

# Cheese Challenge



**Sweet dreams are made of cheese, who am I to dis a brie?**  
From blue cheese to mozzarella, cheddar to gouda... Join us as we celebrate all things cheese.

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

**#AdventureForAll**  
[www.PawprintFamily.com](https://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>Age 5 - 7</b>		<b>Craft</b>	<b>Food</b>	<b>Games</b>	<b>Other</b>	<b>PICK</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!

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# Craft

**PAWPRINT  
BADGES**

-  Reuse the wax left after eating cheese. You could make wax seals for envelopes, mould it into shapes as if it was playdough or even make a candle.
-  Build some cubed cheese sculptures using cheese and cocktail sticks.
-  Try your hand at origami and craft some 3D cheese using coloured card or paper.
-  Put together a stringy cheese pizza using paper plates, craft foam, coloured paper, scissors, glue and yellow yarn.
-  Craft a cheese corner bookmark using the tutorial on our 'Cheese' Pinterest board.
-  Some cheeses such as Swiss have holes in. What patterns could you create by making holes in paper using a hole punch.
-  What do you call cheese that isn't yours? Nacho cheese! Make a bowl of nachos using paper mache.
-  Did you know that there are over 2,000 types of cheese? Design a chart that shows some of the different types. You could rate them based on taste, texture, strength, smell and appearance.
-  Form your very own cheese bunting by printing out some cheese themed flags, punching holes in the top and threading them together.

Here's an idea!

Why not use your bunting as a decoration to help celebrate National Cheese Day on the 4th of June!

-  'Tis the cheeson to brie jolly!' Design your own cheese related Christmas decoration.
-  Often people make hedgehogs using cheese on sticks. What other animals could you make?
-  Paint a picture or enjoy some sensory play using edible paint made out of cream cheese and food colouring.
-  Have some fun dressing up string cheese to look like different characters. This is an entertaining challenge that can be enjoyed alone or with friends, family or members of a group.











# Food

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BADGES**

-  Make a deliciously comforting cheese fondue and enjoy with a side of bread, fruit and raw vegetables such as apple or broccoli.
-  The largest macaroni cheese was made on the 29th of July 2022 in the USA. It weighed around 2000 kilograms! Whip up your own macaroni using a selection of different cheeses.
-  Poutine is a popular Canadian dish that is made by topping French fries with cheese curds and gravy. Give it a try yourself and see what you think.
-  Prepare some cauliflower cheese using a new recipe to enjoy with a Sunday lunch.
-  The United States of America produces the most cheese in the world. In 2023, US cheese production hit a record of 14.1 billion pounds. That is heavier than The Great Pyramid of Khufu in Egypt! Try some cheeses that originated in The United States such as Monterey Jack.

## Did you know?


It is thought that cheese was created by accident over 7000 years ago. Milk was found to have been stored in a container that had been lined by animal stomach. This caused the milk to separate into solids (proteins) and liquids (whey) - The solids ended up producing what we now know as cheese.

-  Whip up a cheesecake using a recipe of your choice.
-  Create your own cheese board filled with your favourite types of cheese and completed with a selection of sides such as grapes, apples, olives and crackers. Have a look at our 'Cheese' Pinterest board for some inspiration.
-  What did the cheese say when it looked at itself in the mirror? Hallou-mi! Cook a halloumi burger - the perfect meat free alternative to a burger and it tastes just as good.
-  Enjoy cream cheese in either a sweet or savory dish. You could top a freshly baked carrot cake with cream cheese buttercream or make a cream cheese and smoked salmon bagel.
-  Bake some cheese straws or cheese pinwheels.
-  Switzerland, France, Italy and Spain are all known for their distinctive types of cheese. Taste some different types of cheese from a variety of countries. Who knows, you might discover a new favourite!









# Games

**PAWPRINT  
BADGES**

-  "One to be ready...two to be steady...three to prepare and four to be off!" Have a go at cheese rolling.



## What?

Cheese rolling is up there with one of the most unique sports in the world. The first evidence of this sport date all the way back to 1862 but it believed to be an even older tradition than that! It is known to occur in Gloucestershire and involves rolling a wheel of cheese down a hill whilst contestants launch themselves down it too.

-  Complete a cheese themed word search or crossword. For an additional challenge you could have a go at making your own for a friend or family member to play.
-  Remember as many cheese types as you can in 10 seconds (e.g. cheddar, brie, mozzarella, gouda, manchego etc).
-  Name that cheese in a blind cheese taste test.
-  This might sound cheesy...but I think you're really grate! Have fun coming up with your own cheese puns or jokes.
-  'Roll A Pizza' using our free resource.
-  Play a game of 'The Big Cheese'.

## How?

The aim of the game is to avoid choosing the same cheese as the 'Big Cheese'. To begin, a leader (the 'Big Cheese') should introduce three different movements to the group: Cheddar (hands circled in front), String Cheese (arms stretched over the head) and Stinky Cheese (waving hand in front of nose). The leader should then pick one of three movements to show a type of cheese. The other players must do the same but if they pick the same movement then they are out and should sit down on the floor. As an extension on this game players could come up with their own movements for different types of cheese.

-  Create your own game of Snap by printing our some pictures or drawing illustrations of different types of cheese.
-  Tradition has it that if a person drops and loses their bread in a cheese fondue, they should have to complete a dare or forfeit. Prepare a cheese fondue and challenge a group of people to see who drops their bread in first. Take it in turns to come up with dares that players should have to complete.



# Other

**PAWPRINT**  
**BADGES**

-  The largest cheese tasting event was held on the 16th of February 2019 in Australia and 1,000 people took part. Host your own cheese tasting party. You could even make a survey to find out what the favourite cheese of the day was. Who will be crowned the king of all cheeses?
-  Visit Wensleydale Creamery in the heart of the Yorkshire Dales.
-  Attend a local cheese festival or event such as 'Love Cheese Live' held at the Staffordshire County Showground.
-  Read a book about cheese such as 'The Great Cheese Robbery' by Tim Warnes or 'Cheese Belongs To You' by Alexis Deacon.
-  Say cheese! Take a group selfie with your friends, family or group and see who has the cheesiest grin. For an extension on this activity you could complete your own research and find out why we say the word 'cheese' when smiling for a picture.
-  Discover some cheese-based World Records.
-  As well as cow's milk, cheese can be made using milk from a buffalo, goat, horse and even a camel! Try buffalo mozzarella or goat cheese. How does it differ from cow milk cheese such as cheddar?
-  Watch a video or documentary about how cheese is made.
-  Find out facts about the history of cheese and make your own timeline.
-  Create your own recipe using cheese as the main ingredient.
-  Make a guilty pleasure playlist - We know the songs are cheesy but it's all gouda, we love them anyway!
-  Change up your classic afternoon tea by swapping to cheese scones. Enjoy with butter, pickle or a topping of your choice.
-  Sing along to the song 'Maca Maca Maca Macaroni and Cheese' by Parry Gripp on YouTube. What other cheese could you make the song about? For an additional challenge you could try and make up your own lyrics.
-  Vieux Boulogne has been named the world's smelliest cheese and has even been banned from public transportation in France. What other smelly cheeses can you discover?

## Adventure Complete?

Reward your young adventurers with their Cheese 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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