



WE DISCOVER, WE GROW

Girlguiding

Anglia



A GUIDE TO RUNNING YOUR OWN BAKE OFF EVENT

The Great Girlguiding Anglia Bake Off

This resource is designed to help you to run your own Great Girlguiding Anglia Bake Off event at any level - unit, District, Division or County. Successful Guides, members of The Senior Section and adults members/ members of the Trefoil Guild from each of the County events will also have the opportunity to attend the Region Bake Off final event in November 2015.

Before you begin, you may want to consider the following points:

WHO?

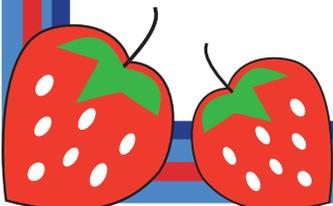
- Who will take part in your Bake Off? Will it be groups or individuals?
- Will it be just for your unit, or for members from across your District or Division?
- Will you have heats or just one main competition?
- Can participants bring in a dish cooked from home or a photo of something they have cooked at home or do they need to bake it at the event?
- Are you providing the ingredients or do participants need to be told what to bring with them?

WHERE?

- Where will you hold your event?
- You will need to carry out a risk assessment; think about what you will need to consider.
- Does the venue have all the necessary equipment? Do you need to hire any extra equipment and/or ask participants to bring their own?

WHEN?

- Set a date for your Bake Off and then invite people to take part. There are some printable invitations at the back of this booklet that you can use.



How to run your own Bake Off

If you are running a Bake Off event as part of your unit meeting or as a standalone event, you could think about splitting the competition into three sections:

- Signature Challenge
- Technical Challenge
- Showstopper Challenge

We have provided some ideas for each of these challenges later in this booklet. You will need at least one judge to oversee the entries and pick an eventual winner!

Suitable recipes can be found on the following websites:

<http://www.bbc.co.uk/cbeebies/makes/type/cooking#filter>

<http://www.teen-recipes.com/>

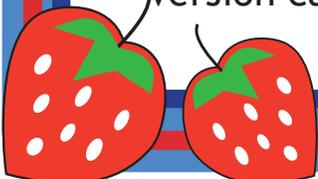
<http://www.bakingmad.com/>

<http://www.bbc.co.uk/food/programmes/b013pqnm>

We understand that you may not have access to cooking equipment - participants could be provided with recipes or the challenge criteria and asked to prepare their bake and bring it along to the meeting/competition venue. You could do a mixture of pre-prepared bakes and bakes that could be achieved during your Bake Off event even without cooking equipment, for example making a biscuit tower.

We'd love to know about Bake Off events happening all over the Region this year! Please send in your photos or articles to commsteam@girlguiding-anglia.org.uk and share your stories on social media using the hashtag #angliabakeoff.

If you'd like to publicise your Bake Off events in the local media, there is a press release template at the end of this pack and a Word version can be downloaded from the Girlguiding Anglia website.





How you can use The Great Girlguiding Anglia Bake Off as a programme resource

Leaders of any section can use The Great Girlguiding Anglia Bake Off as a programme resource for girls. The following pages will help you to link the Bake Off to various interest badges, challenges and qualifications that can be found in the programme.

RAINBOWS:

The Rainbow Programme is called the Rainbow Jigsaw to reflect how the various Rainbow activities link together to create a larger balanced picture. The Jigsaw has four areas, and each activity a Rainbow does is based on one or more of these areas: Look, Learn, Laugh and Love.

Look - Rainbows begin to understand that they are part of a wider world.

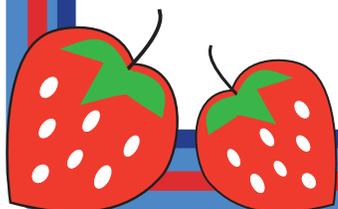
Learn - Rainbows learn by visiting places, having visitors, being creative, using technology and taking part in activities with other members of the guiding family.

Laugh - This part of the Rainbow Jigsaw sees the girls making a mess, playing games and having parties and celebrations.

Love - Rainbows develop their understanding of love through caring, sharing and being kind.

The Bake Off Resource can be used to provide themes for your weekly meetings, to supplement others, or to form part of the Rainbow Roundabouts that have been published to support the programme, such as Roundabout Get Healthy, Roundabout All About Me, Roundabout Rainbows, Roundabout Seasons and Roundabout World.

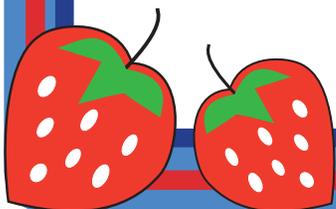
Look at the resource, Learn about different foods, Laugh as you bake and Love the results!



BROWNIES:

The Brownie programme is called the Brownie Adventure and is centred on three areas: you, community and world. Brownies work towards Adventure, Adventure On and More Adventure badges, which involve completing a range of activities and taking part in different guiding opportunities. This resource can be used to support your unit's weekly programme, and if your unit enjoys this they may also like to look at the following Brownie interest badges to take it further:

- **Cook & Cook Advanced**
- **Culture** - to make a dish from your local area
- **Healthy Heart** - to learn more about eating healthily
- **Home Skills** - to practise laying a table correctly for a meal
- **Hostess** - to carry out when you hold your Bake Off event
- **Number Fun** - to plan a meal and work out the cost of the ingredients
- **Seasons** - to make a dish using autumnal fruit or vegetables
- **World Cultures** - to learn about traditional food from cultures around the world, keep a food diary for a week and learn more about food packaging
- **World Issues** - to make a meal using an ingredient grown in another country, and to find out more about fair trade products and to make a snack using them
- **World Traveller** - to have a go at outdoor cooking, over a campfire or on a barbeque



GUIDES:

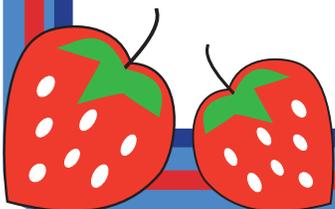
The Guide programme is structured to enable Guides to participate in activities in five zones. The five programme zones are: healthy lifestyles, global awareness, skills and relationships, celebrating diversity and discovery. This Bake Off Resource can be used to support your unit's weekly programme and if they enjoy this they may also like to look at the following badges and Go For It! challenges to take it further:

INTEREST BADGES:

- Chocolate
- Confectioner
- Cook
- Culture
- Healthy Lifestyle
- Independent Living
- Outdoor Cook
- Party Planner
- World Cultures

GO FOR IT!:

- Camp Out
- Chocolate
- Five Senses
- Healthy Eating
- Parties



THE SENIOR SECTION:

There are lots of ways for girls to develop themselves in The Senior Section, whilst also gaining awards and qualifications. If your unit enjoys using the Bake Off Resource, you might want to look at other areas of The Senior Section programme where girls can develop their baking skills further, or share them with others.

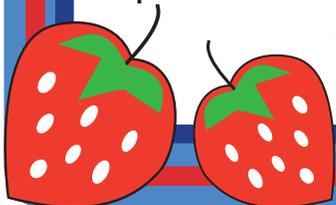
The Look Wider personal development programme is an opportunity to try new things, further existing abilities and share skills. More information is available here: <http://www.girlguiding.org.uk/seniorsection/whatcanido/lookwider/lookwider.html>

Look Wider can be undertaken individually or as part of a group, and is divided into eight areas ('octants'):

- **Community Action** - Find out about food outlets in your area, collect for a food bank or organise a community café
- **Creativity** - Try new techniques to decorate a cake, hide a design inside the cake or develop your own recipes
- **Fit for Life** - Look at the benefits of, and try living, a healthy lifestyle or look at what a balanced diet really is
- **Independent Living** - Try living on a budget, learn to cook or research different lifestyle choices
- **International** - Try some international recipes or cooking methods
- **Leadership** - Lead some baking-based activities with a local unit, lead a small group or share your skills with your peers
- **Out of Doors** - Try cooking outdoors using different methods or 'back-to-basics' cooking
- **Personal Values** - Look at budgeting, find out/ test the differences between brands or learn new baking skills and techniques

If girls are aged 14-18 they may also want to share their baking skills as a Young Leader with a local unit, where any activities they plan can be used to sign off parts of their Young Leader Qualification.

They can develop their skills in outdoor cooking to undertake a peer group residential, or take their Senior Section permit or overnight permit: <http://www.girlguiding.org.uk/seniorsection/whatcanido/awardsandqualifications/seniorsectionpermit.html>





Health & Safety Information

Girlguiding takes the safety of girls and young women very seriously and has an excellent reputation for providing a safe environment for members to enjoy a wide variety of activities.

There is a lot of advice and guidance available for you when planning a unit activity or event in the Be Prepared resource. You can use this to help incorporate risk assessments into your plans for an event/ activity. The resource has many useful examples and top tips for unit meetings, adventures outside of the usual meeting place and large-scale events. You can download it from the Members' Area of the Girlguiding website:

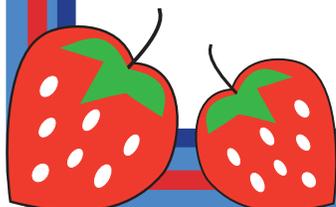
https://www.girlguiding.org.uk/members_area__go/running_your_unit/safety.aspx

As well as integrating health and safety into the planning of a Bake Off event, you will also need to consider any forms that you may require, including risk assessment documents, consent forms and notification of an accident form. These can be found here:

https://www.girlguiding.org.uk/members_area__go/resource_library/forms.aspx

Don't forget to refer to your new Girlguiding Emergency File, which has been sent to all units. This handy folder gives you all the information you need to manage an emergency situation effectively. Additional copies of this file can be found here:

https://www.girlguiding.org.uk/members_area__go/resource_library/forms/emergency_file.aspx





SIGNATURE CHALLENGE

Here's some ideas to get you thinking about your own Signature Challenge bake to impress the judges:

Rainbows:

- Make a traybake of your choice
- Design and make a sweet or savoury pizza using a prepared base
- Make a fruit crumble

Brownies:

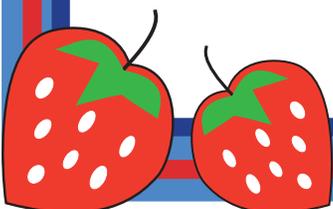
- Make a sweet or savoury pie, using a pre-made pie case if you wish
- Make a traybake of your choice
- Make sweet or savoury muffins

Guides:

- Make a sweet or savoury pie using your own homemade pastry
- Make and fill a Victoria sponge
- Make a traybake of your choice

The Senior Section/ Adult:

- Make a quiche of your own choice using pastry
- Bake a cake using a vegetable as one of the ingredients
- Make savoury biscuits





TECHNICAL CHALLENGE

The Technical Challenge will give you the chance to show off your baking skills and precision to the judges - here's some ideas for you:

Rainbows:

- Make a no-bake cake
- Make some sugar cookies
- Make four to six plain scones

Brownies:

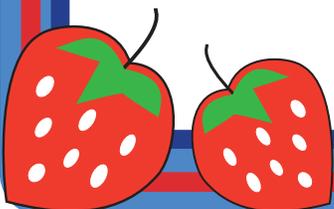
- Try making soda bread
- Make chocolate chip biscuits
- Bake some rock cakes

Guides:

- Make a loaf of bread of any sort
- Bake shortbread
- Make six cheese scones

The Senior Section/ Adult:

- Make a meringue-based dessert
- Make a yeast-based loaf of bread or six rolls
- Make a Battenberg cake





SHOWSTOPPER CHALLENGE

Make sure you really prove what you can do with your final Showstopper Challenge! Take a look at some of the suggestions below:

Rainbows:

- Make a biscuit tower from any type of biscuits. Think about how you will fix it to stop it from falling over
- Make and decorate some fairy cakes with an animal theme
- Make and decorate a cake using a shaped tin (not square, round or oblong)

Brownies:

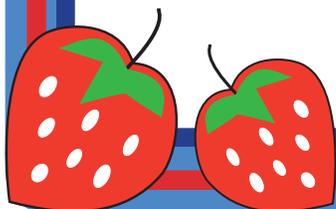
- Make something using a traditional recipe from your area
- Make and decorate some cupcakes using piping (theme of your choice)
- Make a birthday cake suitable for a child

Guides:

- Prepare an afternoon tea with at least three choices of food and share this with your invited guests
- Make and decorate a chocolate cake for a special occasion
- Make a gingerbread house

The Senior Section/ Adult:

- Make a shaped cake (not round, square or oblong) and decorate it for a young child's birthday
- Prepare an afternoon tea with at least four choices of food and share with your invited guests
- Make a harvest loaf

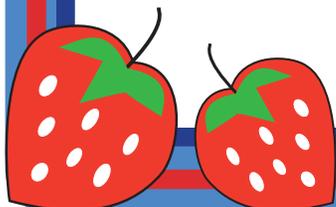
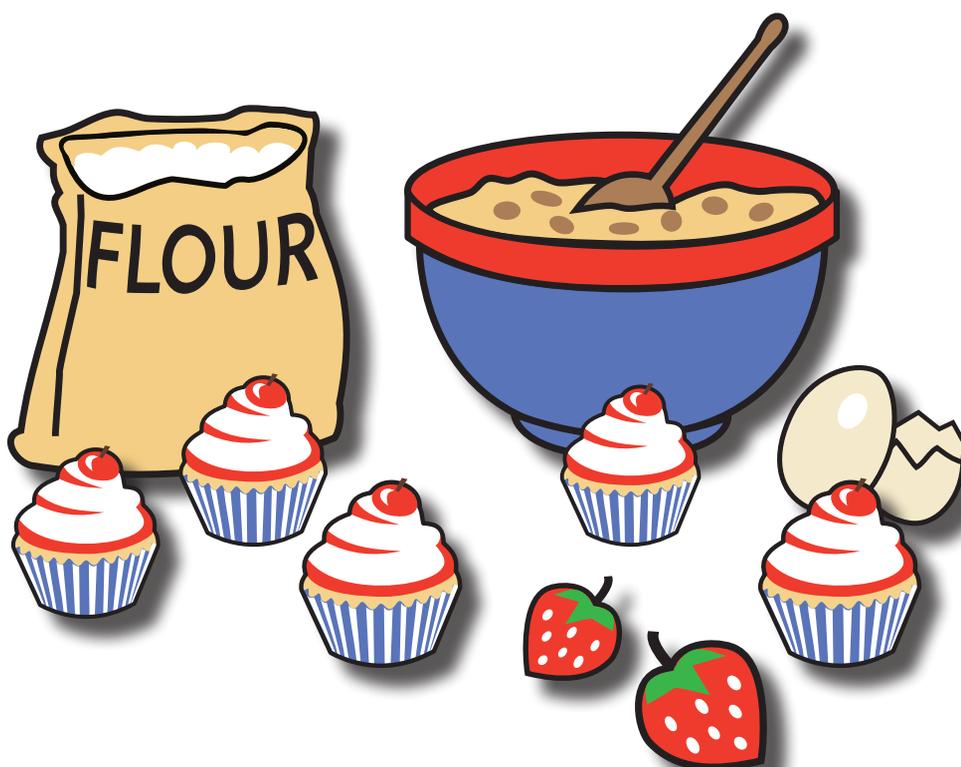


PRINTABLE RESOURCES

On the following pages you will find some printable resources that you may find handy for publicising and running your Bake Off event.

These include:

- Invitations
- Name cards
- Score cards
- Bunting
- Certificates



You are invited to



The Great..... Bake Off

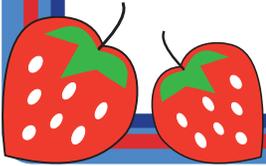
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RSVP to.....by.....



You are invited to



The Great..... Bake Off

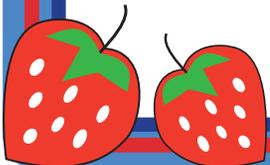
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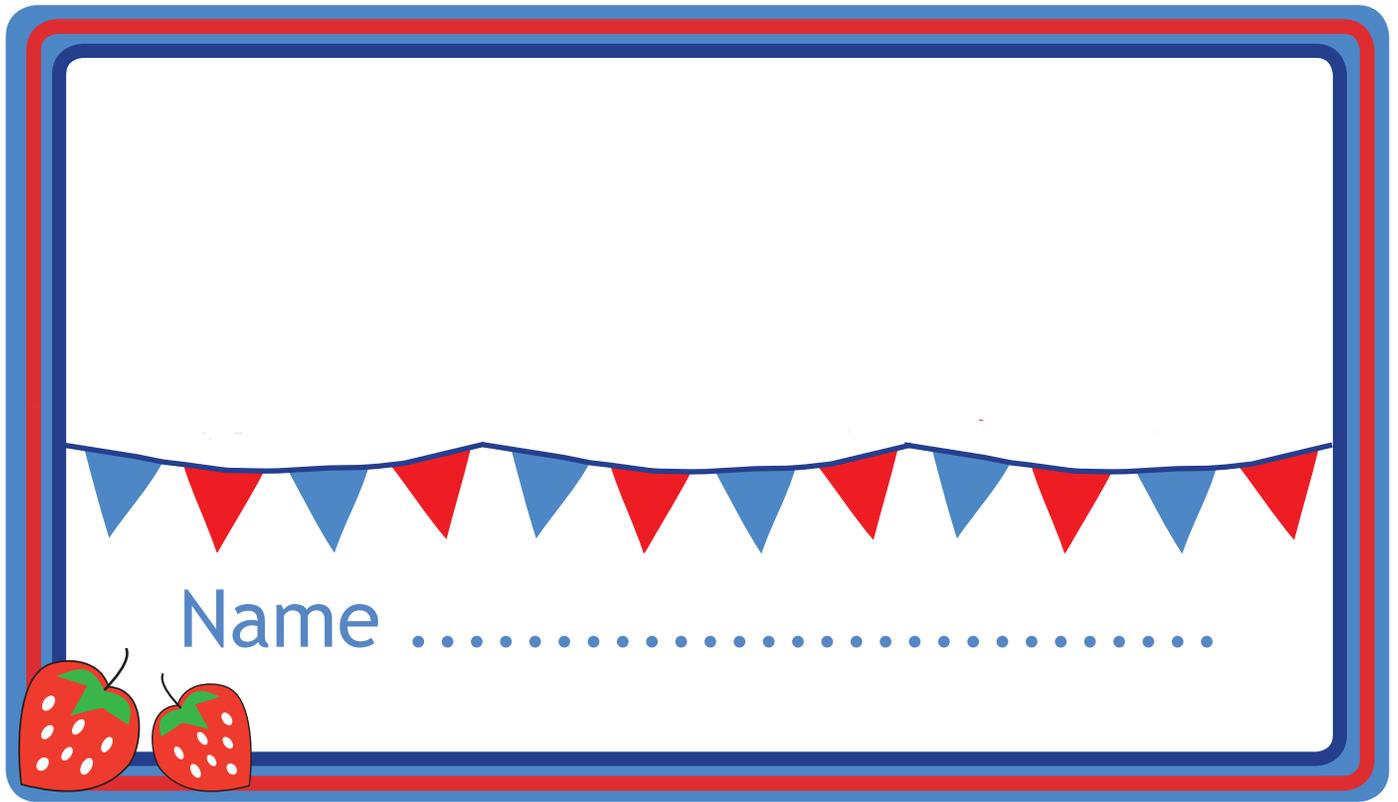
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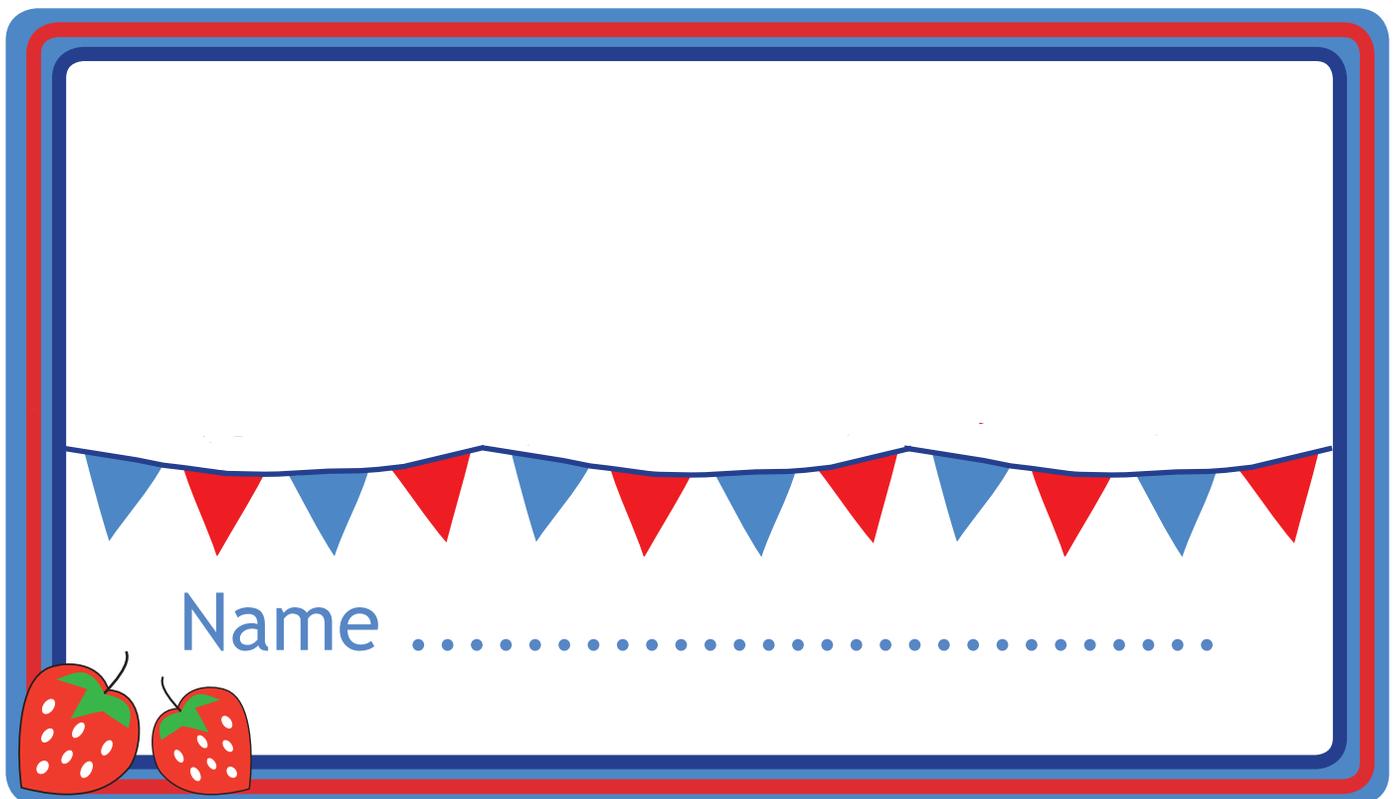
RSVP to.....by.....



Name cards should be filled in for each competitor and placed behind the finished cake on a judging table with the name facing away from the Judge.



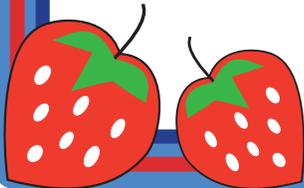
Cut out the name cards and fold in the middle so they stand up.



Judge's Comments



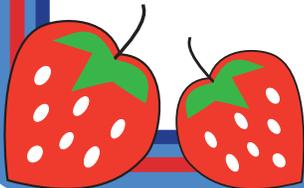
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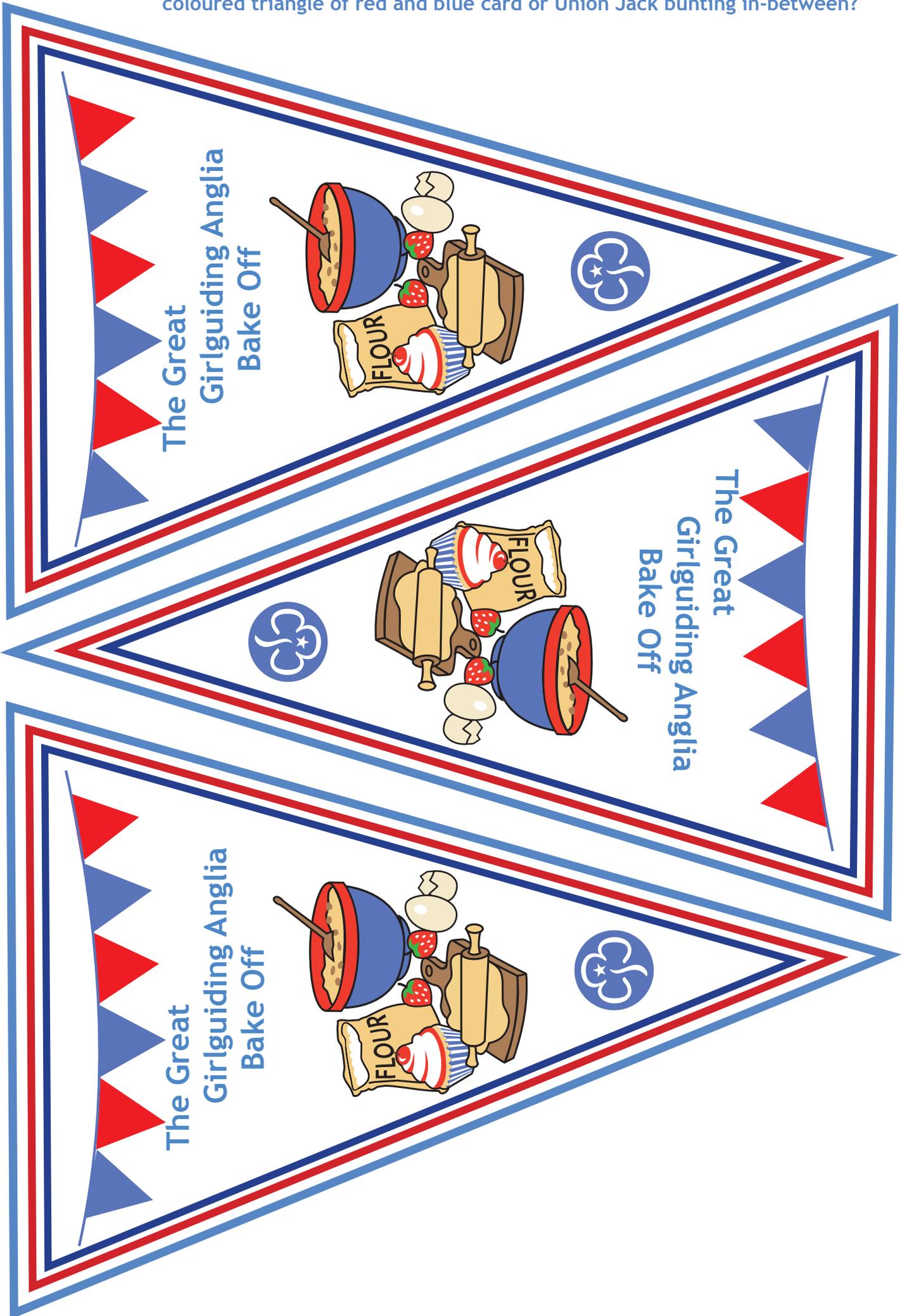
Judge's Comments



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Print and cut out bunting and attach to ribbons or string. Why not add a coloured triangle of red and blue card or Union Jack bunting in-between?





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Anglia



CONGRATULATIONS!

You are a

Great..... Bake Off
Champion

Presented to

.....

Awarded by

.....

Date.....

