

# Marmalade Challenge



There is a badge for completing the Challenge  
*(order details on next page)*

**All profits from this pack/badges will go to  
Hospice at Home**

# Your Challenge

The activities in this pack are grouped into 4 topics:

- Marmalade
- Orange
- Bears
- Good Turns

To earn the badge, each participant needs to complete a specific number of activities, depending on their age. These are listed in the 4 tables on pages 5 to 8. The badge symbols in the tables show which activities apply to which Girlguiding section.

You must complete the following number of activities to gain the badge:

**Rainbows** (5-7 years) - complete 4 activities, 1 from each topic.

**Brownies** (7-10 years) - complete 6 activities, 1 from each topic, and 2 extra

**Guides (10-14 years)** - complete 8 activities, 1 from each topic, and 4 extra.

**Rangers and Adults** (14+ years) - complete 8 activities, 1 from each topic, and 4 extra.

Some additional guidance and templates are provided in the Appendices, but you may also need to search on the internet for pictures, recipes, answers, etc.

## Badges (design as on the front cover)

*Badges cost £1.50 each + P&P*

*(P&P = £1.50 for 1-20 badges, £2.50 for 21-50 badges, and £3.50 for 51+ badges),*

*Queries, Orders and BACS payments:*

*Email: [marmaladechallenge@gmail.com](mailto:marmaladechallenge@gmail.com)*

*Post cheques to - Girlguiding Cumbria North, c/o Moss Ghyll, Asby, Workington CA14 4RP.*

*Cheques payable to: Girlguiding Cumbria North.*

*Please state number of badges required.*

# Links to the Girlguiding Programme

Some of the activities in this pack link to parts of the Girlguiding programme. Examples are shown below:

**Rainbow** activities in this pack link to:

## **UMAs:**

- Take Action - A Big Thank You
- Take Action - The Rainbow Web
- Take Action - Who Can Help
- Take Action - Helping Hands

## **Skillbuilders:**

- Take Action - Influence Stage 1 - Who Else Will Help
- Take Action - Make Change Stage 1 - Growing Cups of Kindness
- Skills for my future - Live Smart Stage 1 - Feeling Fruity

## **Interest Badges:**

- Helper
  - Drawing
  - Fruit and Veg
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**Brownie** activities in this pack link to:

## **UMAs:**

- Take Action - Charity Choices
- Take Action - One Good Turn
- Express myself - Clowning Around
- Skills for my future - Brownie Marketplace
- Know myself - Lend a Hand

## **Skillbuilders:**

- Take Action - Make Change Stage 3 - Memorable Messages
- Skills for my Future - Live Smart Stage 3 - Sauce Up Your Life

## **Interest Badges:**

- Baking
- Charities

**Guide** activities in this pack link to:

### UMAs

Be Well - Games Maker  
Take Action - K for Kindness  
Know Myself - International Explorer  
Express Myself - Stor-elay

### Skill Builders

Take Action - Make Change Stage 3 - Memorable Messages  
Take Action - Make Change Stage 4 - Money and A Message  
Skills for my Future - Live Smart Stage 3 - Sauce Up Your Life  
Express Myself - Innovate Stage 4 - Baking: It's A Science!

### Interest Badges

Upcycling  
Mixology  
Personal Brand

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**Ranger** activities in this pack link to:

### UMAs:

Take Action - Action plan!  
Take Action - Acting Out Taking Action  
Know myself - Hiero-biscuits  
Express myself - Flash fiction

### Skillbuilders:

























Skills for my future- Live Smart Stage 5- Feeling Hot, Hot, Hot  
Be well- Feel Good Stage 5- Fitness Guides,  
Take Action- Influence Stage 5- Donation Stations  
Take Action- Influence Stage 6- Fight the Cause  
Take Action- Make Change Stage 5- Pack It In

### Interest Badges:

Volunteering  
Event planning

## Marmalade

Marmalade is chosen as our main topic, because Girlguiding Cumbria North are partnering with Dalemain Mansion on this project. Dalemain Mansion hold an annual Marmalade Festival, with all profits from that event going to charity.



































Rainbow	Brownie	Guide	Ranger	
				Bake a marmalade cake ( <i>Example recipes in the Appendix</i> )
				Make a game or something useful using marmalade (or jam) jars
				Design a label for a jar of marmalade
				Make 6 marmalade (or jam) tarts
				Make a jar of marmalade, and if you would like enter it in the World Marmalade Festival ( <i>Link to the Marmalade Festival website at bottom of page</i> )
				Choose a country where citrus fruits are grown and learn some words in their language, e.g.: hello, goodbye, please, thank you, sorry
				Marmalade is usually made from Seville oranges but can be made from any citrus fruit? Make a list of citrus fruits. Think of a combination of citrus fruits that might go well together and create a recipe for a different marmalade.
				Marmalade is a useful ingredient in the kitchen and can be used in a sauce to go with a meat dish or other savoury dish. Make a savoury sauce using marmalade
				Taste different marmalades. Which do you like best and why?
				Survey your friends and family and find out who likes marmalade and who doesn't. Present your results in an interesting way

### USEFUL LINKS

[www.dalemain.com](http://www.dalemain.com) >marmalade awards

































## Orange

Orange is one of our topics because marmalade is often made from oranges, and is often orange in colour.

Rainbow	Brownie	Guide	Ranger	
				Make some orange jelly
				Grow a carrot top
				Make an orange window hanging
				Make orange slime
				Organise ( <b>Guides, Rangers, Adults</b> ) or take part in ( <b>Rainbows, Brownies</b> ) a scavenger hunt for orange items
				Make a smoothy containing orange
				Learn the words for the nursery rhyme Oranges and Lemons and find out the history behind it
				Make a whizzer with orange streamers <i>(Instructions in the Appendix)</i>
				Make a dessert containing orange foods
				What 2 primary colours is orange made from? Get some paint in these 2 colours and make different shades of orange and paint a picture

































## Bears

Bears is one of the themes, because Paddington is a Bear and he eats marmalade sandwiches

Rainbow	Brownie	Guide	Ranger	
				Complete a wordsearch of famous bears <i>(Wordsearch in the Appendix)</i>
				Sing a song about a Bear <i>(Songs in the Appendix)</i>
				Make a bear jigsaw <i>(Template in the Appendix)</i>
				Decorate a biscuit with a bear design
				Complete a multiple-choice quiz about bears <i>(Quiz in the Appendix)</i>
				Colour in a picture of a famous bear
				Find out about a species of bear and give a talk to your Unit about this, or write about it
				Make a bear finger puppet and tell a story using it
				Make a bear mask
				Paddington Bear came from Peru. Find Peru on a map. Write a short story/poem/rhyme about how he came to London and the adventures he had on the way, and share it with your Unit, Family or Friends

## Good Turns

Good Turns is chosen as one of the topics, because helping other people is part of the Promise made by Girl guides all over the world, and all profits from this activity pack are going to charity.

Rainbow	Brownie	Guide	Ranger	
				Design a badge that can be used as part of a fundraising project
				Do a surprise act of kindness for someone each day for a week
				Starting with £1; think how you could use this to raise money for a charity of your choice; if you are able to put your idea into practice
				Organise an aerobics-athon, danceathon, fun run, etc to keep fit and healthy ( <b>Guide, Ranger, Adult</b> ). Take part in one these activities ( <b>Rainbow, Brownie</b> )
				Make up a quiz on a particular theme, and sell the sheets in aid of a local charity
				Organise a beetle drive or coffee morning for a local charity ( <b>Guide, Ranger, Adult</b> ). Help at a coffee morning or beetle drive ( <b>Rainbow, Brownies</b> )
				Share food recipes with family and friends who are living elsewhere, and all arrange to prepare the dishes at the same time
				Make your parents or carers happy by remaining quiet for a few hours, or even a whole day
				Find a local charity in your area and find out what they do to help the local community. List the different ways that you could support this charity, other than raising money for them
				It is important that a charity has an identifiable logo that reflects who they are and what they want to achieve. Match the logo to the national charity on the worksheet. Design a poster or logo for a charity of your choice <i>(Charity worksheet in the Appendix)</i>



## Appendices

### Marmalade Cake Recipes

#### Marmalade Muffins

##### **Ingredients**

175g plain flour  
25g porridge oats, plus extra for sprinkling  
175g light soft brown sugar  
1 tsp baking powder  
½ tsp bicarbonate of soda  
zest and juice 1 orange  
1 tbsp sunflower oil  
150g pot plain yogurt  
1 large egg  
9 tsp chunky marmalade

##### **Method**

###### Step 1

Heat oven to 200C/180C fan/ gas 6 and line a muffin tin with 9 paper cases.  
Combine the flour, oats, sugar, baking powder and bicarb in a bowl.  
Whisk the orange zest and juice, oil, yogurt, and egg together with a fork, then lightly stir the 2 mixtures together until just combined.

###### Step 2

Spoon 1 tbsp of the mixture into each muffin case.  
Top with 1 tsp of marmalade, then cover with the remaining muffin mix and a sprinkling of oats.

Bake for 15-20 mins until cooked through and golden, then leave to cool slightly

## **Plain Marmalade Cake**

### **Ingredients:**

200g plain flour  
1tsp baking powder  
100g soft butter  
75g soft brown sugar  
2 large eggs  
5 tablespoons marmalade (a great way to use leftovers or use your favourite)

### **Method**

Put all the ingredients in a food processor and blitz for 15 – 20 seconds. Pour into a smallish loaf tin (lined) and cook at 180 C for 40 mins to an hour (depends on your oven). It's cooked when it has begun to shrink from the sides and a skewer comes out clean when pushed into the centre. Will keep for several days in an airtight tin.

## **Sticky Orange Marmalade Cake**

### **Ingredients**

120 g unsalted butter - allowed to soften  
100 g caster sugar  
2 eggs - lightly beaten  
120 g plain flour  
pinch salt  
1 ½ tsp baking powder  
3 tbsp Seville orange marmalade  
2 tbsp milk

### **For the icing**

1 tbsp marmalade  
50 g icing sugar  
1 tbsp warm water

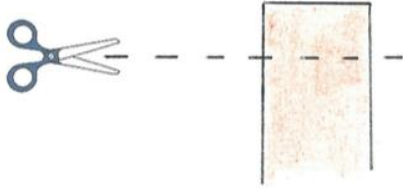
### **Method**

Preheat oven to 160°C (fan)/ 320°F/gas mark 4. Butter a 15cm/6" loaf tin, and line with baking parchment/silicone paper. Beat the butter with a wooden spoon or electric mixer until creamy. Add the sugar and beat until the mixture lightens in colour and becomes fluffy. Beat in the eggs. Mix together the flour, salt and baking powder well in a separate bowl and add to the butter, sugar and egg mixture. Fold in the flour. Add the marmalade and milk, and fold in as well. Spoon the mixture into the loaf tin and spread. Bake for about 50 – 55 mins until golden brown and firm to the touch, and when a cocktail stick is poked into the cake it comes out clean. Allow to cool for 5 minutes then run a round blade knife round the inside of the tin and turn out onto a wire rack.

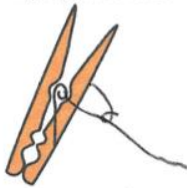
**For the sticky marmalade glaze** Sift the icing sugar into a bowl, add the warm water and mix. Stir in the marmalade. Spoon the mix over the cake, letting it run down the sides. Leave to set before cutting.

## Whizzer

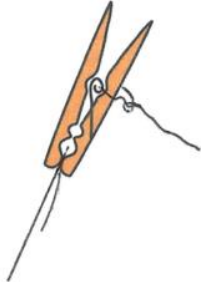
1. Cut ~5cm strip from the top of a pack of crepe paper.



2. Take a spring peg and a piece of string ~1m long and thread the string through the hole on the peg, and tie.



3. Open the crepe paper, fold over ~2cm at one end and clip the peg on the end.



4. Find an open space, hold the loose end of the string, and swing the Whizzer.



## **Bear Quiz.**

- 1) Where does Winnie the Pooh live?
  - a. Acorn wood
  - b. Cheshire Forest
  - c. The 100-Acre Wood
  
- 2) Where do Polar Bears live?
  - a. Antarctica
  - b. Europe
  - c. Arctic
  
- 3) How fast can an adult bear run?
  - a. 20 mph
  - b. 40 mph
  - c. 60 mph
  
- 4) What type of bear is Paddington?
  - a. Spectacled
  - b. Marmalade
  - c. Brown
  
- 5) True or False? A Panda is a type of bear.
  - a. True
  - b. False
  
- 6) What is the largest type of bear?
  - a. Polar Bears
  - b. Grizzly Bears
  - c. Kodiak Bears
  
- 7) What is the name of the bear who lives in Yellowstone Park?
  - a. Yoda Bear
  - b. Yogi Bear
  - c. Yoshi Bear
  
- 8) Teddy Bears were named after?
  - a. A US President called Teddy Roosevelt
  - b. Bear Grylls
  - c. Their Inventor

**Bear Wordsearch.**

Can you find these Bears in the grid?

RUPERT	SOOTY	SUPER TED	BUNGLE
PADDINGTON	BRUNO	PANDA	SMOKEY
FOZZI	HUMPHREY	BOBO	BANJO
WINNIE THE POOH	BARNEY	GRIZZLY BEAR	CINDY BEAR
PUDSEY	BALOO	POLAR BEAR	YOGI

W	A	D	A	H	U	M	P	H	R	E	Y	B	Q	N
C	I	N	D	Y	B	E	A	R	B	B	A	L	O	O
P	W	N	C	U	O	O	L	U	A	E	G	F	G	T
H	P	Y	N	G	B	E	S	P	O	X	D	N	R	G
T	O	G	Z	I	O	A	H	E	C	R	W	I	I	N
N	L	E	B	S	E	U	N	R	T	F	O	Z	Z	I
E	A	Y	F	O	J	T	K	T	G	B	L	E	Z	D
P	R	A	N	O	D	A	H	W	I	A	N	M	L	D
I	B	E	T	T	H	E	P	E	O	N	H	S	Y	A
D	E	U	Y	Y	E	S	D	U	P	J	M	P	B	P
R	A	R	E	T	E	J	L	A	D	O	C	N	E	V
B	R	U	N	O	D	Y	N	Z	K	F	O	X	A	W
L	O	Q	R	S	P	D	K	E	G	H	A	H	R	Y
I	W	N	A	F	A	A	Y	O	G	I	D	G	E	T
M	L	S	B	X	D	E	T	R	E	P	U	S	B	U

## **Bear Songs**

### **THE BEAR WENT OVER THE MOUNTAIN**

<https://www.bbc.co.uk/teach/school-radio/nursery-rhymes-the-bear-went-over-the-mountain/zmssmfr>

(To the tune of 'For he's a Jolly Good Fellow')

Oh the bear went over the mountain,  
The bear went over the mountain,  
The bear went over the mountain,  
To see what he could see.  
But all that he could see,

But all that he could see,  
Was the other side of the mountain,  
The other side of the mountain,  
The other side of the mountain,  
Was all that he could see.

So he went back over the mountain,  
He went back over the mountain,  
He went back over the mountain,  
To see what he could see.

But all that he could see,  
But all that he could see,  
Was the other side of the mountain,  
The other side of the mountain,  
The other side of the mountain,  
Was all that he could see.  
All that he could see!

### **WHEN GOLDILOCKS WENT TO THE HOUSE OF THE BEARS**

<https://www.bbc.co.uk/teach/school-radio/nursery-rhymes-when-goldilocks-went-to-the-house-of-the-bears/zbkrf4j>

When Goldilocks went to the house of the bears  
Oh what did her two eyes see?  
A bowl that was huge  
A bowl that was small  
A bowl that was tiny and that was all  
She counted them: one, two, three

When Goldilocks went to the house of the bears  
Oh what did her two eyes see?

A chair that was huge  
A chair that was small  
A chair that was tiny and that was all  
She counted them: one, two, three

When Goldilocks went to the house of the bears  
Oh what did her two eyes see?  
A bed that was huge  
A bed that was small  
A bed that was tiny and that was all  
She counted them: one, two, three

When Goldilocks ran from the house of the bears  
Oh what did her two eyes see?  
A bear that was huge  
A bear that was small  
A bear that was tiny and that was all  
They growled at her: grrr, grrr, grrr!

### **THE BARE NECESSITIES**

<https://www.lyrics.com/lyric/8572379/Phil+Harris>

The Bare Necessities is a song written by Terry Gilkyson, from the animated 1967 Disney film "The Jungle Book". In the film the song is sung by Baloo, a bear, and Mowgli, a young boy.

### **TEDDY BEAR'S PICNIC**

Search: [YouTube – Teddy Bear's picnic](#)

The Teddy Bears' Picnic has a melody written by American composer John Walter Bratton in 1907, and lyrics added by Irish songwriter Jimmy Kennedy in 1932. Kennedy lived at Staplegrove Elm near Taunton. Local folklore has it that the small wooded area between the church and Staplegrove Scout Hut was the inspiration for his lyrics.

Teddy Bear's Picnic lyrics © Wb Music Corp., M Witmark & Sons, Emi Music Publishing Ltd, B Feldman & Co Ltd.

Bear Jigsaw template





Charity Logo quiz.



