

Non cook food activities for Guide and Ranger meetings

Painted toast

1. Put 2 tablespoons of milk in separate beakers, add a few drops of food colouring, stir till the colour shows
2. Using a paint brush – paint your design on the bread
3. Toast, butter and enjoy!



Marshmallow stars

1. Put several mini marshmallows and jelly tots onto a cocktail stick with one point covered in a marshmallow or jelly tot and about 1cm of the other end not covered. Repeat 5 times
2. Put the uncovered end of the cocktail stick into the large marshmallow to make a star

Marshmallow snowman

1. Cut the cocktail sticks into small pieces with scissors, join 2 large marshmallows together with a piece of cocktail stick to make the head and body, then add small marshmallows with cocktail sticks for the arms and legs.
2. Decorate with writing icing and use a black jack for a hat



Marzipan and Icing animals

1. Mix a few drops of food colouring into a small ball of icing or marzipan to get the colour required and then shape into your design.
2. Add legs, heads, ears etc by sticking the parts together with icing.
3. Decorate with writing icing



The ideas are endless and can be adapted to any theme you want, they can be used as decorations for cakes or sweets. Fruit shapes can also be made

Fruit trifle

1. Crumble a sponge finger into the bottom of a plastic cup
 2. Top with a tablespoon of mixed fruit
 3. Spoon over some custard
 4. Top with cream and decorate with sprinkles
- If you prefer you can use fresh fruit – bananas, strawberries, grapes, apples, pears



Ways of adding food activities to your meetings:

As a team challenge

These can be sweet or savoury. You can be specific and ask them to make a train or house or more general and ask them to make a pudding or main course from the ingredients provided.

As part of a theme evening

Decorate biscuits for bonfire night – chocolate fingers dipped in sprinkles to make a sparkler, chocolate match makers and strawberry laces piled onto a digestive biscuit to make a bonfire biscuit.

Party food – sandwiches – roll the bread flat with a rolling pin, then spread with the filling and roll the bread up to form a swiss roll sandwich which can be cut into bite size pieces.

Filled pita breads – grate cheese and vegetables and mix together with a dressing using natural yogurt and honey.

Fruit smoothies – blend fruit and fruit juice together, you can also add ice cream if you bring it in a cool box and do it at the beginning of a meeting. Or lemonade to make a cocktail

Crudities - chop vegetables and make a cheesy dip by mixing cream cheese, grated cheese, sliced spring onion with a little milk.

Non cook fudge – put some icing sugar in a bowl and slowly pour in condensed milk to make a stiff dough, then roll it into a sausage shape and cut into rounds

Chocolate truffles – mix 60g butter and 100g chocolate powder to a thick paste and then roll into marble balls and roll in icing sugar or chocolate sprinkles.

Ready steady assemble

Give the girls a bag of ingredients and they have to create something, this can be sweet or savoury

There are several websites which have simple non cook food ideas :

www.activityvillage.co.uk Mainly a craft site but does have some recipes for themes

www.greatlittleideas.com Lots of simple recipes you can search by brand e.g. mini rolls or ingredients you want to use

www.bbc.co.uk/food Lots of recipes to choose from but not all are non cook

The main supermarkets also have recipe ideas on their web sites which can be useful.