



Healthy kebabs

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

Suitable for Beavers and Cubs

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.

- 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 crisps have 2,240kj per 100g and will give you enough energy for a 160-minute walk (a typical pack of crisps is about 25g).



Did you know?

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



Instructions

- 1 Check whether there are any dietary requirements or allergies. Explain to the young people that different types of foods give us different levels of energy, using the examples provided.
- 2 Ask them to choose which fruit or vegetables they want to try, then ask them to peel and chop the food into bite-sized chunks, using knives safely.
- 3 Give each person a skewer to load with the fruit or vegetables.
- 4 Help them to roast the kebabs on a campfire, making sure the young people are closely supervised. The vegetables will cook, while the fruit will caramelise slightly on the outside.

Low energy foods

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



High energy foods

- chocolate
- cakes
- biscuits
- deep-fried foods

Ideas for vegetable kebabs

- pepper
- mushroom
- cherry tomato
- courgette
- broccoli
- cauliflower
- onion
- aubergine

Ideas for fruit kebabs

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

Nutritional value

One orange provides the recommended daily allowance of vitamin C. And it contains fibre, B vitamins, vitamin A, calcium and potassium.

Time needed 45 minutes

Badge



Jaffa partners the Beaver Health and Fitness Activity Badge and the Cub Our Skills Challenge Award

Partner



Outcomes

Your section will find out about energy in foods and discover which foods contain the most energy. It will also give the young people the opportunity to try different kinds of fruit and vegetables they may not have tried before.

Taking it further

Talk to your section about the foods they would choose to help them achieve a balanced diet and what they would choose to make sure they have enough energy to see them through their 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.

More information

Jaffa is committed to educating future generations about the importance of nutrition and a healthy lifestyle, and hopes to generate enthusiasm around healthy eating in young people. Resources for both badges are available at scouts.org.uk/jaffa. Follow Jaffa on Twitter @JaffaFruit and on Facebook @LoveJaffa for updates.