



Girlguiding

1st South Walsham Guides

girls in the lead



You don't need a kitchen to do it!

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Welcome to the 1st South Walsham Cupcake Challenge

An activity pack for all sections



Here at 1st South Walsham Guides in Norfolk we've gone muffin mad and cupcake crazy! We love baking, even though we have limited kitchen facilities at our meeting place and have to run over the road to our leader's house to pop things in the oven!

Like most Guides, we enjoy making yummy things and decided to design our own badge so that baking cupcakes could become an official activity! We have road tested all these ideas in our own Guide unit and with our friends Blofield District Rangers, 1st South Walsham Brownies and Acle Rainbows, so we know it works for all sections.

It is up to you how many activities you choose to do to gain your badge, but we suggest
Rainbows 3+ Brownies 4+ Guides 5+ Senior Section and Adults 6+

Try and choose activities from the different sections, which are:

Section 1 - Crazy Cakes; a selection of games and challenges

Section 2 - Clever Cakes; brain teasers and food for thought!

Section 3 - Crafty Cakes; lots of cake-related makes

Section 4 - Bake the Cake; recipes and tips for indoor and outdoor cakes

Section 5 - Icing on the Cake; a design and decorating challenge

You could use this badge as a theme for a camp, holiday or sleepover, or simply complete the badge in meeting time. Once you have finished, send off for your fabulous bun-shaped badges (see order form at the back of this booklet).

We don't pretend to be experts in cupcake creation, but we've had great fun designing and testing this badge. We hope you will enjoy doing it too; we'd love to hear how you get on and see some pictures of your buntastic creations.

HAVE FUN!

email us on southwalshamguides@gmail.com

This badge will be available until December 2012



Some cupcakes we made earlier!



Section 1

CRAZY CAKES

Cupcake Relay Race (in groups)

You will need:

1 x undecorated cupcake per player (cheap supermarket ones are fine)
1 x bowl of icing per team

1 x spreading knife per team
1 x icing bag/tube per team
1 x cherry/choc button or similar per player

Set up three "stations" equally spaced between the start and finish lines. Put the bowl of icing on the first station, the icing bag or tube on the second, and the cherries or chocolate buttons on the third. Teams line up as for a relay race. Each player is given an undecorated cake. On "Go" the first player runs to the first station and ices her cake, smoothing it out with the knife. She then runs to the second station, where she adds a message with the icing gun or tube (a word, a shape, or just a random squiggle). At the final station she adds a cherry or chocolate button and sprints back to her team. The game continues with each player taking her turn, until all have had a go. First team to complete all their iced cakes is the winner - although you could add extra points for quality of decoration if you wish! Eat the finished cakes!

Bun Fight (in two teams)

You will need:

20 paper bun cases per team
plenty of newspaper

1 x roll of sticky tape per team
Rope or chalk to divide the battle area

First, the teams make the buns by scrunching up newspaper into ball shapes and sticking them into bun cases. You can limit the time given for preparation of ammunition if you like, or award points for neatness, or creativity. When the buns are made, mark out the battle area with rope or chalk, creating a "no man's land" between the two teams about 1m wide. On a whistle, the teams throw their buns into the other team's area, picking up and throwing back any buns that come over their side. Any buns that land inside "no man's land" can't be retrieved. On a second whistle the fight stops and the buns on each side are counted. The winning team is the one with the fewest buns in its section. (Why not try this at camp with real buns or wet sponges?)

Can you eat a cupcake without licking your lips? Or try the No Hands Challenge. Both self-explanatory but make sure you have lots of sticky, runny icing on the top!

Cupcake Code Cracker

Using the Cupcake Alphabet on page 4 cut out the characters, each with their corresponding letter, and stick onto coloured card. Hide these around the room or outside. Players then match the symbols to the letters to crack the code. You can make up your own phrases or words or try ours on pages 5 and 6. To simplify things for Rainbows, we placed some of the pictures around the room and then asked the girls to find the right picture when we asked - eg. first to find a pink cup cake with a blue candle gets a point!

Cupcake App

Check out Cupcakes! by Maverick software, for iPhone and iPod touch. Bake, decorate and eat virtual cupcakes - and all with zero calories!

Section 1 - CUP CAKE ALPHABET



A



B



C



D



E



F



G



H



I



J



K



L



M



N



O



P



Q



R



S



T



U



V



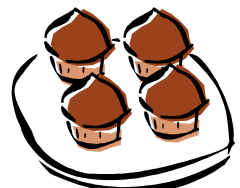
W



X



Y



Z

Section 1 - Cupcake Code Cracker 1

WHAT A MIX UP. CAN YOU CRACK THE CODE?







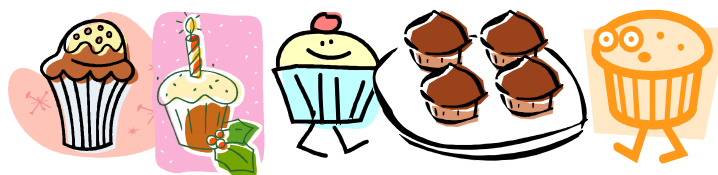


Section 1 - CUPCAKE CODE CRACKER 2

OH CRUMBS! NOT ANOTHER ONE...



— — / — — — — —



— — — / — — — — —



— — — — — !



Section 2

CLEVER CAKES

Plenty of food for thought!

Cupcake Word Search

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

chocolate
baking
margarine
oven
decoration
sugar
flour
spoon
eggs
bowl
cream
frosting
icing
temperature
yummy

Cake Mixture

What a mix up! All of these words have been scrambled. Can you un-mix them and find missing cakes and biscuits?

1 TLEAOCCHO FIMUNF
2 SMEILLI EOKCOI
3 YAPRT SGRNI
4 SGEIDISVET
5 SCLECE KEAC
6 ACVIITOR CSIAWDNH

7 NBRUOBO
8 KLBCA SFROET UGAATE
9 EGALN KECA
10 ENBOIRW
11 EACPUCSK
12 RIFTU EAKC

Cake Brain Teaser

How many different words can you make out of the words **VICTORIA SPONGE**?

Each word must have three or more letters and use each of the original letters only once.

Scores:

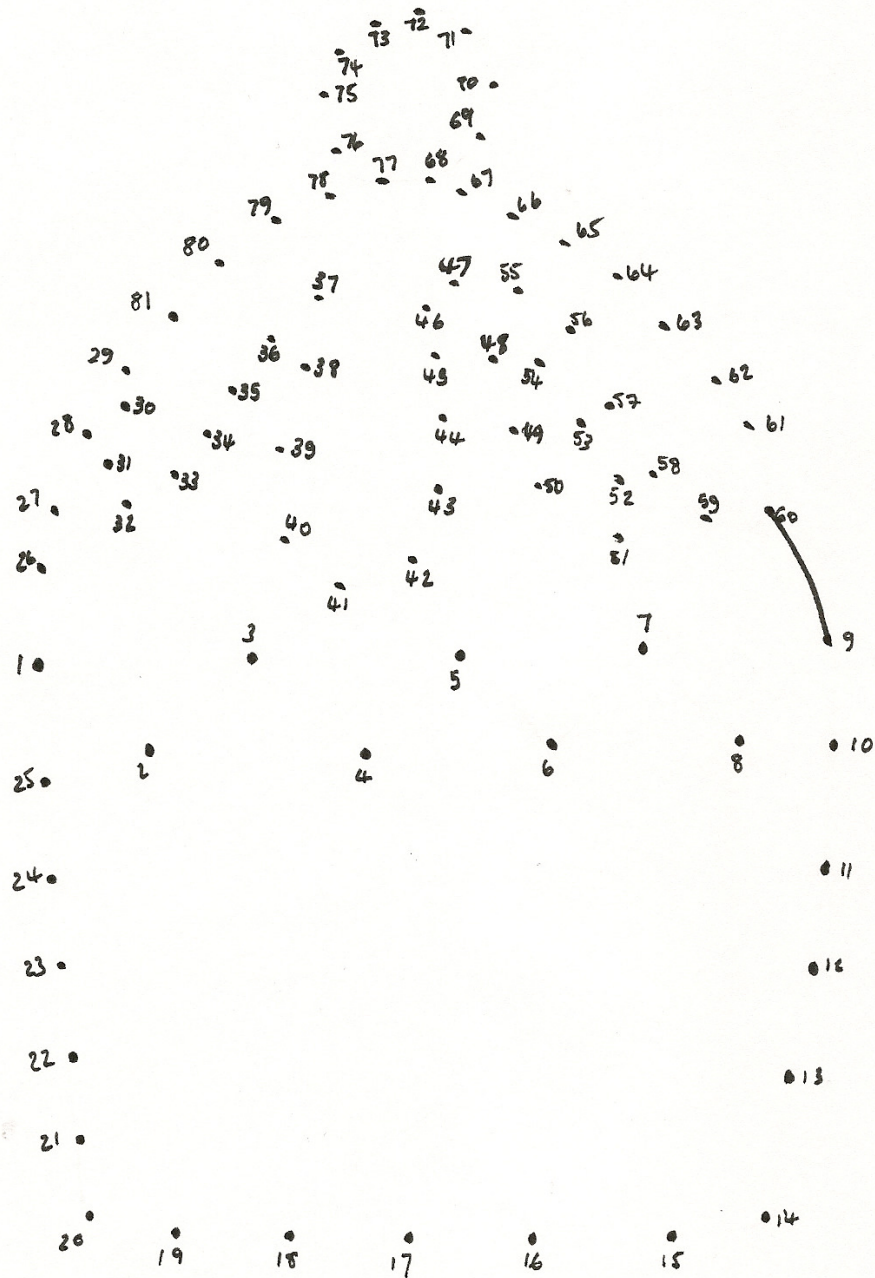
Average 30 Good 45 Excellent 60 Genius! 75

Cupcake dot-to-dot

Doesn't need any explanation! See page 8.

Section 2

YUMMY DOT-TO-DOT



Section 3

CRAFTY CAKES

Mini Cupcake Pin Cushion

For each mini pin cushion you will need:

- 1 mini silicone cupcake case (pound shops stock these)
- 1 circle of main colour felt or other fabric (template A page 11)
- 1 small circle in icing shape in second colour (template B page 11)
- 1 tiny circle of fabric in a contrasting colour (template C page 11)
- sewing needle and thread
- small quantity of craft stuffing
- glue
- pins



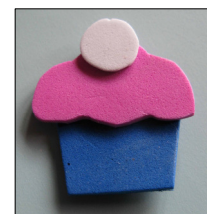
1. Cut out the main colour circle, icing shape and tiny circle using templates described above.
2. Stitch the icing circle to the main circle with a small running stitch or blanket stitch. (See page 11 for stitch guide.).
3. With a double thread, sew a running stitch around the outside of the tiny circle, put a really small amount of stuffing in the middle, and draw up the stitches carefully, to make a small ball shape. Sew a few stitches across the bottom to keep the shape in place.
4. Sew or glue the small ball to the middle of the icing circle. All three pieces should now be attached.
5. With a double thread, sew a running stitch around the large main circle. Take some stuffing and make it into a ball shape, enough to fill your cup cake case. Place the stuffing in the centre of your material, on the reverse side, and draw together the running stitch, to make a globe shape, the right size to fit into the cupcake case. Sew a few stitches across the bottom to keep the shape in place, as before.
6. Place some glue into the bottom and sides of the cupcake case and stick the cupcake globe shape inside. (You may need to be generous with the glue, because of the non-stick silicone!)
7. Allow the glue to dry then add some pins to complete.

Handy hint: we found it was best not to glue the icing circle onto the main body of the cushion, as it prevents the pins from sticking in well.

Cupcake Badge or Fridge Magnet

You will need:

- a small amount of fun foam/felt in three different colours
- glue (we found glue gun worked best on foam)
- safety pin for badge OR magnetic strip for fridge magnet
- scissors
- pencil
- sewing needle and threads if using fabric



1. Draw round the three templates D, E & F on page 11 and cut out the shapes in different colours.
2. Stick the icing shape to the main cupcake case and when dry, add the cherry on the top.
3. Stick either a safety pin or a fridge magnet piece on the back of the shape.
4. You can add sparkle to your badge or magnet with glitter glue or sequins.

Section 3

CRAFTY CAKES

continued

Cupcake Needle Case

You will need

Felt pieces in three main colours

Assorted embroidery threads (or glue)

Scissors

Sewing needle

Pins and needles to complete



1. Cut out a rectangle from the main piece of felt measuring 14cm x 7.5cm.
2. Cut a second rectangle from a contrasting piece of felt, measuring 12cm x 6.5cm. (You can't see this bit in the photo but it's the middle "page" of the needle case.)
3. If you are into sewing, use blanket stitch around the whole of the outside of the main rectangle in a contrasting shade of embroidery thread. (See page 11 for stitch guide).
4. Cut out the cupcake shapes, using template G, H & I on page 11, and either sew or glue into place. You can use blanket stitch again or a small running stitch. Add French knots for decoration if you like.
5. Place the smaller rectangle inside the needle case, like the inner page of a book, and either sew into place with a small running stitch or thin line of glue down the spine.
6. Add needles and pins to the inner "page" to complete.

Beaded Cupcake Badge

You will need

Small amounts of pink and white felt

Pink seed beads

Small safety pin or brooch pin

Glue

White and pink embroidery thread (2 strands thickness)

sewing needle



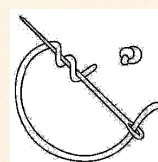
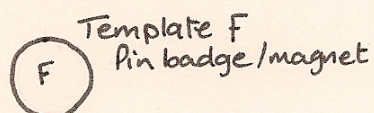
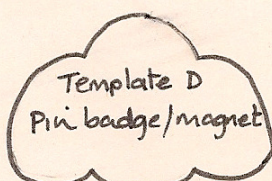
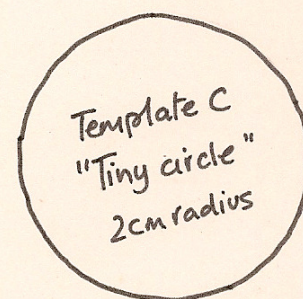
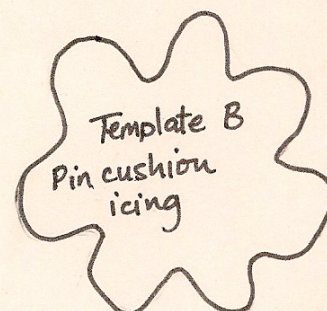
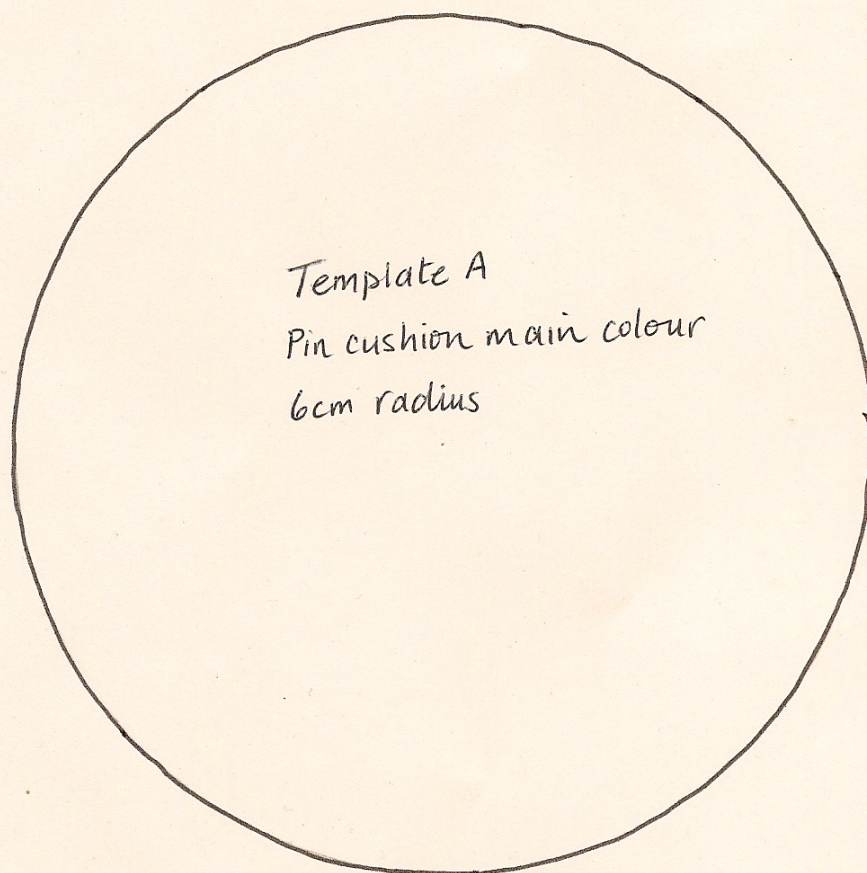
1. Using templates G & H on page 11, cut 1 pink cupcake and 1 white cupcake top from felt.
2. Carefully stitch or glue the white top to the pink cupcake bottom using the white embroidery thread.
3. Stitch four lines vertically along the cupcake base to create the "folds" of the cupcake paper using the pink embroidery thread.
4. Sew eight pink seed beads to the cupcake top (placing relatively even space between each bead).
5. Glue a pin or brooch back to the reverse of the cupcake.

Or why not use these templates and ideas to make **cupcake cards, gift tags or invitations?** Just use the templates to cut out different coloured card and let your imagination run wild!

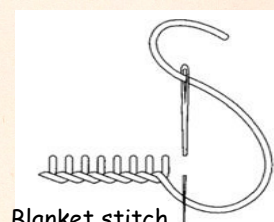
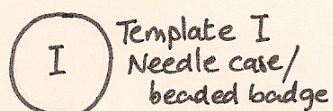
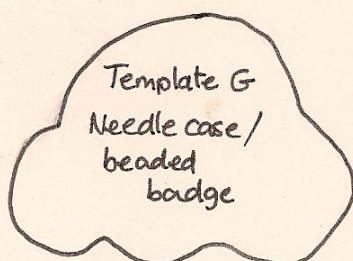


Section 3

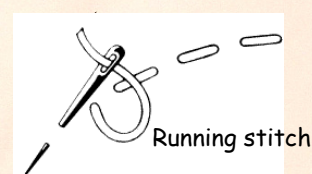
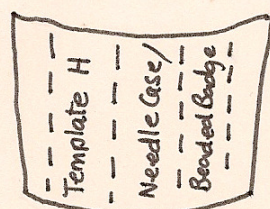
CRAFT TEMPLATES & STITCH GUIDE



French Knot



Blanket stitch



Running stitch

Section 4

BAKE THE CAKE



BASIC CUPCAKE MIXTURE (makes 24)

150g (6oz) butter or margarine (softened)
150g (6oz) caster sugar
150g (6oz) self-raising flour (sieved)
3 medium eggs
24 medium bun cases
bun tins

1. Pre heat the oven to 180C/350F/ Gas mark 4.
2. In a bowl, mix together margarine or butter and caster sugar until smooth and creamy, with no "grittiness" left. Add the eggs and a little of the sieved flour and mix until combined. Add the rest of the flour carefully.
3. Place a bun case into each hole on the bun tin tray and spoon a little of the mixture into each. Don't fill more than half way or your cupcake will explode and look messy.
4. Place the tray in the centre of the oven and bake for about 18-20 minutes until golden brown and springy to the touch.

BASIC MUFFIN MIXTURE (makes 24)

300g (10½ oz) plain flour
1 teaspoon baking power
150g (6 oz) caster sugar
2 medium eggs
200ml milk
24 medium bun cases

150ml vegetable oil
bun tins

1. Pre heat the oven to 180C/350F/Gas mark 4.
2. Sift the flour, baking power, sugar and salt into a large bowl.
3. In a separate, medium-sized bowl, beat the milk, eggs and oil together with a fork.
4. Pour the liquids into the flour mix and fold gently with a metal spoon, taking care not to over mix. Complete as for cupcakes.

TRY ADDING SOME YUMMY EXTRAS

100g (4oz) chocolate chips (dark, milk or plain)
1 tbsp lemon curd in the mixture, plus 1 tsp on top of each cupcake before baking
175g (4oz) raisins or sultanas
fresh raspberries, blueberries or blackberries
200g (8oz) chopped cheese + sprinkling of herbs
25g (1oz) fresh coriander + 175g (4oz) grated carrot
1 ripe mashed banana + 50g (2oz) chewy toffee

We divided into patrols and tried out different recipes. But you could try other options

- everyone makes the same recipe and you see how they all turn out
- run a Pat-A-Cake evening (do the hand clapping while your cakes are in the oven then decorate cakes with the girls' initials!) See song lyrics on page 15.
- run a Ready Steady Cook challenge
- give each group £5 to buy ingredients and see who makes the most cupcakes for that money
- use it as a fund-raising event - sell the cakes to parents at the end of your meeting

Section 4

BAKE THE CAKE

OUTDOOR CAKES



Boil in the Bag Cakes

Just use any supermarket cake mix and mix up according to the packet instructions. Pop the mixture into a microwaveable poly bag, tie it really loosely so that it has room to expand and pop it in a pan of boiling water for about 10-15 minutes or until it looks cooked through. It even works on a Trangia (lightweight camping stove).

Orange Cakes (makes about six)

6 medium sized oranges
1 x basic cupcake mixture
cocktail sticks

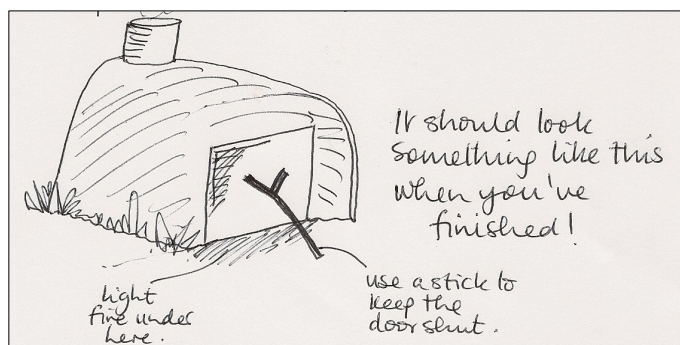
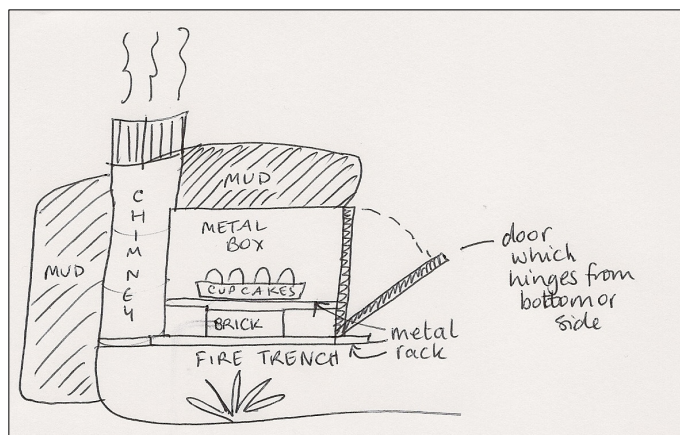
1. Take a slice off the top end of each orange and then hollow it out with a spoon.
2. Spoon the cupcake mixture equally into the six oranges, making sure to leave some room for the cake to rise. (You may have to adjust your quantity of oranges, depending on their size.)
3. Put the slice back on the top of each orange and secure in place with two or three cocktail sticks through the lid into the main orange.
4. Wrap in foil and cook for about 20 mins in campfire embers or on a barbecue.
5. You can either peel the cakes when cooled or eat with a spoon straight out of the orange.

Build a camp oven in which to bake your cupcakes

These instructions are "as remembered" by our leader - there are various other outdoor oven projects you can try. Just Google camp oven on the internet and lots of other options come up.

"I last made one of these at my Camp Licence test in the Year Dot... it was great fun!"

"The chimney is made from a stack of tin cans with both ends and the paper wrapper removed. You'll need a metal box with a lid - an old deep biscuit tin is ideal if you can get one. Dig a trench deep enough to light a fire underneath the box - around 30-40cm. Use a metal rack on top of your trench, overlapping slightly onto the ground and sit your metal box on top. An old oven shelf is ideal. Stack the tins in a long chimney at the back of the oven, to draw the fire below. Cover the whole box and chimney in mud to insulate it. Leave the front door clear."



Section 5

ICING ON THE CAKE!

Design Challenge

Either individually, in pairs or small groups, ask your cake decorators to design

- a cupcake with attitude or character
- a cupcake for a birthday or anniversary
- a cupcake for a special occasion in guiding
- a cupcake for a special season, such as Christmas or Halloween
- an arty cupcake

If you want to keep it simple, ask your decorators simply to design a cupcake on paper.

Icing recipes

Butter Icing

100g (4 oz) sieved icing sugar

50g (2 oz) butter or margarine

Soften the butter or margarine in a bowl and gradually add in the icing sugar until they are thoroughly mixed and creamy. You may need to add a bit of water to make it the right consistency for piping - but only add a tiny amount at a time until you get it right. Practise with a small amount first!

Glacé Icing

100g (4oz) sieved icing sugar

1 tablespoon warm water

Put the icing sugar into a bowl and gradually add the water, stirring until smooth and glossy. It should be thick enough to coat the back of a spoon when ready. You may need it slightly stiffer if you are using it for piping your design, so experiment with either more icing sugar or less water until you get it right.

Ready to roll fondant icing can be cut into shapes with small cooking cutters, made into petals to create flowers or used creatively as stripes and dots.

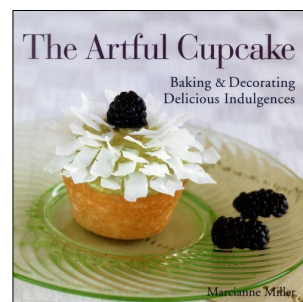
It's a good idea to have some pictures in recipe books to inspire the group - let them have a flick through before your session starts to get some creative ideas flowing! (We borrowed lots of books out of our local library).

There are hundreds of recipe books and internet sites to help you turn your plain cup cakes or muffins into gorgeous, gourmet creations. We particularly liked the ideas in these books

- Cupcakes: Luscious Bakeshop Favourites From Your Home Kitchen, by Shelly Kaldunski
- Hello, cupcake! by Karen Tack and Alan Richardson
- The Artful Cupcake, by Marcianne Miller

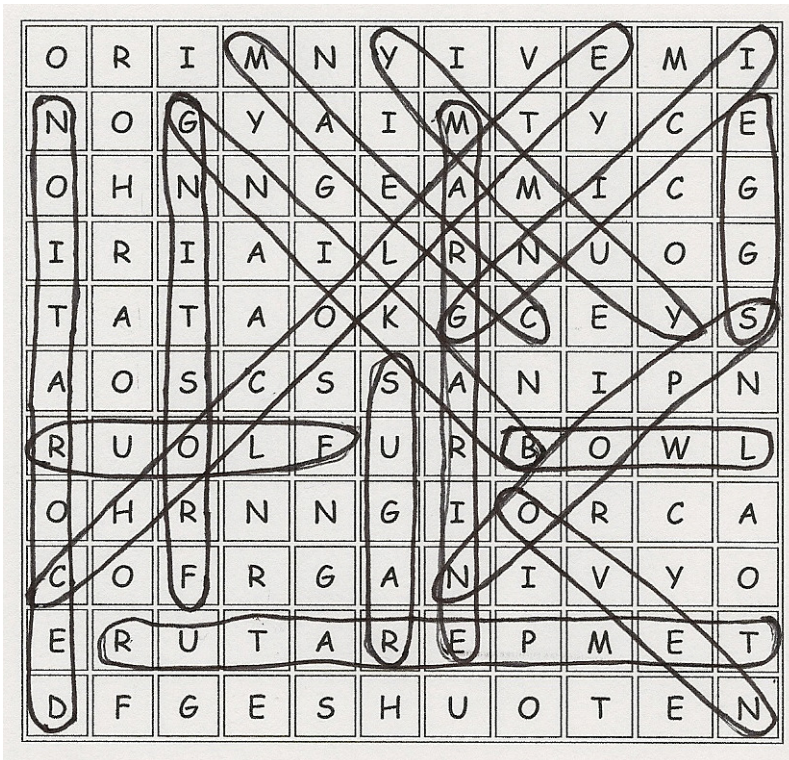
There's also a really useful "how to" video on BBC Good Food, which goes through basic icing techniques at <http://www.bbcgoodfood.com/videos/1026/piping-techniques>. Type "how to ice cupcakes" into a search engine and you'll find loads of videos and tips.

Why not hold a Cupcake Decorating Competition for you unit/district/division, or open it up to your local community as a fund-raising event? You could stage a sponsored Bake-athon or hold a massive cake sale to raise cash for a good cause.



CLEVER CAKES ANSWERS

CUPCAKE WORD SEARCH



CUPCAKE CODE CRACKER

1. Brownies love chocolate cake
2. My Leaders are crazy ladies!

CAKE MIXTURES

- | | |
|---------------------|-----------------------|
| 1 CHOCOLATE MUFFIN | 7 BOURBON |
| 2 MILLIES COOKIE | 8 BLACK FOREST GATEAU |
| 3 PARTY RINGS | 9 ANGEL CAKE |
| 4 DIGESTIVES | 10 BROWNIE |
| 5 ECCLES CAKE | 11 CUPCAKES |
| 6 VICTORIA SANDWICH | 12 FRUIT CAKE |

PAT-A-CAKE SONG

No one knows for sure the origins of this children's nursery rhyme but it's believed that the first record of it dates back to 1698. There's a long tradition of decorating cakes with a child's initial. Why not try this clapping song with a partner while you're waiting for your cakes to bake!

Pat a cake, Pat a cake, baker's man
Bake me a cake as fast as you can;

(first two lines - alternate hand clapping)

Mix it and prick it and mark it with a 'B',

(pretend to mix in bowl, prick, then draw a B in the air)

Then put it in the oven for Baby and me.

(alternate hand-clapping again.)

BADGE ORDER FORM



Unit.....County.....

No. of badges.....@ £1 each = £.....

Postage (2nd class letter post)

1-25 badges £ 0.65

26-65 badges £ 1.00

66-130 badges £ 1.50

131-200 badges £ 2.00

Total £.....

Contact Name and Address:

.....
.....

Postcode.....

Email:

Please make cheques payable to 1st South Walsham Guides and send your order to

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