

Making grilled banana boats



Time needed

20-30 minutes

Equipment needed

- access to a campfire or barbeque
- bananas
- knife
- foil
- selection of toppings (optional – see examples below)
- cooking tongs
- spoons
- fire bucket

Instructions

1. Check whether there are any dietary requirements or allergies to consider before you begin.
2. Give each Beaver a banana and a piece of foil.
3. Ask the Beavers to:
 - Slice the banana lengthways, leaving its skin intact
 - Cut a few horizontal slits into the banana, without slicing all the way through
 - Place the banana in the middle of the piece of foil
 - Fill the gaps in the banana with their toppings of choice (optional – see examples below)
 - Wrap the banana in the foil tightly, ensuring there are no gaps
4. Using the cooking tongs, help the Beavers to safely place the bananas into the campfire embers or onto the barbeque. Cook for 10-15 minutes, turning each banana at least once to make sure they are evenly cooked.
5. When they are ready, carefully remove the bananas from the heat, and leave to cool slightly before eating.



Top Tip!

Why not head outdoors and try making these banana boats with your section? They're perfect for camp.

Top Tips!

Bananas will be ready when the skins have darkened and the insides are soft and mushy. The toppings should also have melted.
If you prefer, fruit such as an apples or pears could be used instead of bananas.

Take it further

If the Beavers fancy adding some tasty toppings, here are a few examples to consider:

- raspberries, orange segments, blueberries
- strawberries, raspberries, yoghurt (add the yoghurt after the banana has been cooked)
- toasted almonds, raisins, blueberries
- honey, candied ginger, freshly squeezed orange juice
- blueberries, coconut chips, peanut butter
- chocolate chips, pomegranate seeds, pistachios

This activity is a great opportunity to talk to Beavers about having a balanced diet. Some of the toppings, such as the chocolate chips, may not be considered healthy in excess, but are perfectly healthy in moderation. Explain why eating controlled portions of sugary foods can be part of a balanced diet of wholesome grains, fruit and vegetables.

