

Cambs ZEST Challenge!

Hello and welcome to our exciting, first EVER virtual county camp!

Here you will find lots of zesty activities and ideas to complete your badge over the weekend.

If you complete 4 activities and sleep somewhere different to where you usually sleep you will have completed your Cambs ZEST challenge badge, but maybe you can complete more!

There will be lots of videos released on our Facebook and YouTube over the weekend so keep an eye out! Activities with the YouTube logo will have a video for you to join in with, look out for these! Look out for these @GirlguidingCambsWest

Lesty food

Make Citrus-ade!

First up, make a lovely refreshing drink! You can mix and match the fruit's to whatever you have at home.

This recipe should make about 6 cups of 'ade'



Ingredients

1/2 cup sugar

1 cup fresh orange juice (from 3 oranges), strained

1/4 cup fresh lime juice (from 3 limes), strained

1/4 cup fresh lemon juice (from 3 lemons), strained

Orange, lime, and lemon slices, for serving

In a heatproof bowl, combine sugar with 1/2 cup hot water and stir until sugar dissolves. Add 2 cups cold water and fruit juices. (To store, refrigerate, up to 3 days.) To serve, transfer to a pitcher with ice and top with citrus slices.

Ingredients

240 ml single cream

2 tbsp. caster sugar

1/2 tsp. vanilla extract

Ice

75 g salt

2 Sandwich bags

- Combine single cream, sugar and vanilla extract into a small resealable plastic bag. Push out all excess air and seal.
- Combine ice and salt into a large resealable plastic bag (be very careful with this as it creates a chemical reaction that can burn you, ask an adult for help) and place the small bag inside the bigger bag.
- Shake vigorously for 7-10 minutes until the ice cream has hardened.

How about making some ice cream to add to that Citrus-ade.

Use the instructions here and add a big dollop to your glass

Make tasty Lemon Drizzle cakes!

Ingredients

225g unsalted butter, softened

225g caster sugar

4 eggs

225g self-raising flour

1 lemon, zested

What you will need for the drizzle topping:

1½ lemons, juiced

85g caster sugar

- Heat the oven to 180C/160C fan/gas 4.
- Beat together the butter and caster sugar until pale and creamy, then add the eggs, one at a time, slowly mixing through.
- Sift in the self-raising flour, then add the lemon zest and mix until well combined.
- Line a loaf tin (8 x 21cm) with greaseproof paper, then spoon in the mixture and level the top
- Bake for 45-50 mins until a thin skewer/knife inserted into the centre of the cake comes out clean.
- While the cake is cooling in its tin, mix together the lemons juice and caster sugar to make the drizzle.
- Prick the warm cake all over with a skewer or fork, then pour over the drizzle - the juice will sink in and the sugar will form a lovely, crisp topping.

Leave in the tin until completely cool, then remove and serve.

Make your own Sherbert

Ingredients

1 tsp citric acid

2 tbsp icing sugar

3 tbsp jelly crystals (powdered jelly)

1 tsp baking soda

- Mix all the ingredients together in a bowl and eat it by dipping a lollipop in the mixture.

Campfire cake oranges

Ingredients

Any flavour cake mix, chocolate or vanilla works well.

Oranges

Tinfoil

- Cut the top off the orange and put it to one side.
- Scoop out the flesh of the orange
- Fill the orange with your cake mixture
- Put the lid back on the orange and wrap in tin foil.
- Bake in the oven for about 20 minutes or on the edges of a campfire.



Lesty hands on activities

Make your own nature badge, or bracelet

You'll need:

Some tape, sticky tape, washi tape, masking tape any will do, the wider the better.

To make this all you need to do is stick the tape in a loop, either around your wrist or on your top so a sticky side faces outwards. Then have a look around the garden or your local park and find pretty things you'd like to add to your tape. You could use flowers, leaves or sticks. Stick your items to your tape and show your bracelet/badge off!

An orange

A knife

A chopping board

Knitting needles or something similar to pierce the orange skin

String, twine or ribbon - 4 x 30 cm pieces

Bird seed

- Cut the orange in half and take half the orange
- Scoop out the flesh of the orange to make a bowl with the peel (Put the flesh to one side - it could be a tasty snack after)
- Make four holes near the edge of the peel using the knitting needle or something similar
- Push a piece of string through each of the holes and secure it with a knot on the inside of the peel. Take the four loose string/twine/ribbon ends and tie them together in a knot
- Take some bird seed and fill up the orange peel bowl and then you can hang your bird feeder up in the garden

Make a bird feeder

This is a great way to use some of the outside of the fruits you may have used for your cooking



Make a Citrus Volcanos!



Watch the chemical reactions happen in front of your eyes!

You need:

1 or 2 lemons/oranges

Food colouring

Baking soda

Washing up liquid

Sharp knife - be careful or ask an adult to help!

Spoon

- Cut off the top and bottom of your fruit to allow it to stand up
- Scoop out a small amount of fruit from the top and mush the fruit inside with a spoon
- Add a few drops of food colouring into the fruit and a few drops of the washing up liquid
- Pour the baking soda over the fruit and watch the reaction!!
- Use spoon to mix ingredients to make more froth

Make your own Orange or Lemon Playdough

You need:

2 cups plain flour

2 tablespoons vegetable oil (baby oil & coconut oil work too!)

1/2 cup of salt

2 tablespoons cream of tartar powder

1 to 1.5 cups boiling water (adding in little bits until it feels just right)

Gel food colouring (optional) - yellow or orange

A few drops glycerine (optional) to add stretch and shine

To add scent add either a sachet of orange or lemon jelly powder after the hot water stage or 1 grated lemon or orange peel and 1-2 drops of lemon or orange essence (whichever you have).

- Mix the flour, salt, cream of tartar and oil in a large mixing bowl
- Add food colouring TO the boiling water, then add to the dry ingredients
- Stir continuously until it becomes a sticky, combined dough
- Add glycerine (optional)
- Allow it to cool down then take it out of the bowl and knead well for a couple of minutes until all of the stickiness has gone.*This is the most important part of the process, so keep at it until it's the perfect consistency*
- If it remains a little sticky, then add a touch more flour until just right!



Can you make a boat from your spare fruit?

See if you can make a boat float across the bath, or paddling pool with your lemon? Does it float? Find out why it floats and see if you can sink it! Does it need a sail to help it move across the bath, or maybe you could create a paddle for it.

Can you make it a paddle boat

We found these great instructions on how to make a paddle boat that uses kinetic energy to power itself. You can find these instructions here:

<https://www.rookieparenting.com/build-a-paddle-boat-stem-for-kids/>



Why not use your boats to make a picture with afterwards?

- If you cover the edge of your fruit in paint and roll it on paper it will make patterns.
- If you use a slice of lemon you may see all the segments.
- If you just use the rind you'll get a lovely circle.

Can you make a picture using only your fruit to paint?

Can you write a secret message to your friend?

Maybe you can swap letters with someone from your unit and see if they can find your secret message!

You will need:

Half a lemon

Water

Spoon

Bowl

Cotton Bud

White Paper

Lamp or other light source

- Squeeze some lemon juice into the bowl and add a few drops of water. Mix the water and lemon juice with the spoon
- Dip the cotton bud into the mixture and write a message onto the white paper
- Wait for the juice to dry so it becomes completely invisible
- When you are ready to read your message or to show it to someone else, heat the paper by holding it close to a light bulb/light source

What's happening:

Lemon juice is an organic substance that oxidizes and turns brown when heated. Diluting the lemon juice in water makes it very hard to notice when you apply it to paper, no one will be aware of its presence until it is heated and the secret message is revealed!!

Zesty Wellbeing



Join in with our
wake up stretch
session!

Join our instructor on Sunday
morning to stretch away and
wake yourselves up after
sleeping somewhere usual!

Ingredients

1 cup granulated sugar
juice from 1/2 a fresh lemon
1/4 cup coconut oil
lemon zest

In a bowl mix together the sugar, lemon juice, lemon
zest and coconut oil until thoroughly combined.

Put into a container for use.

NOTE: If the sugar scrub is too runny, just add more
sugar.

Make a lemony
face scrub



Wear a zesty
outfit!
Something bright
and cheerful



Do you have any books at
home with lemons,
oranges or limes included?
Read the book before bed.

Can you guess the jobs
of Michelle and Louise
from the clues on our
video?

See how many activities you can
cross off over the weekend!

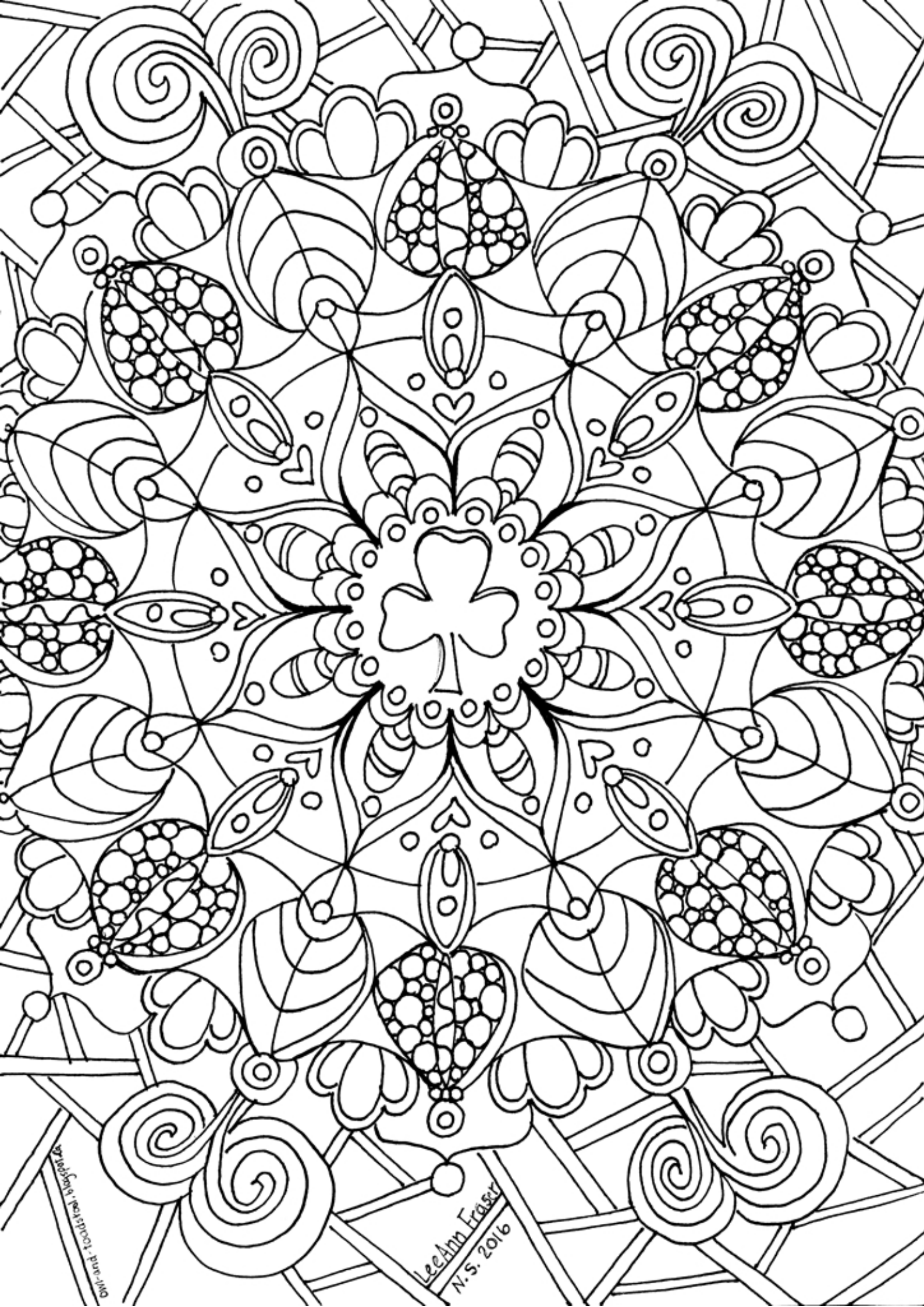
Make Citrus-ade	Make Ice Cream	Do the washing up	Make a lemonade float	Make a face scrub
Make a den	Put a tent up in the garden	Have a hot chocolate before bed	Make lemon drizzle cake	Wear something zesty!
Join the pilates session	Sleep in your den or somewhere unusual	Paint a picture with fruit	Make an orange cake	Make lemon sherbert
Make a bird feeder	Do a citrus volcano	Make a nature badge	Make lemon playdough	Colour in the colouring in sheet
Make and float your boat	Join in with our campfire	Write a secret message	Take part in an activity at Grafham	Swap secret messages with someone

Don't forget to share the pictures of your activities with your leader or on hashtag
#CambsZestWeekend and tag us

@GGCambsWest







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