

Welcome to the 3rd Knaphill Guides Chip Shop Challenge, created in memory of Monique Gill.

Inspired by Monique's Guide unit's chip shop walk, 3rd Knaphill Guides take part in our own Chip Shop Challenge every autumn term. This has led to the creation of our challenge badge which includes craft ideas, games, recipes, information on sustainable fishing courtesy of the Marine Conservation Society and of course the chip shop challenge itself.

We launched the Chip Shop Challenge at the end of 2016 and since then we've sold thousands of badges.

Rainbows

Please complete at least 2 activities from each of sections 1, 2 & 3 along with the Chip Shop Challenge (please replace with a simple visit to a fish and chip shop)

Brownies

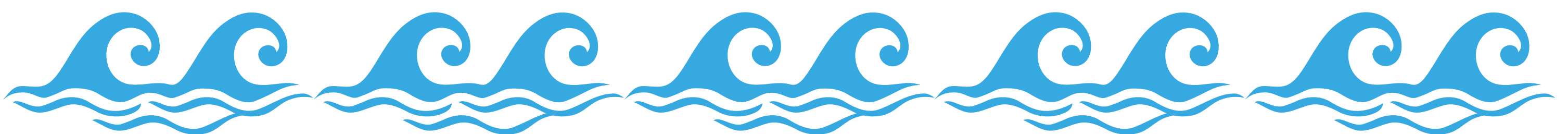
Please complete at least 2 activities from each of sections 1, 2 & 3, and at least 2 more activities from any section, along with the Chip Shop Challenge

Guides

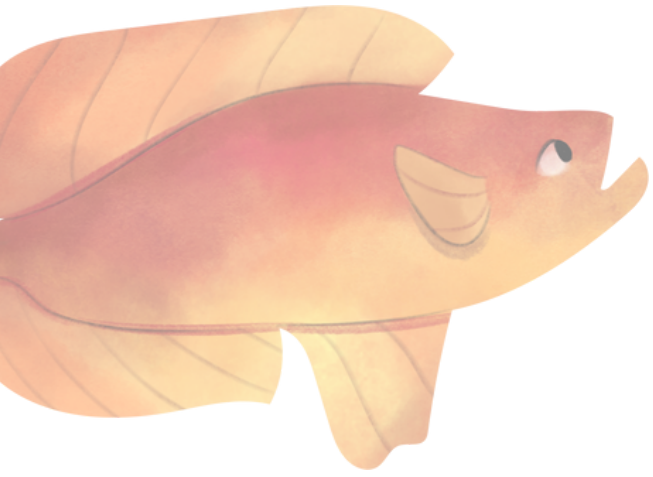
Please complete at least 2 activities from each of sections 1, 2 & 3, and 3 more activities from any section, along with the Chip Shop Challenge

Rangers

Please complete at least 2 activities from each of sections 1, 2 & 3, and 4 more activities from any section, along with the Chip Shop Challenge



The Challenge



Section 1 - Fish

Craft Ideas
Food Ideas
Ideas for Games
Extra Fish Ideas

Section 2 - Chips (and potatoes)

Craft Ideas
Food Ideas
Ideas for Games
Extra Chip and Potato Ideas

Section 3 - Sustainable Fish, Using resources from the Marine Conservation Society

Section 4 - The Chip Shop Challenge

Please take a look at our Chip Shop Challenge
Pinterest page -

[https://uk.pinterest.com/bluebellowl/
chip-shop-challenge/](https://uk.pinterest.com/bluebellowl/chip-shop-challenge/)



Activities marked with a ★
could be done during a virtual meeting, with
varying amounts of preparation

*We would really love to know how you've got on with our challenge,
so please join our Chip Shop Challenge Facebook group -*

<https://www.facebook.com/groups/942776632490004/>



Section 1 - Fish

a. Make some origami fish. As fish and chips are a traditional seaside meal, why not make an origami seagull too?

c. Using paper lanterns design your own fish - or you can even make an octopus.

b. Sole is a flat fish or it can be the base of a shoe - design your own flip-flops. You can get cheap flip-flops online so maybe you can design and customise your own pair .

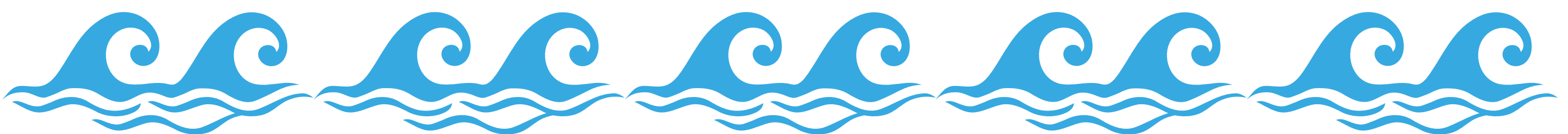
d. Make some fish using lolly sticks

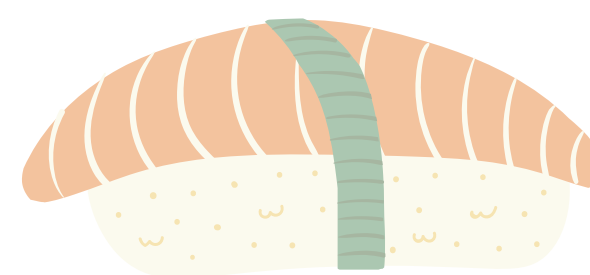
f. Design, make and fly your own fish kite

e. Fish and chips used to be served in newspaper. Use newspaper to make some baskets to hold portions of chips.

g. Convert a large cardboard box in to your Unit's own aquarium. Fill it with your origami fish. Don't forget to add some seaweed, coral and other sea creatures too.

Craft Ideas





a. Have a blind taste test of some fish – can you taste the difference between tuna, salmon, cod, sardines, etc? Make sure your fish come from a sustainable source.

b. The Japanese eat a lot of fish. Try making your own sushi and eat it with chopsticks

Food Ideas

c. Cook your own fish dish. There are plenty of recipes; a few of our favourites can be found on our Pinterest page.

d. Make and decorate fish-shaped biscuits

a. Play the flappy fish game. Cut some fish out of newspaper and then using a book or newspaper, have a race to see whose fish can be flapped to the other end of your hall first.

b. Play the Parts of a Fish relay game – see resource pack

c. Make yourself a fishing rod and fish, and play the hook a fish game

Ideas for Games

d. Play sardines

e. Play Fishes in the Sea – see resource pack



Extra Fish Ideas

a. Can you come up with a fish for every letter of the alphabet?
– see resource pack



b. Can you identify the fish in the fish identity parade?
– see resource pack



c. If you are close to an aquarium, arrange a trip for your unit. If not, is there an aquatics shop or pet shop nearby which sells fish?
Arrange to visit them.

d. Some fish live in ponds - go pond dipping

e. Arrange to visit your local fishmonger - this might be in your local supermarket

f. Go crabbing if you live by the sea.

g. Rainbows could read the Rainbow Fish story.



Section 2 - Chips & Potatoes

a. Potato printing. Make and send some postcards using potato prints – you could cut them into fish designs



b. Make magic mud with potatoes – see resource pack



d. Use a potato to generate electricity. Can you light a light bulb? Can you power your own clock mechanism



c. Have a Mr (or Mrs) Potato Heads beetle drive. Start with a potato for the body and add vegetable limbs depending on which number is rolled by the dice. Carrots – roll 1, radish – roll 2, spring onion – roll 3, sliced pepper – roll 4, cherry tomato – roll 5, green beans – roll 6.

Use cocktail sticks to secure vegetables on the potato for its limbs, eyes, etc.

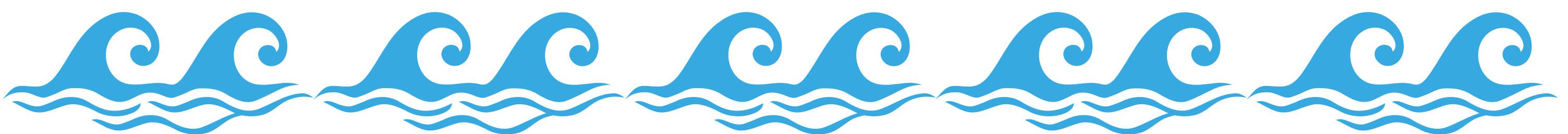
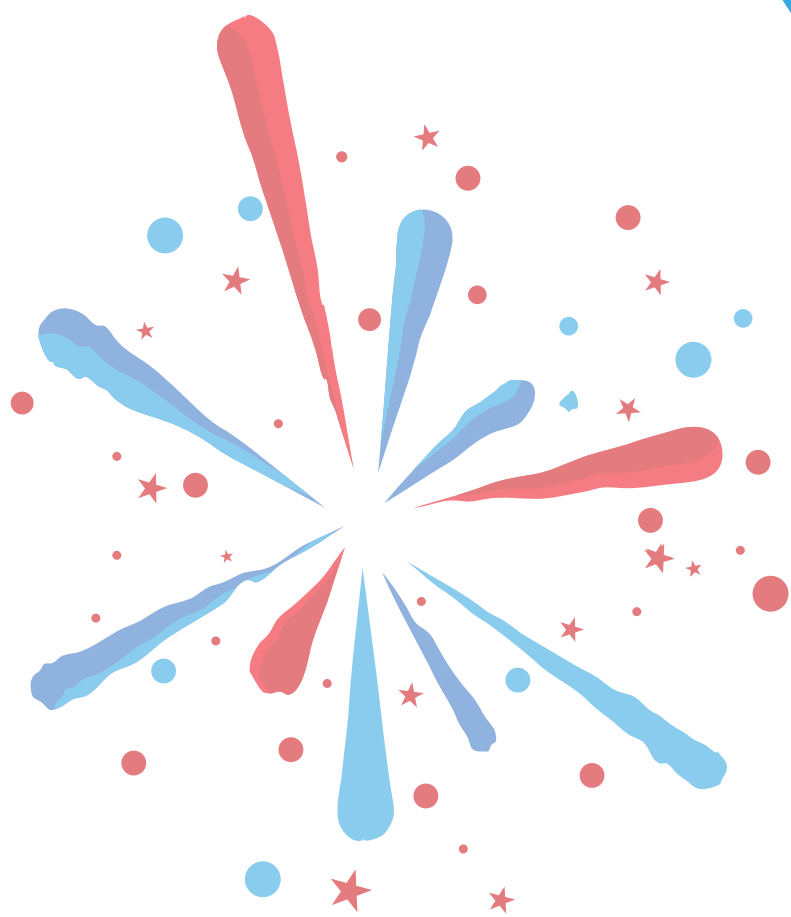


e. Vinegar and bicarbonate of soda experiments: see resource pack



Craft
Ideas &
Science
Experiments

f. Salt painting – see resource pack



Food Ideas

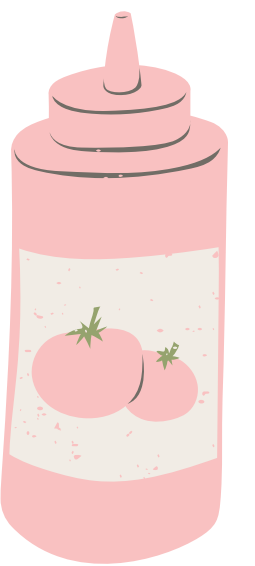
a. Try Canada's national dish of Poutine – chips with gravy and cheese curds (this can be replaced with cubed or grated mozzarella).



b. Have a blind taste test of chips – can you tell which ones are oven chips, deep fried, microchips, French Fries, wedges? Or you could try different types of healthier chips – banana chips, kale chips, carrot chips, etc. Or you could do a blind taste test of different crisp flavours.

c. How many ways can you cook a potato? Roast, baked, crisps, mashed etc. Which is your unit's favourite?

d. To go with your chips, make some curry sauce, homemade ketchup or mushy peas.



Ideas for Games

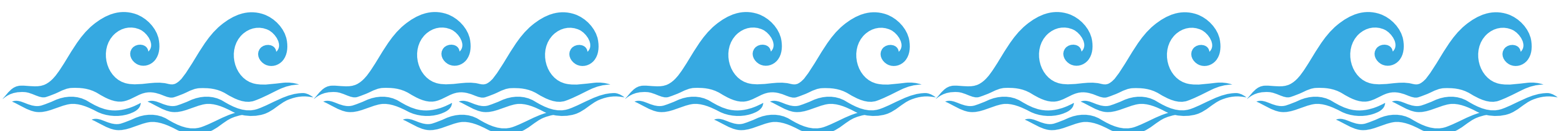
a. Play the hot potato game. There are so many variations for this game, so feel free to adapt it.

c. Have potato and spoon races.

d. Play Jenga with chips

e. Give each girl a crisp at the start of your meeting, and challenge them to return it to you in one piece at the end of the meeting.

b. Use instant potato mix to make dough and play a model-making game – along the lines of Rapidough.



Extra Ideas for Chips & Potatoes

a. Complete
the potato word
search – see
resource pack

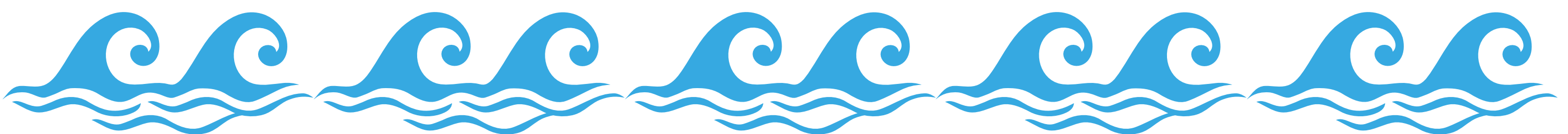
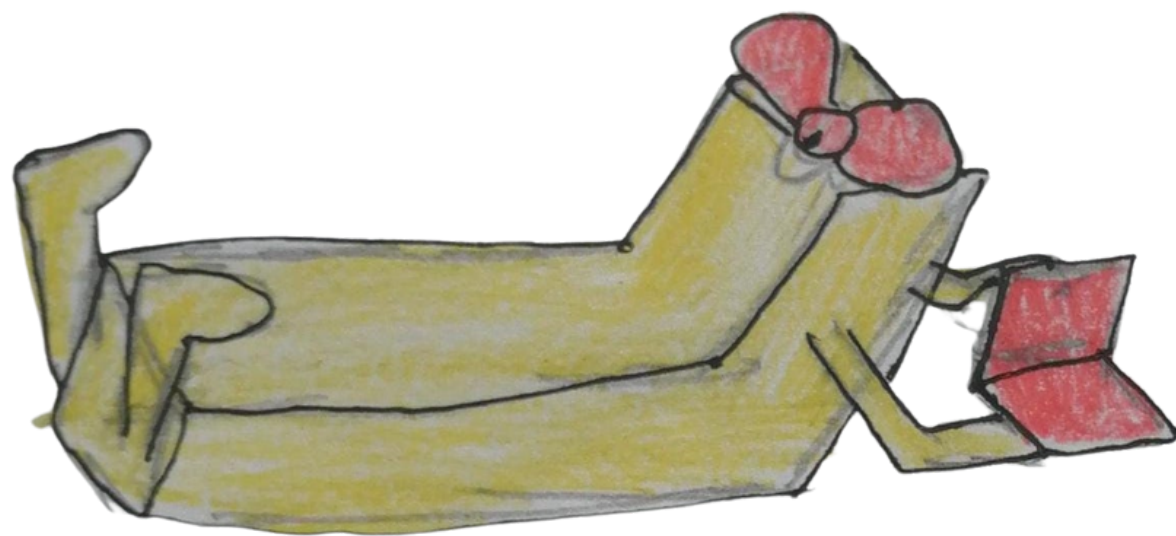
b. Have a go
at the potato quiz
– see resource
pack

c. Take a trip
to your local
supermarket – how
many things can you
find that are made
from potato?

d. Can you follow
the journey of a potato
from when it's first grown
to when it's served as a
chip from your local
takeaway? You could
always ask the
takeaway for their
help.

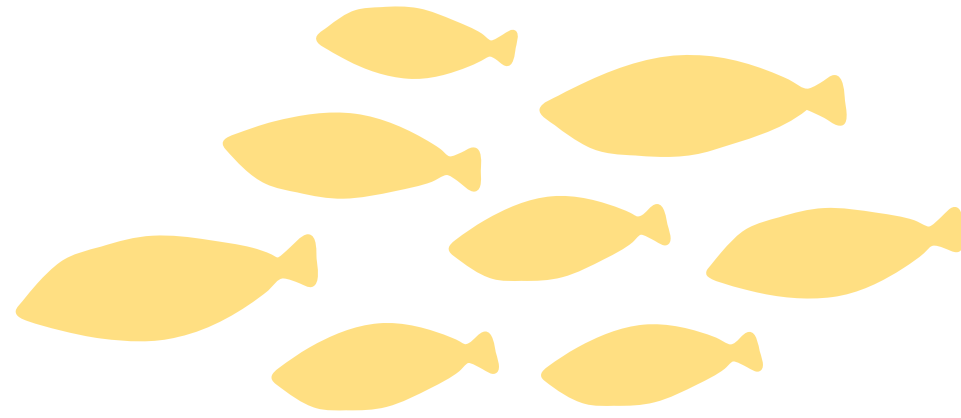
e. Plant and
grow your own potato.
Potatoes don't usually
grow from seeds so you'll
need to find out how
to give your potato
plant the best head
start

f. Plant a
sweet potato in
a jar of water and
watch it
sprout.



Section 3 - Sustainable Fish

Using resources from the Marine Conservation Society



a. Have a look at the Marine Conservation Society website to find out why you should choose sustainable fish



b. On the Good Fish Guide website, some fish are listed in both the "Fish to Eat" list and the "Fish to Avoid" list. How can this be true?



c. Balloon releases and lanterns can end up harming sea life. Design a poster to highlight this and to persuade people against balloon and lantern releases.

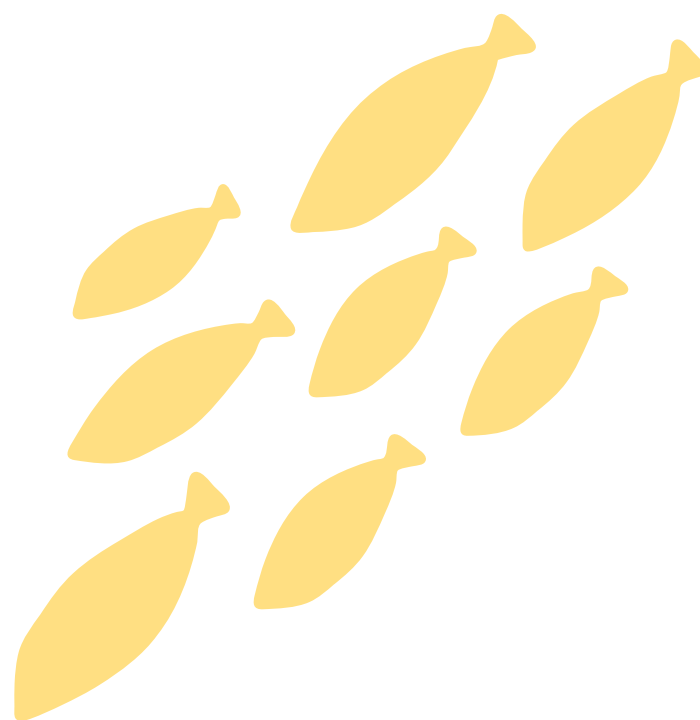


d. Host a free Cool Seas workshop. Follow this link for details of how to sign up:
http://www.mcsuk.org/coolseas/coolseas_tour.php



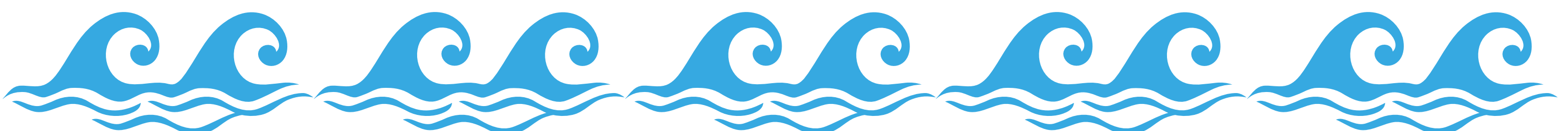
e. Find out about micro beads and how they are harming sea life. Can you pledge to stop using products with micro beads in them?

f. In your local supermarket, have a look to see which fish is from a sustainable source - it will say on the label.



g. Hold your own sponsored event to raise money to sponsor a turtle or a seahorse:
http://www.mcsuk.org/support_mcs/Join+Donate+Adopt/Adopt
Any extra money that you raise could fund your fish and chip shop visit.

The Marine Conservation Society produce a pocket sized Good Fish guide.



Section 4 – The Chip Shop Challenge



We don't tend to warn our fish and chip shops that we're coming ... that way we can judge them without them sprucing themselves up for our arrival!



Depending on the size of your unit and how many takeaways you plan to visit, split your unit into groups. We usually go round in 4 or 5 groups of six. (Please check adult ratio guidelines).



It is also an excellent opportunity to remind the girls of the Green Cross Road and how to cross roads safely.



If you have high visibility jackets, insist the girls wear them.



We have 2 fish and chip shops in our village so we visit the burger/kebab shop and one of the pizza delivery shops as well - basically anywhere that serves chips.



Each group visits each takeaway in turn and we encourage the girls to lead, emphasizing the importance of saying please and thank you. They are in charge of the money too.



Decide on your judging categories. We've supplied a copy of our judging sheet but please feel free to change it for your group.



Each group will only need to ask for a small portion of chips.



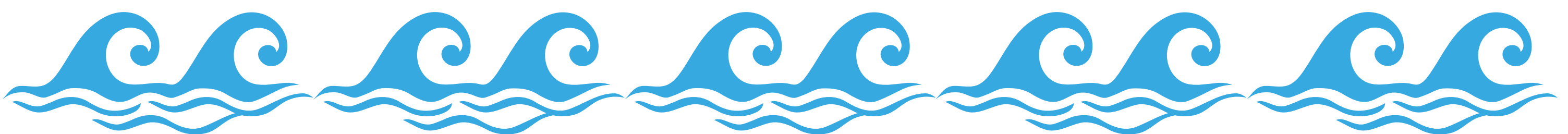
When all the chips have been judged we head back to our hall to tot up the scores and decide on the winner.



At the next meeting we present the winning fish and chip shop with their certificate – which they usually display with pride!



If you don't have a selection of chip shops nearby, you could always buy different makes of chips from the supermarket and judge them instead.



Socially Distanced Chip Shop Challenge Suggestions

As of September 2020 our unit is back to face to face meetings outdoors. Our Guides know that every autumn term involves the chip shop challenge and we wanted to make sure it could still happen.

We have already split our unit in to three groups of 15 girls and these will then be split into smaller groups. Each Guide will be bringing her own plastic plate or pot to hold her chips in. Each group will have specific roles for the girls -

- one will be in charge of payment
- one will be in charge of the score sheet
- one will be in charge of a pair of kitchen tongs

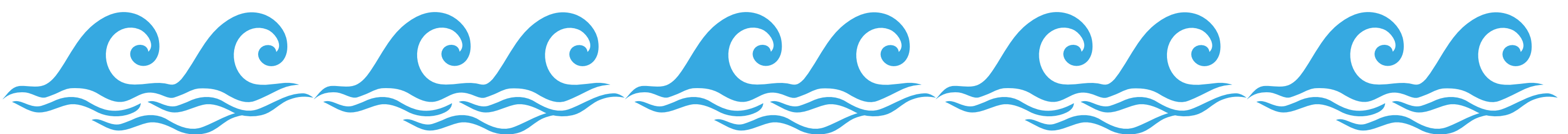
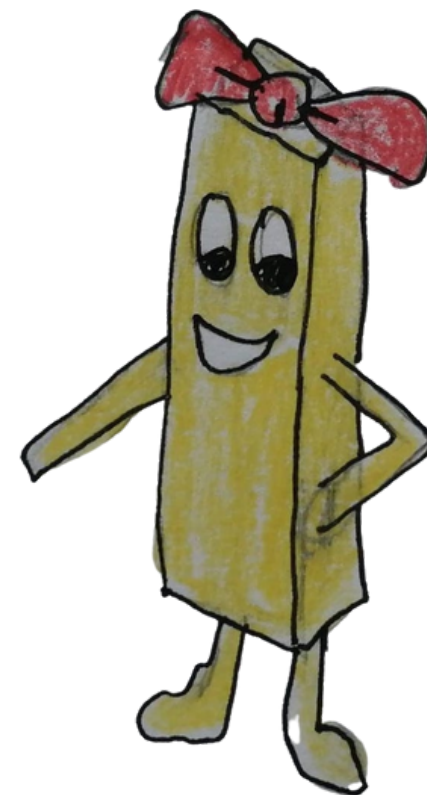
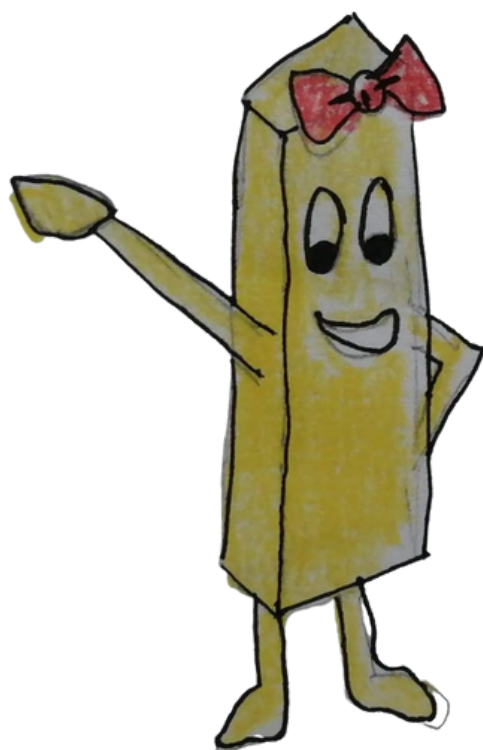
Whereas these roles used to be shared amongst the group, that isn't possible now.

I will warn the takeaways we'll be visiting so that there will, hopefully, be as little hanging around as possible.

The plan will be for each girl to be given a few chips to taste in her tub so that there's no sharing of chip portions.

A thorough risk assessment will need to be carried out.

We are due to trial this just before autumn half term so I will try and keep you updated.





Badge Orders

Badges cost £1 each plus 2nd class postage and packing.

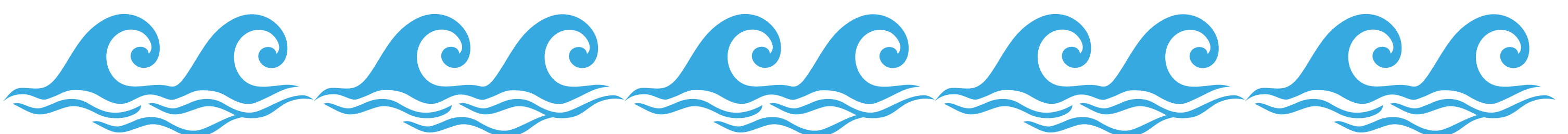
Postage costs are -

- 1-25 badges = £1.50
- 26 - 50 badges = £2.00
- Over 50 badges = £2.50

Payment via BACs or cheque.

Please order your badges here - [Badge order form](#)

Please email Helen at 3rdknaphillguides@gmail.com if you have any queries.



Parts of a Fish Relay Game

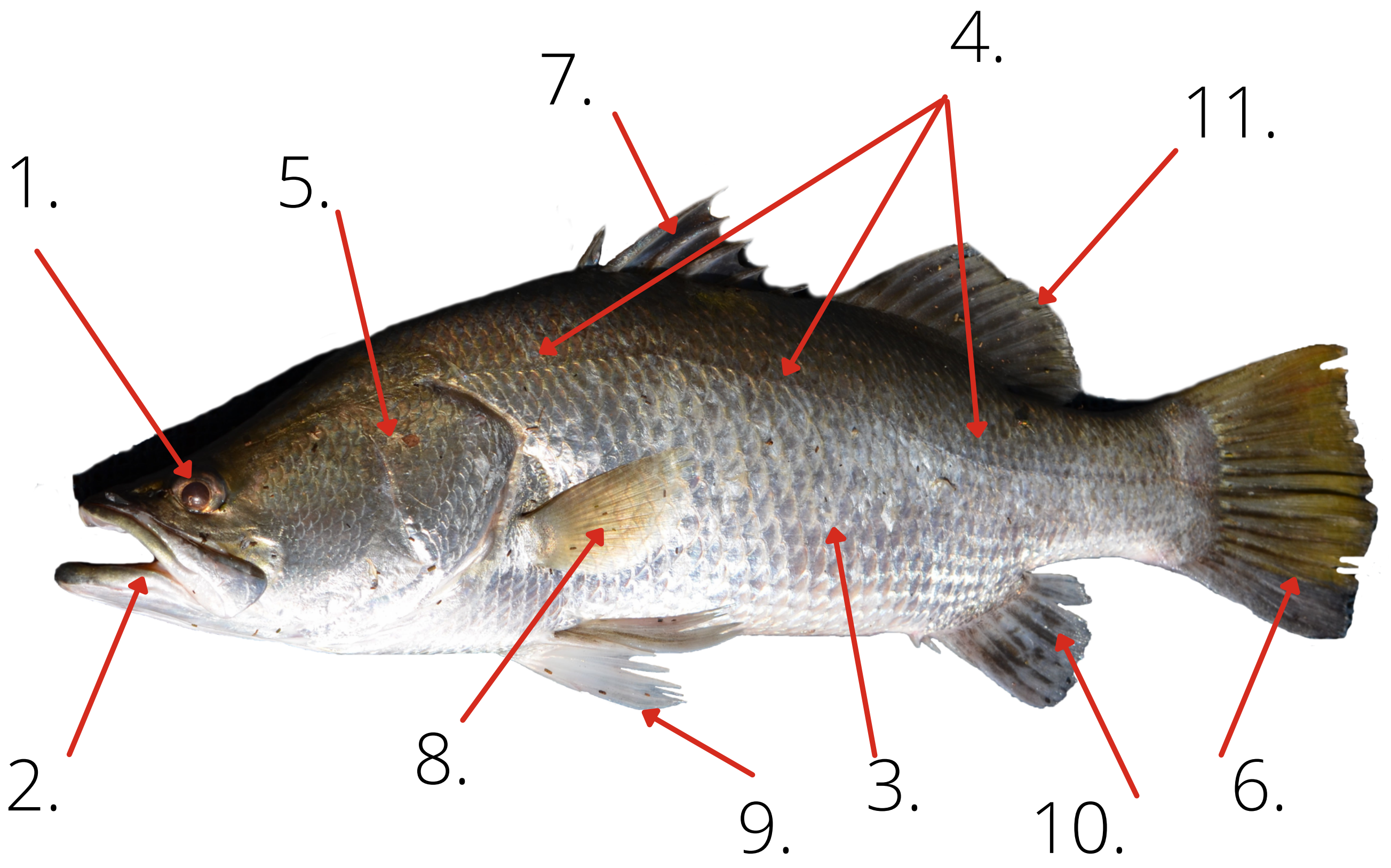
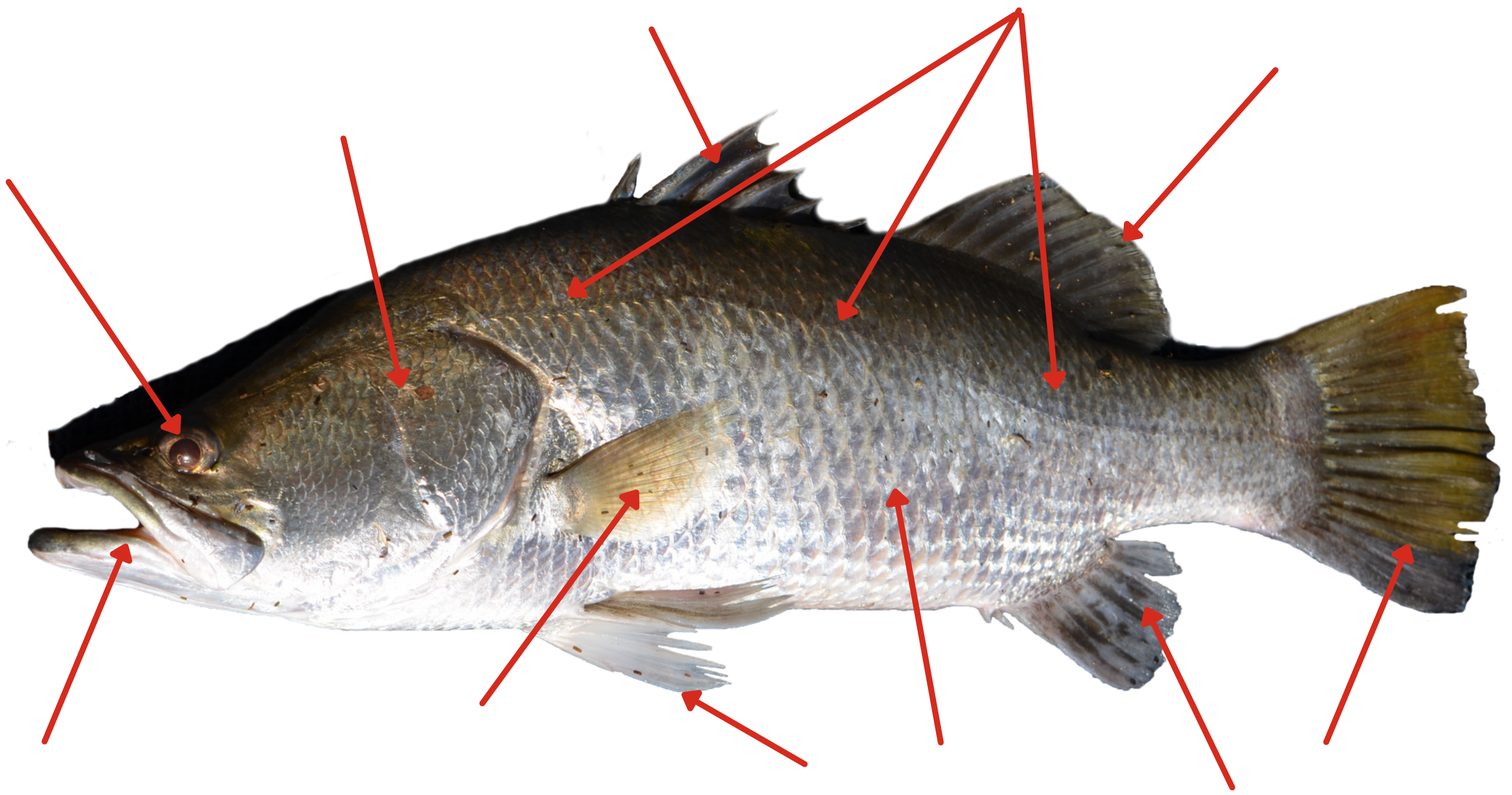
How to play -

Players are placed in teams of 4 or 5 and have to relay the correct matching information about the parts of the fish from one end of the room to the other without talking.

The aim of the game is to get the correct labels to the diagram.

This game can also be played by letting the players try to match the labels to the diagram in teams or individually.

1. **The Eyes:** the eyes of a fish are always open, they have no eyelids.
2. **The Mouth:** The mouth is used to catch food, only some fish have teeth.
3. **The Body:** the body of a fish is protected by a thin but hard coat of overlapping scales and a coating of slime.
4. **The Lateral Line:** a line of very small pores (holes) that sense water, movements and vibrations.
5. **The Gills:** Fish use their gills to breathe. They suck in water through their mouth and breathe out through the gills.
6. **The Caudal Fin:** also known as the tail. It swings from side to side to move the fish forward, left or right in the water.
7. **The Dorsal Fin:** a spiny hard fin that helps to keep the fish upright.
8. **The Pectoral Fin:** this helps the fish to move from side to side, also known as arm fins
9. **The Pelvic Fin:** also called the leg fin. It helps the fish move up and down and turn.
10. **The Anal Fins:** the fins at the back of the body, stopping the fish from wobbling in the water.
11. **The Adipose Fin:** for stability



A to Z of Fish Names

A	Abalone	Albacore	Anchovy	Angel fish
B	Barnacle	Barracuda	Bull shark	Blue Crab
C	Clown fish	Cod	Conch	Cuttlefish
D	Dottyback	Dragonet	Driftfish	Dungeness Crab
E	Eel	Emporer shrimp	Elephant Fish	Electric Eel
F	Flounder	Flying fish	Fugu	Fingerfish
G	Goby	Grouper	Great white shark	Grunion
H	Haddock	Hake	Halibut	Herring
I	Irukandji	Isopods	Icefish	Ide
J	Jellyfish	John Dory	Japanese Eel	Jawfish
K	King Mackerel	Krill	Kingfish	Kelpfish
L	Lamprey	Ling	Lion fish	Leafy Sea Dragon
M	Mackerel	Mahi-Mahi	Manta Ray	Mulloway
N	Needle Fish	Nibble fish	Noodle fish	Nase
O	Oarfish	Oilfish	Ocean sunfish	Oldwife
P	Pilchard	Porcupine Fish	Pufferfish	Perch
Q	Queensland Blenny	Quillfish	Queen triggerfish	Queen parrotfish
R	Rainbow trout	Rabbitfish	Red salmon	Red snapper
S	Sea Horse	Swordfish	Salmon	Sea bream

T	Tilefish	Trumpetfish	Tang	Tiger shark
U	Unicornfish	Uaru		
V	Viper Fish	Velvet catfish	Velvetfish	
W	Whapuku	Whiting	Whale shark	Whalefish
X	X Ray fish			
Y	Yellowfin Tuna	Yellow Tang	Yellow bass	
Z	Zebra Turkeyfish	Zebra lionfish	Zebrafish	Zebra loach

Fishes in the Sea

The girls stand in a circle.

They are alternately named Cod, Haddock, Plaice and Salmon (or your choice of fish)

When a fish name is called, all the players in that category move around the outside of the circle in a clockwise direction until they reach their places again. They are instructed on how to move with various directions.

Sea is rough - move quickly.

Sea is calm - move slowly.




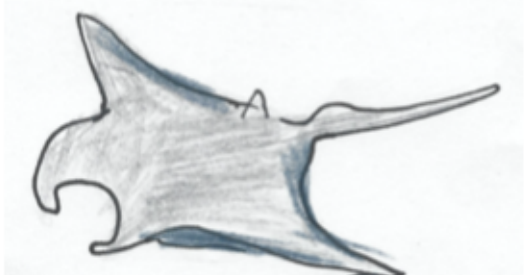


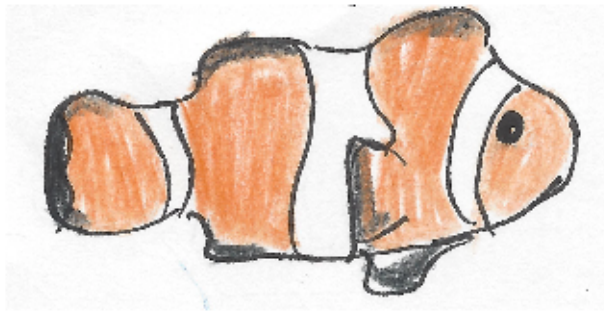



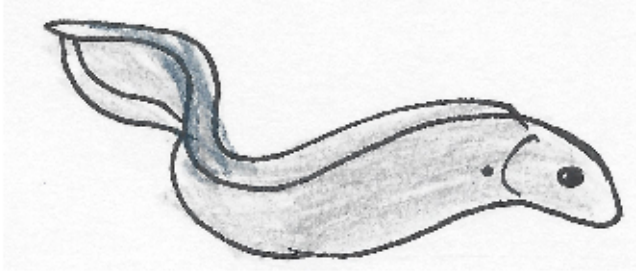

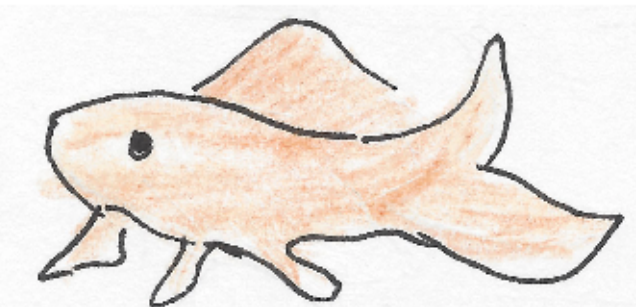
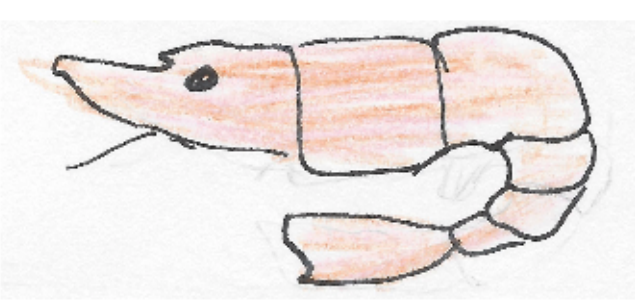
Tide turns - change direction.

Fisherman's about - crouch down low (to avoid the nets).




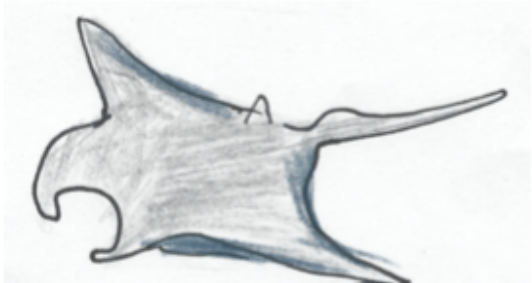

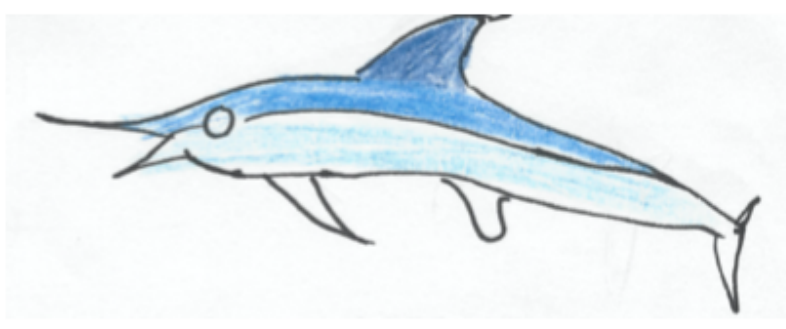
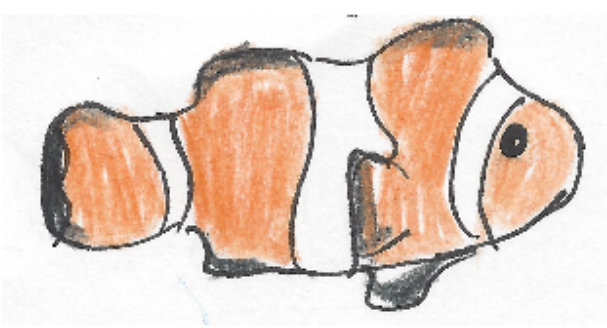





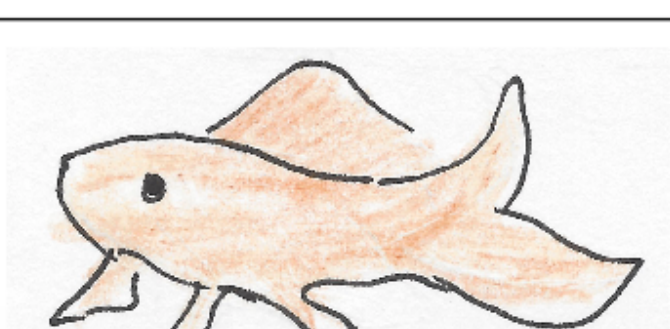
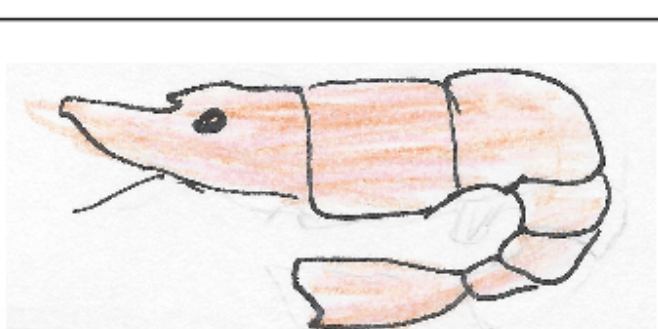
Shark's coming - race back to their original space.

Fish Identity Parade

How many of these fish can you identify?

Fish Identity Parade (Solution)

ANGEL FISH		MACKEREL	
CARP		MANTARAY	
CATFISH		MARLIN	
CLOWN FISH		OCTOPUS	
COD		PIKE	
EEL		PIRANHA	
GOLDFISH		PRAWN	

Magic Mud Instructions

How to make magic mud using potatoes - taken from

<http://www.discoveryexpresskids.com/blog/transforming-potatoes-into-magic-mud>

You will need:

- * Bag of potatoes
- * Water
- * Food processor or knife
- * Saucepan
- * Kettle
- * Sieve
- * Jar

Here's what to do:

1. Wash a bag of potatoes in the sink.
2. Put your potatoes in the food processor and grind them into small pieces, or have an adult help you chop the potatoes into tiny pieces with a knife.
3. Put the chopped-up potatoes into a mixing bowl.
4. Heat about 6 cups (1.4 litres) of hot water in the microwave or on the stove.
5. Carefully dump the hot water over the potato bits in the mixing bowl.
6. Stir the potatoes for a few minutes. What do you notice happening as you stir? The water actually changes colour.
7. After about two minutes, place a sieve over an empty clear mixing bowl. Pour the potato water through the sieve to separate the liquid from the potato bits. Pay close attention to the liquid in the mixing bowl! What do you see happening? After 10 minutes, the liquid separates into two layers. The bottom of the bowl is white, while the reddish-brown liquid stays on the top. The white stuff you've removed from the potatoes is the potato starch. The starch is the necessary ingredient in making your non-Newtonian magic mud.
8. When this separation has happened, dump the top layer of liquid into the dirty mixing bowl. You should be left with just some white goop. The white goop looks a little dirty, so we are going to separate it even further.
9. Stir in about a cup (240 ml) of fresh water with the goop and pour it into a clear jar. Shake it up for 30 seconds and then let the jar sit for 10 minutes. You should notice that, once again, the liquid separates into two layers. The impurities stay on the top while the white goop sinks to the bottom.

10. Dump out the top layer of liquid. This should remove the impurities. You're left with a milky-white substance. What does this substance feel like? Play with it! What do you notice about it? How does it act when you apply pressure? Try to roll it into a ball. What happens when you stop rolling? You'll notice that when you stir it or roll it, the substance seems more firm, but when you stop applying pressure, it looks more like a liquid.

Salt Painting

From - <http://www.netmums.com/activities/how-to-make-raised-salt-paintings>

You will need:

Paint

Glue

Salt

Card or paper

What to do:

1. Make your own water colour paints by mixing paint with water and stirring well.
2. Paint a pattern or picture on a piece of card with glue. Black or dark coloured card works really well so the salt and the colours show up.
3. Now sprinkle salt all over the piece of paper until all the glue is covered. Shake off excess salt.
4. You are left with a raised salt design.
5. Now take your paintbrush, dab it in a colour and place it gently on a bit of the salt. It is like magic as it spreads and fizzes. Carry on dabbing on different colours all the way over your design.

POTATO WORDSEARCH

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FRIES
GNOCCHI
GRATIN
HASHBROWNS
JACKET
JERSEY
ROYAL
KING EDWARD

MARIS PIPER
MASH
POTATOSALAD
ROAST
SKINS
SWEET
VIVALDI
WAFFLES
WEDGES

POTATO QUIZ

1. How big was the world's biggest potato?
2. Where and when were the first potatoes grown?
3. Where were the first chips eaten?
4. Who wore potato flowers in her hair to make her look more beautiful?
5. What is the best variety of potato to make chips with?
6. Which country grows the most potatoes?
7. Approximately how many kilos of potatoes are eaten per person in Europe each year?
8. Which part of the potato is not safe to eat?
9. How much of a potato is water?
10. Where was the highest potato grown?

POTATO QUIZ Answers

1. How big was the world's biggest potato?

Peter Glazebrook grew the 8lb 4oz (3.8kg) spud in his back garden in Hallam, near Newark in Nottinghamshire.
The prize potato was officially recognised by the Guinness Book of Records in September 2010, beating the previous record of 7lb 13oz (3.5kg).

2. Where and when were the first potatoes grown?

The Inca Indians in Peru were the first to cultivate potatoes around 8,000 BC to 5,000 B.C. In 1536 Spanish Conquistadors conquered Peru, discovered the flavours of the potato, and carried them to Europe

3. Where were the first chips eaten?

They were first eaten in France, hence French Fries.

4. Who wore potato flowers in her hair to make her look more beautiful?

When potato plants bloom, they send up five-lobed flowers that spangle fields like fat purple stars. By some accounts, Marie Antoinette liked the blossoms so much that she put them in her hair

5. What is the best variety of potato to make chips with?

Maris Piper

6. Which country grows the most potatoes?

China

7. Approximately how many kilos of potatoes are eaten per person in Europe each year?

88 kg

8. Which part of the potato is not safe to eat?

The leaves

9. How much of a potato is water?

The potato is 80% water

10. Where was the highest potato grown?

Potatoes were successfully grown in outer space on board the space shuttle Columbia in 1995

Vinegar and Bicarbonate of Soda Experiments:

Pop some bicarbonate of soda into a plastic cup with some food colouring and add some drops of vinegar – this can get messy!

You could also pop some bicarb in a balloon, and some vinegar into a plastic bottle.

Carefully fit the balloon over the top of the bottle taking care not to let the bicarb out of the balloon. When the balloon is secure, allow the bicarb to fall on to the vinegar in the bottle.

Hopefully the balloon will inflate.