find the free resource online and use our suggested templates or decorate your own!
-  Fancy a fruity challenge? Try and make a fruit pom pom out of wool. You could make a lemon, an apple or even a kiwi! Once you've finished, why not attach them to a keyring or make them into a pair of earrings? Check out our 'Fruit' Pinterest board for inspiration and tutorials.











Food

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-  Make a spectacular smoothie with fruit of your choice. Have some left over? Turn your smoothie into a homemade ice lolly by pouring the remaining mixture into ice lolly moulds and enjoy frozen on a hot sunny day.
-  Switch out the savoury fillings of your sandwich and fill with fruity goodness. On bread of your choice, swap your butter for peanut butter and your main filling with fruit slices instead. It's sure to tickle your taste buds!
-  Have a go at making some healthy fruit gummy bears. Head over to our 'Fruit' board on Pinterest for suggested recipes.

Did you know?





Tomatoes are actually classed as a fruit but are often eaten as a vegetable on their own, in sauces, or in salads. By definition, tomatoes grow from the flower of a tomato plant and they contain seeds - this is what makes a fruit, a fruit!

-  Build a classic fruit skewer to enjoy with family and friends. Don't want a whole skewer? Why not make mini fruit skewers with cocktail sticks instead?
-  Frozen Fruit Yoghurt. Blend together frozen fruit, plain greek yogurt, honey, and any other additional ingredients of your choice, then place on a tray in the freezer and freeze for a few hours until it is a good consistency.
-  Bake a delicious batch of fruit explosion muffins. Sounds dangerously good, right?! These muffins are packed with a punch and contain a sweet surprise in the centre. Find lots of recipes online by searching 'fruit explosion muffins'.
-  Stay cool in the sunshine and freeze your own ice cream using real fruit of your choice. Why not go extra and make a super fruit sundae with a generous amount of toppings?
-  Make some fruit jellies using fruit juice, gelatin, sugar and water. Check out the recipe pinned on our 'Fruit' Pinterest board for more details.
-  Roll up roll up, get your fruit roll up here! Make a batch of easy fruit roll ups using only 3 ingredients. There are plenty of recipes online to choose from.
-  Whip it to dip it! Mix together a lemon whip dip to enjoy with a side of fruit chunks as a healthy snack. Can't have dairy or gluten? Don't worry! The recipe on our Pinterest 'Fruit' board is dairy and gluten free!
-  Make a batch of fruity pancakes. Top fruits to use include blueberries, strawberries, raspberries and banana. Why not go extremely fruity and use chopped up fruit in your pancake batter too?!







Games

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-  The Grape Escape. Place a handful of loose grapes into a bowl of water and try to pick them all out with a toothpick before the 1 minute timer ends. Don't let those gritty grapes escape you!
-  Pass the orange. Hold an orange under your chin and pass to the next person's chin without dropping it. Want more of a challenge? Pass the orange between your knees instead.
-  A twist on the classic 'egg and spoon race'... the lemon and spoon race! Race to the end as fast as you can without letting your lemon fall off your spoon.
-  Play a game of 'Fruit Salad'.


What?

A group game where everyone sits in a circle and is named a different fruit. When the leader calls out two fruits, those two people have to swap places as fast as they can. After a while, the leader will shout 'Fruit Salad!', meaning all fruits have to switch places.

-  Banana Bonanza. Pass a banana as quickly as you can down a line of people. Here's the catch... you can only use your feet, and the person at the end of the line must eat the whole banana too! For leaders - have two lines of 5 or more people and see which line can pass the banana to the end the fastest.
-  See how many rubber bands you can fit around a lemon in 30 seconds. Go head-to-head with a partner to make the game more competitive or try to beat your own personal zest.
-  The fastest peeler! Go head-to-head with a partner and peel an orange as quickly as you can. For younger children, swap out the orange for a banana to make the game easier. For more of a challenge, try to peel your fruit all in one piece. It's most a-peel-ing...
-  "I went to the shop and bought" fruit memory game.

How?













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

-  Stack as many apples as you can on top of each other. How tall can you make your apple stack? Try your best not to let the apples tumble!



Other

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-  Help the planet by turning your old left over fruit waste into nutritious compost for your plants. Include peel, cores, rinds, stems and pulp for extra goodness.
-  Share a glass of fruit infused water with a friend or member of family. Not only is it refreshing, it's more exciting than just ordinary water, so it's the perfect drink for children to enjoy at school in their water bottle.
-  Visit a local orchard and explore the fruit trees and plants they have growing there. Why not discover the purpose of orchards and how they are planted for a deeper understanding of the best fruit farming conditions?
-  Due to our climate, most fruits grown in the UK are non-tropical. Discover which fruits are native or currently grow in the UK and which are not.
-  Did you know that pineapples were first grown in Scotland in 1731? Take some time to visit the pineapple inspired building in Loch Lomond, Scotland.
-  Brighten up an item of clothing or fabric by dyeing it in fruit juice for a natural change of colour. The deeper the colour of fruit juice, and the more fruit you use, the darker your dye will be! Beetroot, spinach and orange peel are known to produce strong colours.
-  Make your own fruit face mask. Mix plain yoghurt and lemon juice for glowing skin, or egg white and lemon juice for a deeper cleanse instead.
-  Have a go at making your own fruit cordial with fruit of your choice. Find any recipe online and sip up the juicy sweetness. Add ice for an even cooler refreshment.
-  Natural Fruit play dough. Use the juice of fruit as a natural dye for your play dough. Why not use the zest of a lemon or lime for extra texture in your play dough?
-  Plant your own fruit in the garden and learn how to care for your fruit plants. Why not try to grow some fruit from seeds you find inside fruit you have at home already?
-  Visit a fruit farm and enjoy berry picking in the sunshine. Fruits such as apples, blackberries, grapes and raspberries are in season to pick in August.
-  Discover the weirdest and most wonderful fruits of the world. Ever heard of a wood apple? Or a horned melon?! Some of these wacky fruits are wilder than any fruit you'll find in your local supermarket.

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

