



From Farm to Fork

Help to educate your Scouts on where their food comes from with The Tesco Eat Happy Project

IF YOU'VE EVER wondered where your fruit and vegetables come from, are looking for a decent bread recipe or you're just curious about how some of your favourite foods are made, Parbrook Cubs may well have the answer you're looking for.

Back in March, Parbrook Cubs visited the Tesco store at Broadbridge Heath to take part in a Farm to Fork Trail. This included a visit to the Tesco bakery to discover how bread is made and take a sneaky look at the delicious recipe. The Cubs later chilled out by the fridge area where they found out where their milk comes from and the fact that not all milk comes from cows.

After the Trail, the Cubs used the Explore the Kitchen worksheet and conducted their own kitchen investigation to earn their Farm to Fork Badge. As part of the activities,

the Cubs each found five items in their kitchen that had come from overseas and created a food miles map using their results.

Farm to Fork is part of The Tesco Eat Happy Project – a nationwide initiative dedicated to getting young people interested about where their food comes from.

So far it's been a big hit with Scouts; more than 17,000 Beavers and Cubs have taken part in the Tesco Farm to Fork Trails; not only learning all about where their food comes from, but enjoying fun, foodie activities like tasting lots of different cheeses and even gutting a fish just like a professional chef.

If you think your Beavers and Cubs are up to the challenge, you can book your trail at eathappyproject.com.

From here you will be able to find your nearest participating Tesco store and get trailing.

Also, get your Beavers and Cubs clued up on food miles and how to cook delicious dampers at their next camp; visit scouts.org.uk/eathappyproject for more activity ideas, gastronomic gems to help you plan a delicious feast and fun facts about fruit! You can also find out more about the Farm to Fork initiative and learn everything you need to know to send your Beavers and Cubs on their way to a delicious adventure with Tesco.

We want to see what you and your Scouts get up to on your adventures, so please don't forget to share your Farm to Fork experiences and photos with us online by tweeting [@UKScouting](https://twitter.com/UKScouting) and [@EatHappyProject](https://twitter.com/EatHappyProject) using the hashtag [#scouttrails](https://twitter.com/hashtag/scouttrails). Happy trailing!