



15t Toftwood Brownies



Chocolate Challenge





Welcome to the 1st Toftwood Brownies - Chocolate Challenge

An activity pack for all sections.

Here at 1st Toftwood Brownies we absolutely love our chocolate – cooking with it and definitely eating it! That's why we have decided to make our very own Chocolate Challenge Badge. There are recipes, games and activities that we have tried and tested (some are old Guiding favourites that have been adapted, others we've come up with ourselves).

The Challenge consists of 5 different sections.

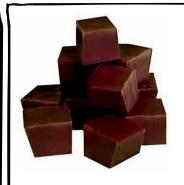
We suggest that to gain the badge Rainbows complete 6, Brownies complete 8, Guides complete 10 and Senior Section and Adults complete 10 or more of the challenges, in each case with at least one challenge being completed from each section.

The sections are:

- Section 1 a selection of chocolate based games
 - Section 2 a selection of puzzles and activities
- Section 3 yum, yum a selection of chocolate recipes to try
 - Section 4 a chocoholic's dream tasting activities
 - Section 5 crafty chocolate + invention time

You could use this badge during your meeting time or perhaps as part of an activity day or sleepover. Once you have finished, send off for your badges (see order form at the back of this booklet).

We hope you enjoy yourselves whilst completing this challenge!





SECTION 1: Chocolate Games





Chocolate Games

Have a go at some of these games with a chocolate theme:

The Chocolate Game

All you need for this game is a bar of chocolate (Cadburys Dairy Milk or Galaxy work best), a hat, scarf, pair of gloves, 2 dice, a plate and knives and forks.

How to play:

Put the bar of chocolate on the plate with the knives and forks nearby and sit the girls around it in a circle. Put the hat, scarf and gloves next to the plate.

The girls take it in turns to roll the dice on the floor in front of them, passing them around the circle to their left. If a girl rolls a double, she should 'leap' into the centre of the circle, put on the hat, scarf and gloves and then try to cut off a square of the chocolate using only the knife and fork. If successful it can be eaten. She keeps going until another girl rolls a double, at which point they must co-operate in handing over the hat, scarf and gloves so that the next girl gets a turn (a different set of cutlery can be used).

Hints:

This game can get very rowdy as doubles sometimes come thick and fast! Be prepared to change the rules if nobody is getting a chance to eat any chocolate, perhaps using only double 3, double 4, and double 5.

BE CAREFUL WHEN USING THE KNIFE AND FORK

Malteser Madness

For this game you will need pairs of chopsticks, several bowls, a whistle and lots and lots of Maltesers!

This is a relay style game so get the girls to get into teams of 4 or 5. They

should be sat in rows in their teams at one end of a room whilst two bowls (one empty and one full of Maltesers) and a pair of chopsticks are lined up in front of each team at the other of the room. On the whistle, the first team member should run to the other end of the room and using only one hand and the chopsticks should transfer two Maltesers from the full bowl to the empty bowl. Once done, they should run back to their team and tag the next team member. This should be repeated until one team has transferred all of their Maltesers. Finally, the Maltesers need to be eaten!



Mars, Galaxy, Milkyway + Magic Stars

This game is based on the Port and Starboard game which I'm sure all of you have played before.

One player is the caller and the other players follow the instructions. Should a player fail to complete the task or make a mistake, the player is out of the game or could do a forfeit. Here are the instructions:

- "Mars" all players run and stand to the right side of the room
- "Galaxy" all players run and stand to the left side of the room
- "Milkyway" all players run and stand at the top of the room
- "Magic Stars" all players run and stand at the bottom of the room
- "Penguin" all players waddle around the room like a penguin with their arms at their sides
- "Lion" all players walk around the room with hands up as claws and making roaring noises
- "Aero" all players run around the room with their arms out like aeroplanes
- "Kitkat" all players walk around on all fours, meowing like a cat
- "Wispa" all players put their index finger to their lips and say 'ssshhhhhh'
- "Minstrels" all players pretend to play the flute or violin

More or fewer instructions can be used depending on how much the girls can remember!

Kim's Game

Did you know that the game which we call 'Kim's Game', which is played by the Scouts and Girl Guides, is derived from Rudyard Kipling's 1901 novel 'Kim', in which the hero, Kim, plays the game during his training as a spy. This game can be played in two ways. Firstly you will need a large tray, a cloth to cover it with and lots of different chocolate bars in their wrappers.



To begin, the chocolate bars should be arranged on the tray for all the girls to see. Give them 30 seconds – 1 minute to memorise the chocolate and then cover it up. The first way you could play this is that the girls then write down the names of as many of the chocolate bars as they can remember. Alternatively, one chocolate bar can be removed, then the cloth removed and the girls have to guess which chocolate bar is missing. To finish, it would be a shame if there were a lot of chocolate bars left over, so why not eat them!

BINGO!

Play BINGO using M&M's (or other wrapped chocolates) as the markers. Be sure to have plenty for players to munch on during play!



Snakes and Ladders

Create your own snakes and ladders game. Then melt some chocolate and drizzle on greaseproof paper or foil to create a snake shape. Ladders could also be created in the same way. Alternatively you could use Curly Wurlys as the ladders – these can be cut up to create different length ladders or 'glue' together some matchmakers with melted chocolate to create the ladders. Make 5 of each and chill. Now you need to create a playing board using a 10 by 10 grid (or bigger if required) and once the chocolate is set, place the snakes and ladders on the grid. Use M&M's, Smarties or wrapped chocolates as the counters and play!





SECTION 2: Chocolate Puzzles + Activities





Chocolate Bars

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R	-	C	T	Z	R	Ρ	O	T	U	0	Ш	\geq		T	Y	0	Υ	L	⋖	Р	Е	0	N	T
Т	R	L	Х	X	w	X	В	S	N		O	K	E	R	w	Z	В	0	Υ	D	Υ	В	W	D

Find the following chocolate bars in the Wordsearch above:

AERO	ECLAIR	MILKYWAY	TOBLERONE
BOOST	FLAKE	MINSTRELS	TOFFEECRISP
BOURNVILLE	FUDGE	MUNCHIES	TWIRL
CADBURY	GALAXY	PENGUIN	TWIX
CRUNCHIE	KITKAT	PICNIC	WISPA
CURLYWURLY	LIONBAR	REVELS	YORKIE
DAIRYMILK	MALTESERS	ROLO	
DREAM	MARS	SNICKERS	
DRIFTER	MILKYBAR	TIMEOUT	

Which is Which?

Can you guess what each of the chocolate bars is from the pictures given below?































Chocolate + Sweets Quiz (may be more suitable for Guides, Senior Section + Adults)

All of the answers to these clues are sweets or chocolate eg Sweet tooth cleaner = Candy Floss

- 1) Sly giggles
- 2) High class thoroughfare
- 3) Money making royalty
- 4) Dark occult
- 5) Mother's local
- 6) Clever folk
- 7) Various black items
- 8) Sport for princes
- 9) Feline equipment
- 10) Garden flowers
- 11) Assorted girls
- 12) Dairy holder
- 13) Arrange marriage partners
- 14) Edible fasteners
- 15) Wobbly infants
- 16) Talk quietly
- 17) Big bus
- 18) Gem orchard

- 19) Spin around
- 20) Capital granite
- 21) Lorry Drivers Snack
- 22)100% Au
- 23) Istanbul harem
- 24) Up Out there
- 25) Even more out there
- 26) Big cats pub
- 27) Noisy insect
- 28) One who wanders
- 29) Musical bard
- 30) Lots of parties
- 31) Outside meal
- 32) Ten cent pub
- 33) Toothless drink
- 34) Lost them?
- 35) Pub pins

Crack the Chocolate Code

Use the alphabet below to crack the code











A

B

D

E











F

G

H

1

J











K

L

M

N

O











P

Q

R

5

T













U

V

W

X

Y

Z





Now create your own code!

Chocolate Anagrams

Can you unscramble the following anagrams which are all chocolate bars?:

YAMLKYIW	RELOONTBE
RIWLT	IWPSA
GNPIEUN	RLCEIA
RUYDCAB	XYLAGA
LMKRIADYI	HCCRNEIU
MRADE	OOTB5
YYCLRUWRLU	SSKRINCE
SSLAMTEER	TAIKKT
SMRA	LOOR
TGGI PETMNI	TOTMETH





SECTION 3:

Yum yum! - Chocolate Recipes





Chocolate Button Crunch

Serves: 12

Preparation time: 15 minutes + cooling and chilling

Ingredients

300g dark chocolate, broken into pieces

2 tbsp milk

125g unsalted butter, melted

125g digestive biscuits

3 packets of white chocolate buttons

3 packets of milk chocolate buttons

- 1) Grease and line an 18cm round cake tin.
- 2) Melt the plain chocolate with the milk, then mix in the melted butter. Leave until the mixture is cool, but not beginning to solidify.
- 3) Crush the digestive biscuits into small pieces and mix with the white chocolate and milk chocolate buttons.
- 4) Mix the biscuit and button mixture into the chocolate and butter, then spoon into the tin and pack it down gently. This will then need chilling.
- 5) Once chilled you can remove the cake from the tin and peel away the lining paper. Cut into small wedges, eat and enjoy!



Chocolate Mallow Slice

Serves: 18

Preparation time: 10 minutes + chilling

Ingredients

350g digestive biscuits

125g dark chocolate broken into pieces

225g butter

25g caster sugar

2 tbsp cocoa powder

2 tbsp golden syrup

55g mini marshmallows

100g white chocolate chips

Extra white chocolate for drizzling

- 1) Put the digestive biscuits in a sandwich bag and crush into small pieces with a rolling pin.
- 2) Put the chocolate, butter, sugar, cocoa powder and golden syrup into a saucepan and heat gently until melted. Now leave to cool slightly.
- 3) Stir the crushed biscuits into the chocolate mixture until well mixed. Add the marshmallows and mix well, then finally stir in the chocolate chips.
- 4) Spoon the mixture into a 20cm square tin. Melt the spare white chocolate and drizzle on top.
- 5) Put in the fridge to chill until set. Cut into squares and of course eat and enjoy!



Battenberg Biscuits

Serves: 18

Preparation time: 15 minutes + 10 minutes cooking time

Ingredients

175g softened butter

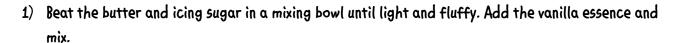
6 thsp icing sugar

1 tsp vanilla essence

250g plain flour

25g plain chocolate

A little beaten egg white



- 2) Gradually beat in the flour to form a soft dough.
- 3) Melt the chocolate. Divide the dough in half and beat the melted chocolate into one half. Cover and chill both doughs for a while.
- 4) Roll out each piece of dough to a rectangle, measuring 8cm x 20 cm and 3cm thick. Brush one piece of dough with a little egg white and place the other on top. Cut the block of dough in half lengthways and turn over one half. Brush the side of one strip with egg white and butt the other up to it, so that it resembles a chequer board.
- 5) Cut the block into thin slices and place each slice flat on a lightly greased baking sheet, allowing enough room for the slices to spread a little whilst cooking.
- 6) Bake in a preheated oven, 180°C/350°F for about 10 minutes or just firm. Cool the biscuits on a wire rack and then eat and enjoy!



Armpit Fudge (taken from the Girl Guiding New Zealand website)

Serves: 1

Preparation time: 5 - 10 minutes

Ingredients

50g icing sugar (1/2 cup)

1 tbsp margarine

2 tsp cream cheese

dash of vanilla essence

2 tsp cocoa

- 1) Place all of the ingredients in a sandwich-size plastic zipper-bag.
- 2) Squeeze out all the air.
- 3) Squish and moosh (under the arm!) the bag until all the ingredients are well mixed and there is a creamy consistency.
- 4) Add any favourite flavours or other stuff (raisins, M&M's, peanut butter, chopped nuts, etc).
- 5) Take out a spoon, eat and enjoy!



Chocolate Muffins

Serves: 18

Preparation time: 15 minutes + 25 minutes cooking time

Ingredients

165g softened butter

300g caster sugar

2 tsp vanilla essence

3 large eggs

70g self raising flour

200g plain flour

1 tsp bicarbonate of soda

70g cocoa powder

225ml milk

25ml vinegar

100g chocolate chunks of your choice to top the muffins

- 1) Measure out the milk in a jug, add the 25ml of malt vinegar, give it a stir and leave it til later.
- 2) Preheat the oven to 160°C Fan/180°C/Gas Mark 4. Place some muffin cases in your muffin tin.
- 3) Cream together the butter and the sugar then add the vanilla essence and eggs and beat together.
- 4) Weigh out all the dry ingredients into a bowl together, then add them all to the mix. Now add the milk/vinegar combo and give it a good mix.
- 5) Add the mixture to the muffin cases about 2/3rds full.
- 6) Chop some extra chocolate and sprinkle the chunks on the top.
- 7) Bake them in the oven for around 25 minutes until perfectly cooked.







SECTION 4:

A chocoholics dream - tasting activities





Do you know your Chocolate?

For this activity you will need a blindfold or scarf (to cover their eyes – or trust them to keep their eyes closed) and several different chocolate bars. Cut the chocolate bars into small, mouth sized pieces and give each girl a piece. They need to eat it with their eyes closed or covered and try to guess which chocolate bar it is. They could write their answers down and you go through the answers once all chocolate bars have been tested.



Chocolate Indulgence

Hold a chocolate pamper evening (we've held a few with our Brownies and they absolutely love them)! For the pamper evening you need a variety of chocolate treats to eat, such as chocolate fingers, biscuits, cakes, hot chocolate, perhaps you can even get hold of a chocolate fountain and make fruit skewers or dip marshmallows or mini doughnuts in it. You could make some of the chocolate treats from section 3 too!

Now for the pampering and to create your very own chocolate face mask (taken from www.skin-care-recipes-and-remedies.com/chocolate-face-mask-recipe):

Ingredients

- 1/3 cup cocoa
- 1/4 cup of honey
- 2 tablespoons of heavy cream (sour cream will work as well)
- 3 teaspoons of oatmeal powder

Preparation: Mix all the ingredients together well. Apply on the face, gently massaging it so that the oatmeal can start exfoliating the dead skin cell layer. Leave it on for about 15 to 20 minutes and rinse off with lukewarm water.

In case you are wondering, there is a reason oatmeal and honey are added to this mix. Similar to its use in body scrub recipes, oatmeal is recommended for sensitive skin, but can be used in preparation of facial masks for any skin type, as well as for preparation of facial exfoliants as it is gentle on the skin, yet highly powerful. Honey on the other hand, is a great anti-bacterial agent, deeply cleanses your skin, and opens up clogged pores. Now that you know all these benefits of chocolate, not only can you be guilt free while eating it, you can prepare an excellent chocolate face mask recipe and aid to your skin's youthful look and nourishment.

Chocolate by Numbers

Chocolate percentage refers to the percentage of cocoa mass, the essence of chocolate, in the chocolate bar itself. More cocoa mass means a higher percentage, darker colour, and a more







intense chocolate taste. Unsweetened or bitter chocolate contains nearly 100 percent cocoa mass. Semisweet and bittersweet chocolates have added sugar, so their cocoa percentages are a little lower - good quality dark chocolate usually contains a minimum of 50 percent cocoa mass, but can go as high as 85 percent. Because milk chocolate has more added sugar than dark, it has a lower percentage of cocoa mass, usually about 30 to 40 percent. The percentage also gives us some idea about the chocolate's sweetness. If a dark chocolate contains 70 percent cocoa mass, it must contain about 30 percent sugar. The chocolate will have an intense chocolate flavor, with just enough sugar to make it palatable. The lower the chocolate's percentage, the higher the percentage of sugar and the sweeter the chocolate will be.

Have you ever tried chocolate with a higher percentage of cocoa mass?

Hold a tasting session and see which of the chocolates you prefer. Lindt or Green & Blacks do several varieties of higher percentage chocolate.





SECTION 5:

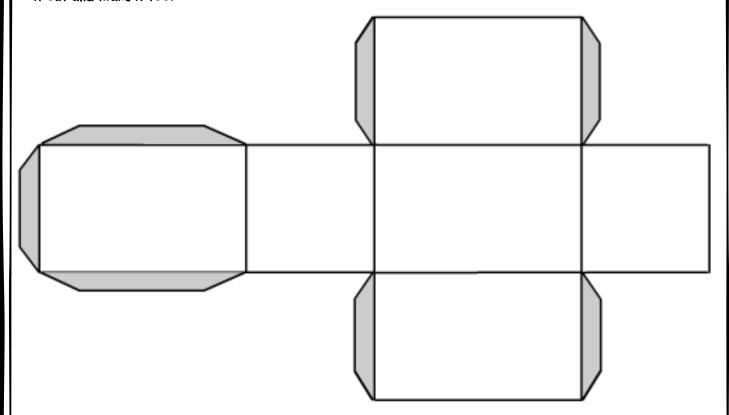
<u>Crafty Chocolate + Invention Time</u>





It's a Wrap

Now that you're a connoisseur of chocolate, it's time to design your own wrapper for a bar of chocolate or packaging for a small box of chocolates. Think about what should be on the packaging so that it's eye catching and customers would buy it! If designing a box, you can use the template below and actually cut it out and make it too.



Chocolate Scented Playdough (not edible!)

Why not make your own chocolate scented playdough and mould into chocolate shapes?

- 1 1/4 cups flour
- ½ cup cocoa powder
- ½ cup salt
- $\frac{1}{2}$ tablespoon cream of tartar
- $1\frac{1}{2}$ tablespoons cooking oil
- 1 cup boiling water

Mix the dry ingredients. Add the oil and boiling water. Stir quickly, mixing well. When cool, mix with your hands

AN ADULT SHOULD DEAL WITH THE BOILING WATER

Chocolate Faberge Eggs

All you need for this activity is a chocolate egg, sweet laces, little sweets for sticking on (such as mini marshmallows or dolly mixtures), melted chocolate (milk and white), a bowl, a spoon and lots of imagination. Firstly, it might be worth showing some pictures of some beautifully decorated Faberge eggs for inspiration. Using the melted chocolate as a glue, stick on the laces and sweets to decorate the egg. The chocolate can also be used to decorate the egg. This



would be great to give as a gift if it was then wrapped in cellophane and tied up with some ribbon.

Charlie and the Chocolate Factory - Designing your own chocolate

Have you read Charlie and the Chocolate Factory by Roald Dahl? The Chocolate Room is the first room the group enters. It is said that everything in this room is edible: the pavements, the bushes, even the grass. There are trees made of taffy (similar to toffee) that grow jelly apples, bushes that sprout lollipops, mushrooms that spurt whipped cream, pumpkins filled with sugar cubes instead of seeds, jelly bean stalks, and spotty candy cubes. The main icon of the room is the Chocolate River, where the chocolate is mixed and churned by the waterfall, but must not be touched by human hands. Willy Wonka proclaims, "There is no other factory in the world that mixes its chocolate by waterfall." Pipes that hang on the ceiling come down and suck up the chocolate, then send it to other rooms of the factory, such as the Fudge Room as Augustus Gloop is sucked into that pipe after falling into the river while drinking from it. Augustus is disqualified from winning the chocolate factory because of his inability to control his gluttony. Willy Wonka had an Oompa-Loompa take Mrs. Gloop to the Fudge Room to look for her son. Also, there is a boat that is operated by Oompa-Loompas which takes the tour on a Chocolate River Ride.

Now's the time to let your imagination go wild. Can you invent your own bar of chocolate or chocolates? Write about your invention, draw it and then explain to others – see if they would be interested in trying it. How about actually trying to make it?

Chocolate Lip Gloss

We know how girls can't do without their lip gloss so why not create your own chocolate lip gloss. Put some Vaseline in a small jar or container, add some cocoa and mix and there you have it – your lip gloss is made!



Fair Trade or Not Fair Trade?

Have you ever wondered what this logo mean?

Cocoa farmers are some of the poorest people in the world and many of them earn on average about £50 a year. They depend on selling their beans to pay for the essential things in life. However many farmers don't make enough money from selling their beans and can't afford food, medicine, clean water or school for their children.



The Fairtrade Foundation was set up help alleviate poverty and develop sustainable working conditions. It works to help disadvantaged farmers in developing countries get a fair deal for their produce. It does this by ensuring a minimum fair price for the product, a price that doesn't go up and down but is set and agreed upon. So if the world market price falls below the minimum the farmer will still get the minimum; if the world market price is higher than the minimum then the farmer gets the higher price.

The buyers also enter into long-term agreements with the farmers helping them plan and build for the future. And in addition to this, a Fairtrade premium is paid for social or environmental projects – such as a well to provide clean water or a school for the plantation workers' children.

Products that are certified Fairtrade i.e. that have passed strict tests, carry the Fairtrade mark. Some products will claim to be fairly traded but unless they carry the mark you can't be absolutely certain they meet all the criteria.

It might mean paying a little more for our chocolate. It might mean changing – and giving up – our favourite brands, at least until the bigger companies can guarantee that no child labour is used and that they're dealing fairly with the farmers, but that is little compared to £15 for a child.

And there are plenty of alternatives. The Divine brand of chocolate and Dubba bars are easily available from most large supermarkets. The Co-op, in a pioneer move, only uses fairly traded cocoa beans in all its chocolate production. Many other brands carry the Fairtrade mark on some of their products e.g. in 1994 the first UK product to be awarded the Fairtrade mark was Green and Black's Maya Gold chocolate. And there are many more producers of high quality Fairtrade dark, milk and organic chocolate.

Just study the labels in your local supermarket: the mark is easily identifiable. And if you can't find any Fairtrade chocolate in your supermarket or local shop, ask the manager to stock it!

Why not design a poster to encourage people to buy Fairtrade products, in particular, Fairtrade chocolate.

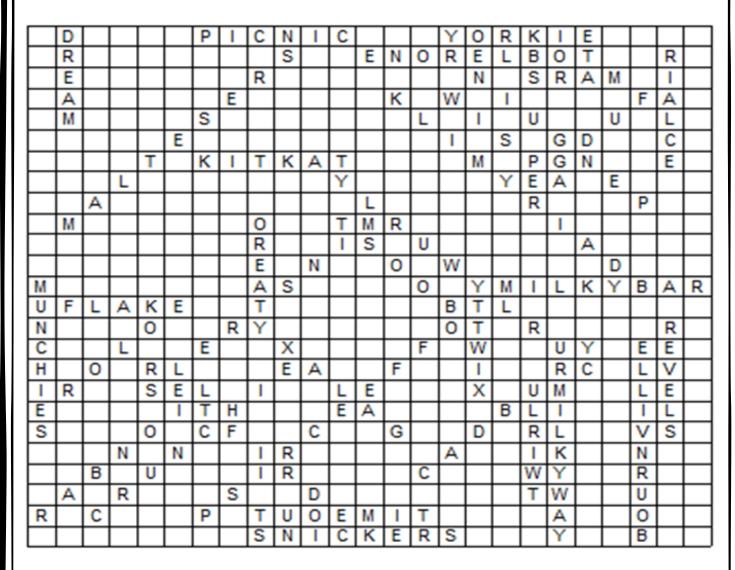
Where does Chocolate come from?

Have you ever thought about where your chocolate comes from?

See if you can research and find the answers to these questions (remember to follow the web safety code)

- What is chocolate made from?
- Where do cocoa beans come from? West
- Where are the majority of cocoa beans grown?
- In what year was the Hershey chocolate bar first made?
- What is the scientific name for a cocoa tree?
- How much of the cocoa bean is cocoa butter?
- How long are cocoa beans left to ferment?
- How many seeds are there in a cocoa pod?

Chocolate Bars - ANSWERS



Find the following chocolate bars in the Wordsearch above:

AERO	ECLAIR	MILKYWAY	TOBLERONE
BOOST	FLAKE	MINSTRELS	TOFFEECRISP
BOURNVILLE	FUDGE	MUNCHIES	TWIRL
CADBURY	GALAXY	PENGUIN	XIWT
CRUNCHIE	KITKAT	PICNIC	WISPA
CURLYWURLY	LIONBAR	REVELS	YORKIE
DAIRYMILK	MALTESERS	ROLO	
DREAM	MARS	SNICKERS	
DRIFTER	MILKYBAR	TIMEOUT	

Which is Which? - ANSWERS



TOFFEE CRISP



KITKAT CHUNKY



MALTESERS



GALAXY RIPPLE



MILKY WAY





SNICKERS



YORKIE



CADBURYS CREME EGG



FLAKE



CRUNCHIE



MINT AERO



TWIX



MARS



FUDGE

Chocolate + Sweets Quiz - ANSWERS

All of the answers to these clues are sweets or chocolate eg Sweet tooth cleaner = Candy Floss

- 1) Sly giggles Snickers
- 2) High class thoroughfare Quality Street
- 3) Money making royalty Mint Imperials
- 4) Dark occult Black Magic
- 5) Mother's local Mars Bar
- 6) Clever folk Smarties
- 7) Various black items Liquorice Allsorts
- 8) Sport for princes Polo
- 9) Feline equipment Kit Kat
- 10) Garden flowers Roses
- 11) Assorted girls Dolly Mixtures
- 12) Dairy holder Milk Tray
- 13) Arrange marriage partners Matchmakers
- 14) Edible fasteners Chocolate Buttons
- 15) Wobbly infants Jelly Babies
- 16) Talk quietly Wispa
- 17) Big bus Double Decker

- 18) Gem orchard Opal Fruits
- 19) Spin around Twirl
- 20) Capital granite Edinburgh Rock
- 21) Lorry Drivers Snack Yorkie
- 22) 100% Au All Gold
- 23) Istanbul harem -Turkish Delight
- 24) Up Out there Milky Way
- 25) Even more out there Galaxy
- 26) Big cats pub Lion Bar
- 27) Noisy insect Humbug
- 28) One who wanders Drifter
- 29) Musical bard Minstrel
- 30) Lots of parties Celebrations
- 31) Outside meal Picnic
- 32) Ten cent pub Dime
- 33) Toothless drink Wine Gums
- 34) Lost them? Marbles
- 35) Pub pins **Skittles**

Where does Chocolate come from? - ANSWERS

- What is chocolate made from? The bean pods of the Theobromo Cacao tree
- Where do cocoa beans come from? West Africa, Central + South America and parts of Asia
- Where are the majority of cocoa beans grown? Approx. 38% in the Ivory Coast and 21% in Ghana
- In what year was the Hershey chocolate bar first made? 1894
- What is the scientific name for a cocoa tree? Theobroma Cacao
- How much of the cocoa bean is cocoa butter? About 54%
- How long are cocoa beans left to ferment? About 4 to 7 days
- How many seeds are there in a cocoa pod? Around 30 to 50

BADGE ORDER FORM

form below and send with your payment to receive your Chocolate Challenge badges.
UnitCounty
No. of badges@ £1 each = £
Postage
1-30 badges £ 1.00
31-100 badges £1.50
101 - 200 badges £2.00
Total £
Contact Name and Address:
Postcode
Email:

Please make cheques payable to 1st Toftwood Brownies and send your order to

Katie Theobald

1st Toftwood Brownies

15 Watersfield Way

Toftwood

Dereham

Norfolk

NR19 15Q

Tel: 01362 690081

Email: ktheobald84@hotmail.co.uk



Profits will be used to help finance trips for members of 1st Toftwood Brownies.