

Making trail mix to take on camp

Time needed

20 minutes

Equipment needed

- trail mix ingredients of your choice (see suggestions below)
- sealed containers

Instructions

1. Check whether there are any dietary requirements or allergies to consider before you start the activity. Be especially careful with nuts, as certain forms of nut allergy can be dangerous and even life threatening.
2. Once you're aware of any allergies, encourage the Beavers to choose small handfuls of each ingredient and mix them together. What yummy creations can they come up with? Encourage them to get creative and to choose flavor combinations that will be unique to their own tastes.
3. Talk about the different ingredients. What makes them healthy? Which nutrients do they contain? What do they taste like?
4. This is a great opportunity to talk about having a balanced diet, as there may be some ingredients, such as the chocolate chips, which would not be healthy if eaten in excess, but are perfectly healthy in moderation.
5. Store the trail mixes in sealed containers to keep them fresh. Why not take them along on your next camp or walk?

Suggested trail mix ingredients

- nutty mix - cashews, toasted almonds, raisins, pumpkin seeds, dried cranberries
- sweet and salty mix - roasted peanuts, almonds, roasted cashews, raisins, chocolate chips
- tropical mix - yoghurt covered raisins, unsweetened coconut chips, dried pineapple, cashews, banana chips, macadamia nuts
- nut-free mix - pumpkin seeds, sunflower seeds, dried cranberries, dried apricots, raisins

Did you know?

Nuts and seeds are full of protein, vitamins, minerals and healthy fats

- Minerals help keep bones strong
- Healthy fats help fight off disease
- Fibre helps you stay fuller for longer
- Protein helps your muscles grow

