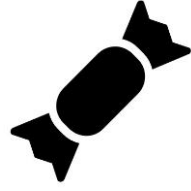




This is a fun challenge created because - who doesn't love chocolate!

Prairie Rose Chocolate Challenge



Program Tie-Ins: Experiment and Create, Connect and Question, Take Action In order to earn the crest:

Section A - All Branches to complete the 'Fair Trade and History of Chocolate' compulsory section

Section B – Each Branch should complete:

Sparks - 6 activities Embers – 8 activities Guides – 10 activities Pathfinders, Rangers and Adults – 10+ activities

Special note from the creator:

The challenge can be completed during a weekly meeting, a day event or sleepover. Help the girls choose activities that are age appropriate to your unit. I think Pathfinder and Rangers would love a spa night, with extra chocolate for munching on, of course.

Hope you enjoy this challenge as much as I enjoyed creating it.

Yvonne Thompson

To order crests: Please fill out the order form on pg 17 and follow the directions for submitting a request.

If you have any questions, please contact Stacey Everett, Prairie Rose Program Advisor - prairieroseprograms@gmail.com

***Prairie Rose Area would like to recognize Girl Guiding UK for their contribution towards this challenge*

Section A - FAIR TRADE AND HISTORY OF CHOCOLATE

**Program Areas: Take Action
Your Action**

Themes – Your Choice, Your Voice,

Program Area: Connect and Question Theme – World Stage

Before we start sampling and playing with our chocolate we should know where it comes from and how it's made.

Talk about fair trade chocolate and why it is important to look for the fair trade symbol on the chocolate you buy.

The sites below are a good place to start learning about where chocolate comes from and the farmers who grow the beans.

Here is a activity book made for children to explain about fair trade.

<http://www.globalexchange.org/sites/default/files/ChocolateActivityBook.pdf>

<http://www.thestoryofchocolate.com/> <http://fairtrade.ca/en/products/cocoa>

<http://fairtrade.ca/en/news-views/news/guide-buying-fair-trade-chocolate>



Section B - Activities:

Program Area: Experiment and Create

Theme – Art Studio

Whopper Wildness

For this game you will need a pair of chopsticks (per team), several bowls, a whistle and lots and lots of Whoppers.

This is a relay game. Get the girls in teams of 4 or 5. They should be sitting in rows in their teams at one end of the room and two bowls (one empty and one full of Whoppers) and a pair of chopsticks are lines up in front of each team at the other end 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 Whoppers from the full bowl to the empty bowl. Once done, they should run back to the other end of the room and tag the next team member. This should be repeated until one team has transferred all of their Whoppers. Finally, no point in wasting, all Whoppers that haven't been on the floor or handled need to be eaten.

A spoon instead of chopsticks may be more realistic for the younger girls.

Kim's Game

To begin, arrange chocolate bars on a tray for all the girls to see. Give them 30 60 seconds to memorize the chocolate and then cover it up.

Have the girls write down as many names of the chocolate bars as they can remember

or remove one chocolate bar and the girls must guess which chocolate bar is missing.

To finish the game, have each girl take a chocolate bar home with them.

Bingo

Play BINGO using wrapped chocolates for markers. Be sure to have extras for te players to munch on during the game.

Guess the Chocolate

Cut up small pieces of different chocolate bars and place in small paper cup.

Blindfold all of the girls and give each one a cup containing the same chocolate bar. Ask them to guess what chocolate bar they are eating.

Unwrap the Chocolate Bar

This game is played like hot potato. Have girls sit in a circle. Turn on the music. Pass around small bars of chocolate and when the music stops tell the person they can eat the chocolate....if they can unwrap it while wearing gloves. Give them a pair of large work gloves and give them 30 seconds. Start up the music and keep going until everyone gets a turn.

The Chocolate Game

Everyone sits in a circle. In the center is a chocolate bar wrapped several times in wrapping paper (don't use anything too expensive - it's only going to get torn off

as quickly as possible!), a scarf, a hat, a pair of gloves, and a knife and fork. If you're feeling particularly mean, you can also tie some string around the chocolate like a parcel. Before the game starts, each player takes it in turns to roll a dice. The player rolling the highest number begins the game.

To play the game, each player rolls the dice in turn. If a player rolls a six, she goes to the center of the circle, puts on the hat, scarf and gloves, and begins to unwrap the chocolate bar using the knife and fork. (If a six isn't rolled, the player passes the dice onto the next player in the circle). Meanwhile, the dice is passed onto the next girl. The next girl who rolls a six replaces the girl in the center. She must put on the hat scarf and gloves before continuing to unwrap the chocolate bar. Once the chocolate is unwrapped, girls may start cutting up the chocolate and eating it - until of course someone else throws a six! The game finishes when all the chocolate has been eaten.

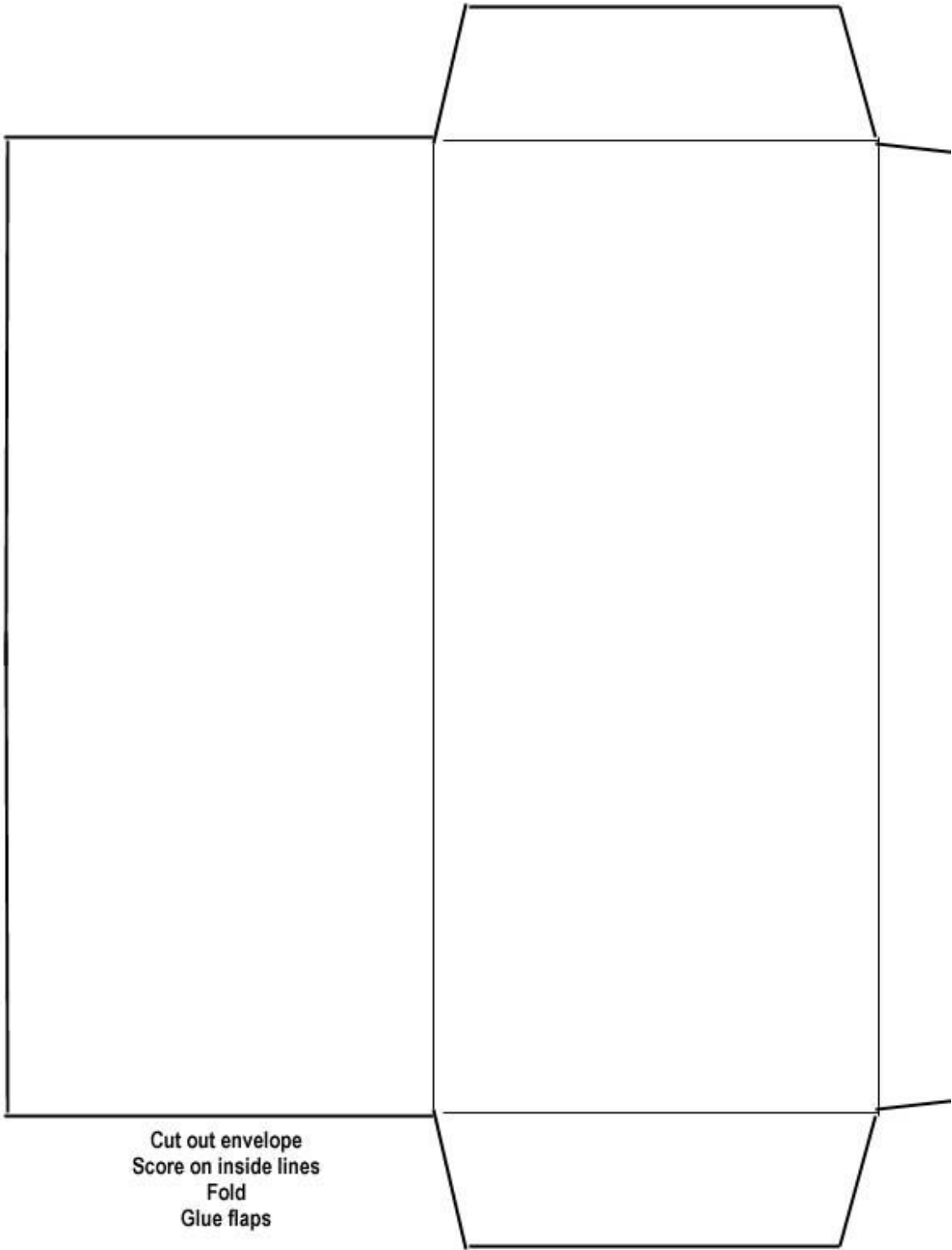
One of the fun parts of this game is that there is no winner!

Chocolate Sampling - Do you know your chocolate

Blindfold the girls or have them close their eyes. Have several chocolate bars cut into small pieces and give each girl a piece. They need to eat it with their eyes closed and try to guess which chocolate bar it was. The older girls can write their answers down and you can give them the answer at the end of the tasting. For younger girls it would be better to have them tell you their guess.

Design your own wrapper

Using the template below have each girl design their own chocolate bar wrapper. Have them think about what would be appealing to the person buying the bar.



Chocolate Word and Find

Once you have found all the words write down all the unused letters to find a special message

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

AFTER EIGHT

CUP

AREO

BOUNTY

CARAMILK

CHERRY BLOSSOM

COFFEE CRISP

CRUNCHIE

DAIRY MILK

EATMORE

FLAKE

FUDGE

GLOSETTES

HEATH

JUNIOR MINTS

KIT KAT

LINDT

MALTESERS

MARS

MR BIG

PAYDAY

PEANUT BUTTER

PEP

ROLO

SKOR

SMORES

SNICKERS

TOBLERONE

TURTLES

TWIX

WUNDERBAR

Chocolate Everything

Unscramble each group of letters to find the name of something made of chocolate.

icrsskne orlo

ho eynrh

wtxi ikt kta

rmas abr

rysicp curnch

erboonet

ureandbwr

slmsertea

tmairses

reoa

milcakar

amoetre

srshy'hee issek

rcchuny

urttlse

tgstseloe

RECIPES

Program Area: Build Skills

Theme – How To

Armpit Fudge

Serves 1

Ingredients

1/2 cup icing sugar	1 tablespoon butter
2 teaspoons cream cheese	2 teaspoons cocoa
dash of vanilla or other flavouring	

Place all ingredients in a zippered bag. Place bag under armpit and squish repeatedly until well blended. Eat with a spoon.

S'mores Pizza

Ingredients

3/4 cup graham crackers crushed	2 TBLS. brown sugar
1 TBLS. coconut sugar	1 TBLS. butter, room temp
1/4 tsp. vanilla extract	pinch of salt
1 store bought pizza dough (or homemade)	2 TBLS. vegetable oil
2 3 oz. chocolate bar (milk or semi-sweet)	1-2 cups mini marshmallows

Have the pizza dough ready at room temperature. Preheat oven to 500 degrees. If you have a pizza stone place it in the oven to pre-heat. (I don't have a pizza stone, I just cooked the dough on a regular metal pizza pan.

Using a food processor or blender combine the graham cracker crumbs, sugars, vanilla, butter and salt. Pulse a few times just until the mixture is well combined.

Break up the chocolate bar into chunks and set aside.

Cut the pizza dough in half and roll out one half on floured surface to a 10 to 12 inch round.

Lightly spread or brush vegetable oil over the dough and on the pizza pan or stone. Bake until the dough bubbles on top and is lightly browned - about 3 to 6 minutes - depending on the oven.

When the dough is browned and bubbly remove the pan, place it on a flat surface and sprinkle the graham cracker crumbs, chocolate and then the marshmallows on top of the crust

Return pan to the oven and heat until the chocolate melts and the marshmallows are toasted -- about 3-5 minutes.

Place on plate, cut into pizza wedges and serve.
Repeat the process with the second half of the dough.

Alternatively, you can grill the pizza dough for a few minutes until it bubbles and turns lightly browned. Add the ingredients and then return to the grill to heat and melt the chocolate and marshmallows.

Chocolate Pizza



- | | |
|-----------------------------------|---|
| 1 pkg. semi-sweet chocolate chips | 1 lb. white almond bark, divided |
| 2 cups miniature marshmallows | 3 cups rice krispie cereal |
| 1 cup peanuts | 1 jar maraschino cherries, drained & halved |
| (opt) | |
| 1/3 Cup coconut (opt) | 1 teaspoon oil |

Instructions

Microwave chips and 14 oz. of almond bark on high 2 minutes, then continue 1-2 minutes stirring every 30 seconds until melted and smooth.

Stir in marshmallows, cereal and peanuts. Pour onto greased pizza pan. Top with cherries and sprinkle with coconut.

Microwave remaining almond bark and drizzle over top.

Chocolate Popcorn



- | | |
|----------------------------|--------------------------------------|
| 5 quarts popped popcorn | 1 1/3 cups brown sugar |
| 1 1/2 cups butter, divided | 2 1/2 cups light corn syrup, divided |
| 1 tsp vanilla | 4 cups milk chocolate chips |

Preheat oven to 250F degrees. Coat a large roasting pan with cooking spray. Place the popcorn in the roasting pan and keep warm in the oven.

In a heavy saucepan over medium heat combine brown sugar, 1 cup of butter and 1/2 cup of corn syrup. Heat, without stirring, to 250F to 265F degrees, or until a small amount of syrup dropped into cold water forms a rigid ball.

Remove from heat and add vanilla.

Pour syrup over popcorn and stir to coat. Return popcorn to oven.

In the same saucepan, combine chocolate chips with remaining 1/2 cup of butter and 2 cups of corn syrup. Cook, stirring, over medium heat, until chocolate is melted.

Remove from heat and quickly pour over popcorn, stirring to coat, Return popcorn to oven for 30 - 40 minutes, stirring occasionally.

Remove and pour out onto waxed paper lined sheets to cool completely

Toblerone Fudge



1/2 cup sugar

1/2 cup butter

3/4 cup evaporated milk

400g Toblerone chocolate bar, broken up

Line 8-inch square pan with wax paper, with ends of paper extending over the sides of the pan. Set aside.

Place sugar, butter and evaporated milk in large, heavy saucepan and bring to a full rolling boil on medium heat, stirring constantly.

Boil 5 minutes, continuing to stir constantly, and remove from heat.

Add chocolate and stir until completely melted. Pour into prepared pan.

Refrigerate for 3 hours or until firm. Remove fudge from pan, using the paper for handles.

Cut into 25 squares. Store in tightly covered container in fridge.

Easy Chocolate Treats

Slice a banana length-ways, spread with peanut butter and drizzle with melted chocolate, top with cool whip and pecans

Melt chocolate with mini marshmallows, nuts and coconut. Roll into a log and chill for several hours. Slice log into pieces when chilled and firm

Coat potato chips in chocolate

Melt chocolate. Roll a peeled banana in the chocolate and lay it on waxed paper. Place in freezer. They come out like chocolate popsicles. For a change mix coconut in the chocolate before rolling the banana in it

Melt dark chocolate and a spoonful of peanut butter in the microwave. Dip either bananas or strawberries in it.

Pretzel rods dipped in melted chocolate (white, milk, semi-sweet) and add sprinkles before chocolate sets. (Dip them in melted caramel before the chocolate and they're even better)

SPA DAY

Program Area: Be Well

Theme – My Mighty Mind

Have a spa day and try some of the following relaxing recipes to take some time to care for yourself:

White Chocolate Latte Footsie

3 cups milk
½ tsp vanilla

1 tsp cocoa butter

Heat milk until warm and mix with cocoa butter and vanilla in a basin. Soak feet for 10 minutes, rinse and pat dry. Then massage more cocoa butter into feet.

Milk Chocolate Mani/Pedi

2 oz whole milk powder
2 oz cane sugar
2 tsp nutmeg
Container of cocoa butter

2 oz cocoa powder
2 tsp cinnamon
4 tbsp oil (sweet almond is nice)
basic mani/pedi products

Combine sugar, cinnamon and nutmeg and mix with oil to create an exfoliating paste.

-remove old polish

-file nails

-fill pedicure tub and manicure dishes with warm water. Add milk powder and cocoa powder

-soak feet and hands about 10 minutes

- exfoliate with sugar, cinnamon, nutmeg and oil mixture. Soak again
- Massage with cocoa butter. Wipe with warm wet towel
- towel dry feet and hands
- gently push back cuticles with orange stick - polish

Cocoa Butter Hand & Foot Exfoliating Cream

- | | |
|---------------------|---------------------|
| 1/2 cup almonds | 1/2 cup dry oatmeal |
| 4 tbsp cocoa butter | 3 tbsp honey |

Process the almonds in a blender or coffee grinder until coarsely ground. In a bowl, combine oatmeal, cocoa butter, honey and ground almonds. Rub into hands and feet. Cover with cotton gloves and socks and leave on overnight. You'll be delighted with your incredibly smooth skin. This remedy is ideal for soothing hard working hands and feet because it exfoliates old, dead skin and nourishes new skin.

Chocolate Face Masks

Chocolate is every girl's favourite sin. You may feel guilty after hitting on a bar of chocolate because of those extra calories, but that does not stop you from enjoying that yummy treat. Nowadays, chocolate facial is gaining popularity due to its high benefits. Chocolate is rich in antioxidants and helps in reversing the signs of aging. It moisturizes the skin, [protects skin from sun damage](#) and also tightens the skin by maintaining the collagen production.

Below are discussed the chocolate face masks benefits:

- Imparts glow to face
- Moisturizes the skin thus giving you a feel good factor
- Prevents Wrinkles
- Chocolate also has anti-oxidant content and has anti-aging properties.
- Prevents blemishes
- Increases Collagen production

Chocolate Facial Mask

- | | |
|--------------------------------------|--------------------|
| 1/3 cup cocoa | 3 tbsp heavy cream |
| 2 tsp cottage cheese | 1/4 cup honey |
| 2 tbsp oatmeal (blended to a powder) | |

Mix all the ingredients together and apply to face. Let sit for 20 minutes and then rinse off with warm water using a gently circular motion to massage and exfoliate.

Cocoa Bath

1/8 cup cocoa powder
1/4 cup Epsom salts
1 tbsp cornstarch

1/8 cup powdered milk
1 tbsp baking soda

Mix in a bowl and then add to your bath water as the water is running. A whirl pool tub works for maximum froth and foam.

Put your mixture in a baggie or container to take home.

Chocolate Body Stick

4 oz sweet almond oil
4 oz cocoa butter

4 oz beeswax
2 tsp chocolate fragrance

Using a double boiler method melt the beeswax and cocoa butter together then allow it to cool slightly and add oil and fragrance. Pour into molds or any container that you think will be suitable for a stick like bar. Allow to harden and dry.

Simply rub over body. It will melt as your body heat touches the surface. Refrigerate during the summer.

Chocolate Honey Scrub

6 tbsp unsweetened chocolate, grated or cocoa powder
2 cups honey
2 cups kosher salt
1/2 cup grape seed oil

In rubber mixing bowl, combine honey and oil. Stir in chocolate and salt, mixing completely. Consistency should be grainy and thick. Apply scrub to skin and gently massage all over the body. Remove with warm damp towels or in the shower.

Chocolate Bubble Bath

1 cup unscented bubble bath
1/2 cup dried milk powder
3 ounces powdered unsweetened chocolate

Mix the powdered milk and chocolate well, until blended.

Stir into bubble bath until well mixed. Add to your bath in the amount desired.

Relax and enjoy the fragrance of chocolate without worrying your waistline!

Chocolate Lip Gloss

1 cup Vaseline

2 heaping teaspoonfuls of cocoa powder

1/2 teaspoon sugar

Place Vaseline in a microwave safe bowl. Heat in the microwave, stirring every 30 seconds. It will be a liquid when it is fully melted. It will be very hot so be sure to use oven mitts.

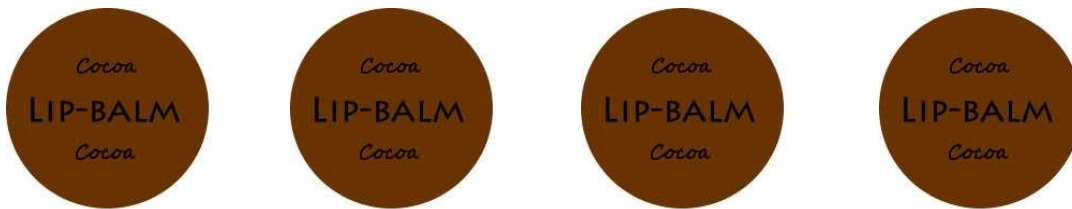
Stir in the cocoa powder and sugar. Measurements do not need to be exact. Just add enough cocoa powder until you get the desired colour. Stir until everything is dissolved, approx 30 seconds. If it's not dissolving the Vaseline may be too hot. Let it cool a bit.

If the mixture starts to solidify heat again for another 30 seconds.

Pour your lip gloss into containers and leave a couple of hours to solidify.

Print out labels onto stick paper, cut out with scissors or a 1 inch punch and attach to your lip gloss container

Add a drop of peppermint extract for extra flavour.



CRAFTY CHOCOLATE

Program Area: Experiment and Create
Studio

Themes – Science Lab, Art

Chocolate Sculpting- using many different sized chocolates and cookies and icing and melted chocolate as 'cement' have guests build monuments, animals etc. out of the chocolate.

Chocolate Scented Playdough (not edible)

1 1/4 cups flour

1/2 cup cocoa powder

1/2 cup salt

1/2 tbsp cream of tartar

1 1/2 tbsp 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 and mould into chocolate shapes!

Design Your Own Chocolate Treat - Invent your own chocolate bar. Write about your invention, draw it and then explain to others - see if they would be interested in trying it. Have supplies on hand and make the new invention.

Chocolate Finger Painting - Make instant chocolate pudding according to package directions and finger paint with it.

Share Your Favorite Chocolate Recipe

Option 1

Have each girl bring from home a copy of their favorite chocolate recipe.

Option 2 (great for younger girls)

Have each girl tell you their favorite chocolate recipe. Write down what they think the ingredients are and the directions. You will get some great answers on their perception of how hot the oven should be and how long to cook it.

Once you have all the recipes create a cook book and give one to each girl. Maybe have the young girls draw a picture of their finished product on the page before copying.

Molded Chocolate

chocolate

white or coloured chocolate

chocolate flavourings

molds

Half fill an electric fry pan with water. Heat water to a simmer, then turn down just to keep it warm. Place chocolate into glass jars into the warm water to melt. Do not overheat or your chocolate will burn. Once melted you can add flavour to your chocolate. **Be sure to use the special flavours that are made for chocolate. Regular flavours contain water and will ruin your chocolate. Chocolate flavourings are oil based.** Using a teaspoon fill the cavities of the mold you have chosen and tap it on the counter to remove air bubbles. Place chocolate filled mold in freezer until hardened. The chocolate will come out of the mold easily once frozen.

PUZZLE ANSWERS

Chocolate Word and Find Answer - GIRL GUIDES RULE

Chocolate Everything Answers

icrsskne

snickers

orlo	rolo
ho eynrh	oh henry
wtxi	twix
ikt kta	kit kat
rmas abr	mars bar
rysicp curnch	crispy crunch
erboonet	toberone
ureandbwr	wunderbar
slmsertea	maltesers
tmairses	smarties
reoa	aero
milcakar	caramilk
amoetre	eatmore
srshy'hee issek	hershey's kisses
rchuny	crunchy
urttlse	turtles
tgstseloe	glosettes

**Contact the Alberta Provincial Office to obtain your
Chocolate Challenge Crests once you have completed the
Challenge**