



## The 'I ❤️ Eggy Bread' Challenge!

Let's face it, Eggy Bread has been a camp favourite for many, many (many) years - it's time to celebrate this! Take part in our challenge to earn yourself this fun badge - you don't even have to go to camp to do it. We hope you have as much fun doing this as we did making it!

**Decide in your unit how many tasks you will complete for your section age group.** You can try the double yolker challenges for something a bit more tricky/adventurous, or feel free to adapt any tasks for younger ages - this challenge is designed to be flexible and achievable for all sections, you just need to make it a challenge according to your unit's abilities.

**Can't eat eggs or bread, or don't like Eggy Bread? Not to worry!** Just look out for the egg free (V) or gluten free (GF) alternatives on certain tasks, or do the following where marked:

**V** - Use rubber, plastic or polystyrene eggs instead of real ones if you can't eat or handle eggs.

**GF** - Buy gluten free bread products, or use gluten free flour to make the dough.

**If you do any of the activities outside of the meeting place,** don't forget to do your risk assessment and to adhere to the ratio requirements for your section age group. Also some of the tasks don't actually involve eggs or bread at all.....go on, give it a go and become an Eggy Bread champion!



*This badge has been created to help fundraise for Old Catton Rangers. Money raised will go towards funding future events, camps, trips and equipment. If you have any questions please do get in touch.*

# All things Eggy!



1. Try eating eggs cooked in at least two different ways - Boiled, Scrambled, Poached, Fried, (soaked in bread?!). Which are your favourite and why? Can you think of any other ways to cook an egg?

**Double yolker** - Try a different method of cooking the eggs as well, for example in the shell suspended over a candle (make sure there's a small hole in the egg shell before doing this!), fried on a tin can over a buddy burner or an omelette boiled in a bag.

2. Try some egg rolling! Hard boil some eggs and race them down a small slope or across the Hall floor. Use your nose to move them on to the finish line - no hands!

**Double yolker** - Instead of a race try playing bowls with the eggs instead. Put a painted white egg/identifiable egg at the end of the run and 'bowl' your eggs towards it to see who can get the closest. Write names on the eggs, or number them all, before you start so you know who got the closest. V

3. Build a freestanding tower to hold your (hardboiled) egg. Who can build the tallest tower? How long did the egg stay held up for?

**Double yolker** - Instead of a freestanding tower, make a carrier to suspend your egg outside somewhere. Who can get theirs the highest (in a safe way!)? V

4. Build a boat to float your egg in a bucket or across a small area of water. Can yours stay afloat?

5. Egg decorating! Make a hole in either end of your egg shell and blow into one of the holes so your egg comes out and only the shell remains. Wash the egg shell thoroughly both inside and out (you may have to blow the water out like the egg). Use special paint or pens to (carefully) decorate the shells. Add a ribbon to hang it if you wish. Alternatively you could decorate plastic or polystyrene eggs, or at Easter time you could decorate chocolate eggs with icing and other confectionery. V

**Double yolker** - Try marbling or dyeing your egg shells instead of using pens or paint. Attach a ribbon to hang as an eggy decoration.

6. Grow something in an egg shell. Using half/two thirds of an egg shell put in some cotton wool soaked in water then scatter on some seeds, such as cress. Draw a face on your egg shell and put it in an egg cup. Watch the hair grow! V

7. Visit a local or city farm and learn all about chickens and eggs (which came first?).

**Double yolker** - Find out all about the farm to table journey of an egg.

8. Hold an Easter egg hunt with chocolate eggs!

**Double yolker** - Work in pairs with one leg tied together, or one of you blindfolded.

9. Have an egg and spoon race! Make your own route to make this challenging for your unit age group.

**Double yolker** - Use tea spoons to hold the eggs! V

10. Find out 5 facts about eggs that you didn't know before, or make up or learn 3 jokes about eggs or chickens.

**Double yolker** - Hold an egg based quiz or 'joke off' in your unit!

# All things Bready!



11. Hold a bake off night and bake some bread. You could make pizzas, sourdough, or try making bread animals or plaiting your bread. What sort of bread can you make? How does it taste? **GF**

**Double yolker** - Try baking some gluten free bread.

12. Try eating two different types of bread, such as pitta, muffins, rolls, wholemeal, white, brown, sourdough or chapattis. Which are your favourite and why?

**Double yolker** - Try different types of bread from different countries. Can you tell which country they are from?

**GF** - or use pictures instead of actual bread and learn some facts about the different types.

13. Try to identify different types of grains. Can you tell the difference between corn, barley, rice, wheat or oats?

**GF** - or use pictures instead of actual grain if you can't handle grains.

14. Have a bread race! Cut out a piece of paper shaped like a slice of bread and place this on the floor. Use a newspaper to 'flap' the slice across the floor to the finish line. No hands allowed!

**Double yolker** - Instead of using a newspaper blow your slice across the floor - still no hands!

15. Make Spiral Sandwiches! Roll out a slice of bread with a rolling pin so it's quite flat and then spread with butter and a colourful filling like strawberry jam. Roll the slice up into a tight cylinder shape, then thinly slice the cylinder to give spiral sandwiches. What makes the best filling?

**Double yolker** - Do a blind taste test. Can you tell what filling is in your spiral sandwiches?

16. Make something out of salt dough. **GF**

17. Find out about special breads used in celebrations, such as hot cross buns.

**Double yolker** - Design your own celebration bread, complete with explanation as to what you are celebrating and why.

**GF** - or use pictures instead of actual bread.

18. Visit a local bakery to learn about how bread is baked and different types of loaves are created.

19. Make a bread and butter pudding. **GF**

20. Build a tower out of bread sticks. What will you use to hold them together? **GF**

**Double yolker** - Make a more complicated structure, such as the leaning tower of Pisa, the Taj Mahal or the San Francisco bridge.

# The Egggy Bread camp (or meeting place) bonanza!!



21. Eat some Egggy Bread whilst away on camp (or in the meeting place if you're not going away)! Does it taste different if it's cooked over an open fire or outdoors? What's your preferred egg to bread slice ratio? Introduce Egggy Bread to someone who has not tried it before. **GF**  
**Double yolker** - Hold a competition to cook the perfect slice of Egggy Bread - get your leaders to judge!
22. Try Egggy Bread with different condiments - which is your favourite? Options include (but are not limited to) tomato sauce, brown sauce, honey, marmite or jam. **GF**  
**Double yolker** - Do a blind taste test for the condiments - can you tell what they are?  
**V** - Just taste the condiments you're able to eat
23. Make an egg mascot for your patrol/six/group. Decorate your egg, give it a name, make it some clothes, build it a home and tell everyone all about it, or write it a story. **V**
24. Look after an egg for the day at camp, or an evening at your normal meeting. Keep it safe from other patrols/sixes/groups trying to steal it. Loose points if it breaks and has to be replaced or is captured. Whose egg lasted the longest or who had the most points by the end of the day? **V**  
**Double yolker** - Earn extra points by making your egg do some eggstra challenges throughout the day, such as some of those listed in the 'all things Egggy' section of this challenge!
25. Make an egg parachute and try it out! Make a parachute and holder for your egg and drop it from height (top of a church tower, small hill, standing on a chair etc). Did your egg crack? How fast did your egg fall? Did your parachute work? **V**  
**Double yolker** - Hold a competition to see who can drop their egg parachute from the highest point without breaking it.
26. Make a special carrier or carriage to safely transport an egg. **V**  
**Double yolker** - Make an obstacle course to test this out on - how far can you get your egg safely?
27. Extreme Egggy Breeding! Eat some Egggy Bread in an extreme or unusual (but still safe) situation or location, for example, on a hike, at the top of the abseil tower, in a canoe or on a train. **GF**
28. Cook a damper over an open fire - what is your favourite filling? **GF**  
**Double yolker** - Try making dampers with scone mix, or add spices, such as cinnamon, for a different flavour.
29. Hold a 'toss the egg' competition - how far can you toss an egg using a frying pan? **V**  
**Double yolker** - Can you get a friend to catch it in another frying pan? How far can you throw it between each other?
30. Learn the 'Ham and Eggs' campfire song and perform it to your unit.  
**Double yolker** - Make up a sketch about your love (or hate!) of Egggy Bread and perform it at a campfire.



# I EGGY BREAD CHALLENGE BADGE ORDER FORM

Unit: \_\_\_\_\_

County: \_\_\_\_\_

Quantity of badges \_\_\_\_\_ @ £1.50 each = £ \_\_\_\_\_

Plus postage and packing costs as follows (to the UK only):

Up to 6 badges..... £1.00

7 to 34 badges..... £1.50

35 - 50 badges..... £2.00

50+ Badges..... Please contact us to arrange

TOTAL: £ \_\_\_\_\_

If you need delivery to outside of the UK please contact us. 2<sup>nd</sup> class letter post will be used and badges will be posted within 2 working days where possible. We will contact you using the information given below should there be a delay.

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Contact name and postage address:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_ Postcode: \_\_\_\_\_

Email: \_\_\_\_\_

Telephone: \_\_\_\_\_

Please email your order details to [oldcattonrangers@gmail.com](mailto:oldcattonrangers@gmail.com). Postal address will be provided on receipt of emailed order form; cheques should be made payable to 'Old Catton Rangers'.

If you would prefer to post your order form please contact us for the postal address.

We also have a PayPal account, please contact us for details if you prefer this payment method.

Your personal data will be processed in accordance with relevant UK Data Protection laws. The information you provide in this form below the dotted line will be used to process your badge order and then shredded. It will be available only to Catton District Leaders who require such access to process your order. Information provided on this form will not be used for any other purpose, nor shared with third parties.