



# Cub Commissioners Challenge Badge Requirements

## 2016 International Year of Pulses Badge



The Cub Commissioners Challenge Badge is a program designed to expose leaders to high quality programs that are fun for their cubs, challenging and relevant to international events.

Leaders will be provided with a series of high quality programs that aim to engage and educate their cubs with specific hands on challenges, while challenging leaders to develop their own high quality programs. On completion of the challenge, participants efforts will be rewarded with a camp blanket badge which will be unique to that specific year and challenge.

## 2016 International Year of Pulses

*The IYP 2016 aims to heighten public awareness of the nutritional benefits of pulses as part of sustainable food production aimed towards food security and nutrition. The Year will create a unique opportunity to encourage connections throughout the food chain that would better utilize pulse-based proteins, further global production of pulses, better utilize crop rotations and address the challenges in the trade of pulses.*

**The Food and Agricultural Organisation of the United Nations,**

<http://www.fao.org/pulses-2016/en/>

## The Cub Challenge

### 1. Engage

Participate in a 'Year of the Pulses' program organised and run by your leaders.

### 2. Explore

Attempt to grow 2 different types of pulses. Keep a diary (visual or written) of their development over about 3 weeks.

### 3. Explain

In your diary, make notes about how what your pulses have needed to grow and highlight the different stages of growth. Find out about 5 different types of pulses and explain why they are good for you.

### 4. Elaborate

Create or research 1 recipe that include pulses, include these in your diary and explain why these meals would be good for your health.

### 5. Evaluate

Prepare, cook and photograph a recipes for your family.(Include the recipe and photos in your diary) Ask your family to review your meal and tell you what they liked and didn't like about it and make your own suggestions about how you could improve the meal.

Submit your diaries to your leader for assessment.

## The Leader Challenge

### 1. Engage

Run the supplied 'Year of Pulses' programs (2 programs) with your pack.

### 2. Explore

Write, Organise and run at least 1 original program, created by your leadership team, based on this years theme.

### 3. Explain

Include the Areas of Personal Growth-Cub Scouts (explanations on the next page) on your program, highlighting which of the scouting principles you will be focusing on each of the activities in your program.

### 4. Elaborate

Include a short paragraph at the bottom of your program that includes information on how you could extend your program to include a youth driven component. Check out: <http://www.wfp.org/students-and-teachers> for some 'taking action' ideas.

### 5. Evaluate

Complete 2 evaluation forms, 1 to evaluate a supplied program and 1 to evaluate your own program. Submit these evaluations as well as your program from your leadership team (to be included in this years program book, to be released in term 4) for your Cubs to receive their badge.

## Additional Challenge- Challenge Badge Design

*For those packs attempting this challenge in Term 1.*

Run an Art night using pulses as you medium. Get the Cubs to create pictures from different type of pulses and lentils. Digitally photograph them and send the images through to the Cub commissioner. The image that best communicates the theme for the program using only pulses and lentils will be chosen as the official badge design for this year.

*Designs MUST be submitted by Friday Week 5 Term 1 2016.*

To obtain the badges for your pack please email the leader designed program and evaluation forms to the Branch Cub Commissioner at [timothy.kirsopp@ed.act.edu.au](mailto:timothy.kirsopp@ed.act.edu.au)

Payment for badges can be made by cheque or direct deposit to:

BSB:032713

Account:286308

Reference: (Groups name)PULSES

## Areas of Personal Growth- Cub Scouts

Scouts Central:

<http://resource.scouts.com.au/leader-resources/aopg-guide/chapter-1/cub-scouts>



### **Spiritual Development**

Definition: Acquiring a deeper knowledge and understanding of the spiritual heritage of one's own community, discovering the Spiritual Reality which gives meaning to life and drawing conclusions for one's daily life, whilst respecting the spiritual choices of others.



### **Physical Development**

Definition: Becoming responsible for the growth and functioning of one's own body.



### **Intellectual Development**

Definition: Developing one's ability to think, innovate and use information in an original way to adapt to new situations.



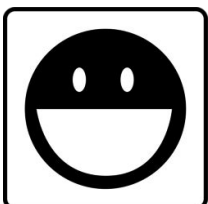
### **Emotional Development**

Definition: Recognising one's own feelings and learning to express them in order to attain and maintain an inner state of freedom, balance and emotional maturity.



### **Social Development**

Definition: Acquiring the concept of interdependence with others and developing one's ability to cooperate and lead.



### **Character Development**









Definition: Recognizing one's responsibility towards oneself and one's right to develop, learn and grow in search of happiness whilst respecting others. Learning to assert oneself, make one's own decisions, set aims and identify the necessary steps to achieve them.



Date:

Theme: International Year of Pulses (1) 2016

Duty Six:

Time	Activity	Equipment	Area of Growth
	Brief description of what's going to happen. You can include a deeper description on the next page.	What equipment will you need?	
00:00	Opening Parade		
00:10	Game: What is a Pulse?	Laminated Print outs.	 
00:30	Cooking: Lentil Salad with Carrots, Yellow Tomatoes and Capsicum.	See Recipe	 
00:60	Eating: Serve up and Enjoy!	Space to sit and eat Paper cups and recyclable spoons.	
00:65	Game: Which is Which?	1 tray per six 6 different types of Pulses 1 list of the names of pulses Pens or textas 6 pieces of masking tape about 5cm long each.	  
00:80	Closing Parade		
00:90	Close		

Investitures:		
Badges Awarded:		
No. in Attendance:	Total Membership:	
Announcements:		
Comments and Notes:		

## Game:What is a Pulse?

Equipment: Printed out (in colour) cards (included at the end of this program.) 1 set per six.  
3 large labels A4 (Pulses, Not Pulses, Not Sure)

### Instructions:

1. Line the sixes up at one end of the hall.
2. At the opposite end, the 4 A4 pages.
3. Give each six a deck of cards.
4. In their Sixes, the Cubs are to choose 1 card at a time, 1 cub then runs to the other end of the hall and decide where they will put their card, on the 'Pulse' label, 'not pulse label' or 'not sure' label. (Cubs can only put 1 card per six on the 'not sure' label).
5. Each Cub in the six must run before they can run a second time.
6. Once the Cubs have placed all of their cards they are to sit in a straight line at their end of the hall.
7. When all Sixes have finished, explain what a Pulse is:

*Pulses are part of the legume family, but the term "pulse" refers only to the dried seed. Dried peas, edible beans, lentils and chickpeas are the most common varieties of pulses. Pulses are used as food for humans and other animals. Included in the pulses are: dry beans like pinto beans, kidney beans and navy beans; dry peas; lentils; and others.*

8. Give them 2 minutes to reassess their choices.
9. Go through each of the labels and let the Cubs know which are correct and which are incorrect, place the cards in the 'not sure' pile onto their correct labels.
10. The winning six is the six with the most correctly placed cards.

## Cooking: Lentil Salad With Carrots, Yellow Tomatoes, and Capsicum

*(makes enough for 1 six with small taster serves.) Gluten Free.*

### INGREDIENTS

- 300gms canned brown lentils, rinsed
- 2 bay leaves
- 2 cloves garlic, minced
- 1 yellow capsicum, cored, seeded and diced into 1/2-inch pieces
- 1 red capsicum, cored, seeded and diced into 1/2-inch pieces
- 1/2 cup diced carrot
- 1/2 cup chopped yellow or beefsteak tomato
- 1/3 cup crumbled reduced-fat feta
- 1/4 cup thinly sliced kalamata olives (optional)
- 1/4 cup diced red onion
- 1/4 cup fresh chopped parsley
- 1/4 cup red wine vinegar
- 2 tbsp olive oil
- 3/4 tsp salt (optional)
- 1/4 tsp freshly ground black pepper (optional)

## PREPARATION

1. Place lentils, bay leaves, and garlic in a large saucepan.
2. Add water to cover and bring to a boil.
3. Turn heat to medium-low, cover and simmer for 30 to 40 minutes, until lentils are tender.
4. While you are waiting for the lentils to cook, get the cubs to chop up the vegetables. (Please cover knife safety and hygiene before hand)
5. Drain, discarding bay leaves.
6. Transfer to a bowl.
7. Add peppers, carrot, tomato, feta, olives, onion, and parsley.
8. Toss to combine.
9. In a separate bowl, whisk together vinegar, oil, salt, and black pepper.
10. Pour over lentil mixture and toss.
11. Serve in small paper cups for the Cub to try.

## Game: Which is Which?

### Equipment:

- 1 tray per six
- 6 different types of Pulses, in small cups or separate piles
- 1 list of the names of pulses
- Pens or textas
- 6 pieces of masking tape about 5cm long each.
- camera

### Instructions:

1. Hand out equipment to your sixes.
2. As a six, the Cubs will display each of the different type of pulses on a separate part of the tray.
3. Cubs will look at the list of Pulses and try to correctly label each of the different type of lentil by sticking the sticky tape on it's cup or near its pile and writing the name they think is correct on it.
4. Once the Cubs have labelled their pulses they can have a few minutes to look at the other sixes display and make any changes they think are necessary.
5. Bring the Cubs back to their displays and go through the correct answers. See who got what right.
6. Photograph each of the displays and post on your groups facebook page or the Cub Scout Leaders of the ACT page, or print off in colour and give to each of the Cubs the following week.





Answers:

Red Kidney beans: Pulse	Green Chickpeas: pulse	Red Lentils: Pulse
Split Peas: Pulse	Carrots: not a pulse	Peanut: Not a pulse
Parsnip: not a pulse	Wasabi Root: not a pulse	Onion: Not a pulse
Chickpeas: Pulse	Black eyed Peas: Pulse	Green Beans: Not a pulse














Date:

Theme: International Year of Pulses (2) 2016

Duty Six:

Time	Activity	Equipment	Leader
	Brief description of what's going to happen. You can include a deeper description on the next page.	What equipment will you need?	Who is in charge?
00:00	Opening Parade		
00:10	Game: Beans in a Can	1 empty can per six, a collection of beans (enough for 3 per six member)	  
00:30	Cooking: Chickpea Curry	See Recipe	 
00:60	Eating: Serve up and Enjoy!	Space to sit and eat Paper cups and recyclable spoons.	
00:65	Game: Mancala	Print off 1 Mancala board per 2 cubs. Lentils to use as playing pieces.	  
00:80	Closing Parade		
00:90	Close		

Investitures:		
Badges Awarded:		
No. in Attendance:	Total Membership:	
Announcements:		
Comments and Notes:		

## Game: Beans in a Can

Sixes line up at one end of the hall, opposite them at the other end of the hall is 1 can per six. Each sixer is given the same amount of beans which they will distribute among their six. On 'go!' 1 members of the six will walk/run to the can with their wrist touching their leg (must be touching at all times), **without stopping** they must drop the bean into the can and return to their six. (This is harder than it seems). When the sixes are out of beans the game is over. Count the beans in the can, the six with the most beans win.

## Cooking: Chickpea Curry

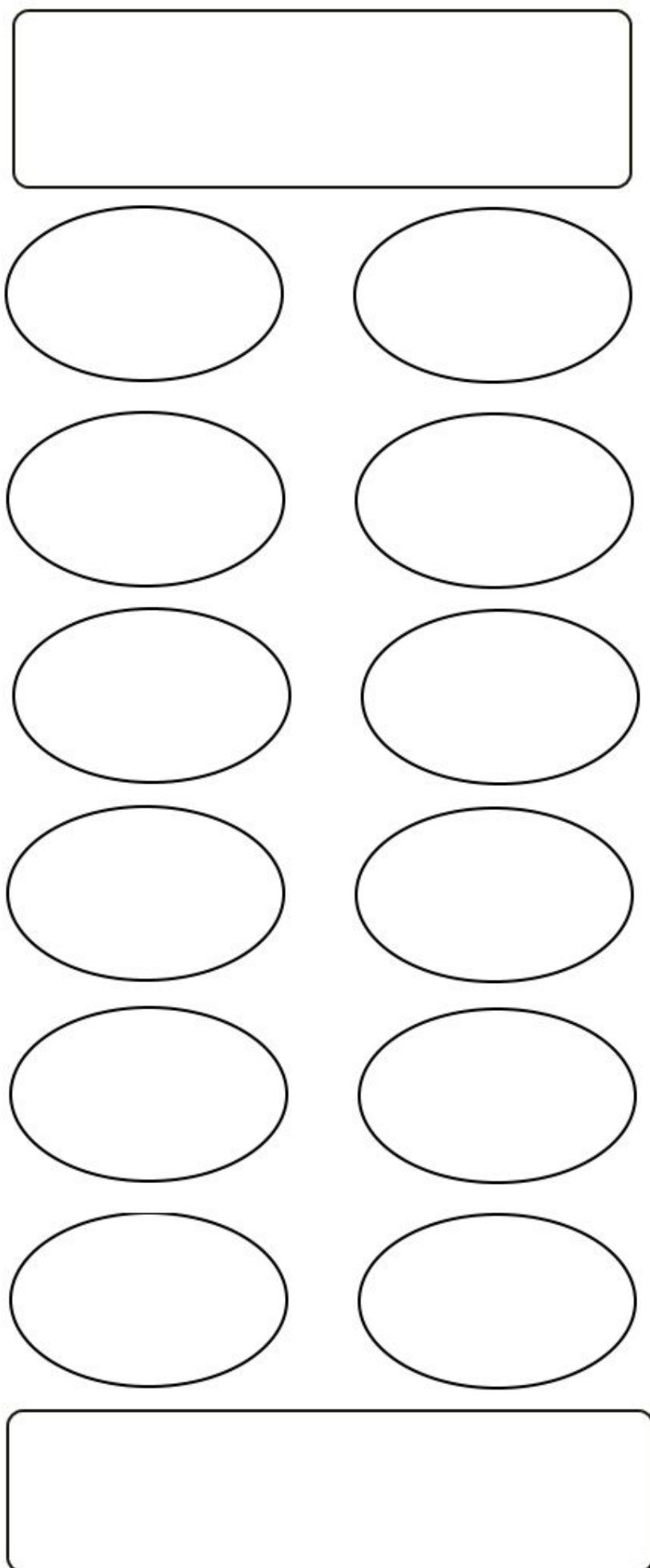
*(Serves 1 six with taster sizes.) Gluten Free*

### INGREDIENTS

- 3 cloves garlic, finely chopped
- 1½"/4 cm [fresh ginger root](#), peeled and finely chopped
- 4 tsp Curry powder
- 3 tbsp vegetable oil
- 2 tomatoes, peeled and chopped
- 150ml vegetable stock
- 1 large onion, peeled and finely chopped
- 1 x 425g can chickpeas, drained
- 50g creamed coconut
- 3 tbsp chopped fresh coriander plus extra unchopped for garnish

### PREPARATION

1. In a large pan gently fry the garlic, ginger and spices in 1 tbsp of oil. Take care not to burn. Add the chopped tomatoes and the vegetable stock. Bring to a gentle simmer and cook for 2 minutes. Remove from heat and put aside.
2. In the same pan heat the remaining oil and fry the onions for about 3 mins.
3. Pour the curry paste over the cooked onions add the chickpeas and chopped coriander. On a gentle heat cook for 15 mins.
4. Finally stir in the creamed coconut.
5. Serve immediately garnished with fresh coriander. Or, cool and refrigerate, or freeze.
6. Enjoy



## MANCALA

Equipment: 1 board per 2 Cubes  
48 Lentils per game.

Instructions:

Before the game begins, place the board between you and your opponent, long side facing you. You will see two rows of six "holes", with a long "mancala" on each end. The board is divided into two parts: Your side and mancala, and your opponent's side and mancala. Your side is the six holes closest to you, and your mancala is to your right. The same is for your opponent; their side is the six holes closest to them and their mancala is to their right.

To set up, place four "stones" in each hole, excluding the mancalas. This should total 48 stones. (A stone can be anything small; pennies, marbles, in my case some glass counters that came with the set).

Players decide who goes first using whatever method they want; Rock-Paper-Scissors, coin flip, loser-of-last-game-goes-first, whatever.

During a turn, a player grabs all of the stones in a hole on their side and drops them, one by one, in succeeding holes in a counter-clockwise direction.

Players MAY place stones in their own mancala (it counts as a hole), but they MUST skip over their opponent's mancala. Players MAY place stones in holes on their opponent's side. This continues until the player has no more stones in his hand. It is then their opponents turn.

The game is over when a player (not both) has no more stones on his side. His opponent then takes all of the stones on his side and places them in his mancala. The winner is the person

with the most stones in his mancala after counting.



**Date:**                      **Theme:**International Year of Pulses (3) 2016                      **Duty Six:**

Time	Activity	Equipment	Leader
	Brief description of what's going to happen. You can include a deeper description on the next page.	What equipment will you need?	Who is in charge?

Investitures:		
Badges Awarded:		
No. in Attendance:	Total Membership:	
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Comments and Notes:		

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# Program Evaluation

Once you have finished writing your Jungle Book program, please find someone else in your six to look it over and evaluate it. Use this spider web tool below to work out how it meets the 5 teaching methods for Cub Scouts. Go through it together, discuss and mark on the axis (10 is couldn't possibly meet this criteria any better, 1 is probably need to meet this in another program) where you think your programs meets these criteria. It does not have to meet all of them (and most programs don't)

But it is handy to know which ones you are not hitting so you can incorporate them into other programs.

