

Scouting at Home



Suitable for: Joeys | Cubs
Time needed: 45 minutes



Personal Growth
Challenge Area

Healthy kebabs

Discover the best sources of energy and cook up some tasty kebabs on the barbecue.

Energy keeps us alive, keeps us warm and active and helps us to grow. Food provides us with that energy, but not all foods are equal. For example, fat contains more than twice the amount of energy as protein and protein has slightly more energy than carbohydrate.

Did you know?

Oily fish, cheese, nuts, seeds and avocados are high in energy because they contain healthier types of fat.

- When we say fat, we mean oils, meat, dairy, oily fish, nuts, seeds and avocado.
- When we say carbohydrate, we mean bread, rice, potatoes, pasta and breakfast cereals. It can also be found in fruit, vegetables and milk.
- When we say protein, we mean meat, fish, eggs, dairy, bread, soya, nuts and pulses (like lentils or chickpeas).

To give an idea of how energy works, it is measured in kilojoules or kJ, which is what you'll see on food packaging. For example, an apple has 140kJ per 100g and will give you enough energy for a 10-minute walk. Potato chips have 2,240kJ per 100g and will give you enough energy for a 160-minute walk (a typical pack of chips is about 25g).

Instructions

1 Different types of foods give us different levels of energy, the following are examples of low and high energy foods.



Low energy foods

- fruit
- vegetables
- low-fat soup
- lean protein
- fibre-rich foods

High energy foods

- chocolate
- cakes
- biscuits
- deep-fried foods

2 Pick the fruit or vegetables you want to try, then get your parent or guardian to help peel and chop the food into bite-sized chunks, using knives safely.

3 Load with the fruit or vegetables onto skewers.

4 Get your parent or guardian to help you roast the kebabs on the barbecue. The vegetables will cook, while the fruit will caramelise slightly on the outside.

Ideas for vegetable kebabs

- capsicum
- mushroom
- cherry tomato
- zucchini
- broccoli
- cauliflower
- onion
- eggplant

Ideas for fruit kebabs

- orange
- banana
- peach
- plum
- mango
- pineapple
- apple
- blackberry



Outcome

This is a great way to find out about energy in foods and discover which foods contain the most energy. It will also give you the opportunity to try different kinds of fruit and vegetables you may not have tried before.

Taking it further

Talk to your parent or guardian about the foods you would choose to help you achieve a balanced diet and what you would choose to make sure you have enough energy to see you through the day. Talk about the fact that while certain food groups outweigh others in terms of the energy they give, other food groups provide far greater health benefits.