

This 'go for it' is all about the food can... baked beans, soup, cat food or tinned fruit... they all come in a plain and boring tin can but these cans are an important part of our lives!!!



Your patrol can CHOOSE from the following activities OR come up with your own!!

1. Tin Can Lanterns

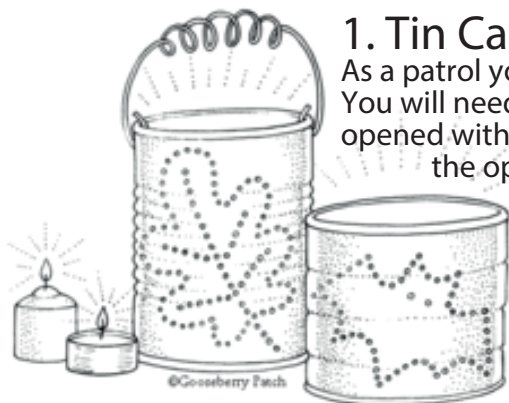
As a patrol you could make tin can lanterns.

You will need a can that has been opened with a pull lid or opened with a can opener that leaves the 'rim' on (This makes the open top of your lantern safe - with no sharp edges). A normal sized can is best eg. 410g baked beans size.

Make sure it is washed out and all the labels soaked off - clean and shiny!

Draw a design onto the can, remembering the simple patterns work best. Then you punch the design with a hammer and nail - We will help you set this up.

You can decide if you want a wire handle or just keep it as a candleholder. Finally you add a nightlight.



2. Tin can survival Kit

Using a small baked bean / spaghetti can and a plastic lid (we'll get these for you).

Decide what you could keep in your can which would help you out in an emergency. Even the can might be useful - but what for?

3. Can opener testing

Find as many different types of can opener as you can, we can lend you some but everyone has a couple at home.

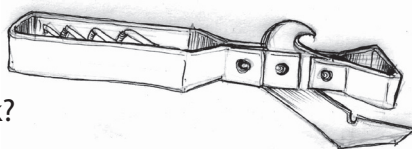
What is easiest to use?

How do left handed people manage?

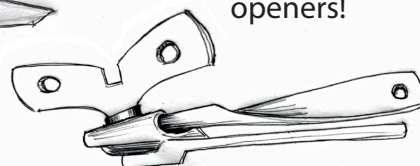
Emergency camping can openers - do they work?

How would you improve the can opener?

How do people with physical disabilities manage?



Weird and wonderful can openers!



4. Meal in a can

As a Patrol make a healthy, well balanced meal (main course and desert) using only tinned food.

Your meal should have a carbohydrate eg potato, pasta, rice, a protein eg corned beef, mince, tuna, a vegetable eg peas, carrots, sweetcorn. (the foods listed above are only examples - you can choose what you want!!) Pudding might include fruit, custard, sponge pudding etc.(you could keep the cans for your next weeks activity)

5. Talking Cans

Find out how blind people manage to know what is in the can. Can you design ways of making cans easier for them to deal with?

6. Taste Testing

Compare types of tinned food eg. Baked beans, custard, hot dog sausages etc. Try the value, middle and branded versions to find out what is the best value. Look at the ingredients - do you know what you are eating.

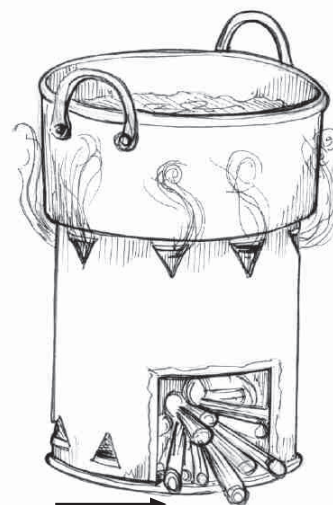
7. Tin can desk tidy

Decorate an empty can with acrylic paint, coloured paper, fabric etc to make pen holders. Look online there are lots of ideas - it's dead easy! Just make sure you use cans without sharp edges, any size will do.

8. Fire Tin

Using a big baby milk tin or a large catering size can make and use a fire tin. We can find you some cans and the tools to do this. Making the fire tin is really easy and then you can use it to practice your fire lighting skills at guides or at home.

Real Fire in here





9. Tin can camping stove

Using a regular baked bean can and a small tuna or tomato puree can (you find the big can we'll get the small ones), follow the instructions to make a tin can stove. These stoves burn a fire lighter or solid fuel blocks. Use your stove to cook something very simple.



Stove with pan on it

Everything packs into the pan can!

10. Find out about cans

When were they invented?

Why where they invented? What are they made of?

Who used them? Why do we need them?

What kind of a difference did they make?

Go to the supermarket and take a look at how many foods are stored in cans... we don't even think about how important they are.

How would we manage without them!

Do some kind of interesting / weird presentation about cans!

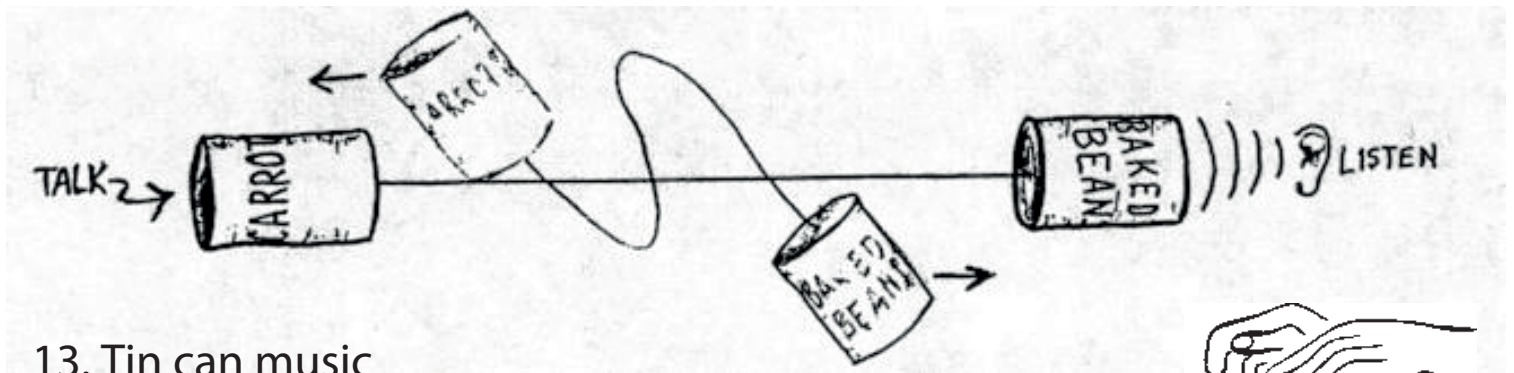
11. Mini pancakes

Can you cook little pancakes using just a tin can and a candle?

How would you do this?

12. Tin can telephone

Using two cans and a long piece of string can you hear messages spoken into the can from the other end of the line? Make up a game that Brownies could play using the tin can telephone.



13. Tin can music

How could you use cans to make music? By hitting cans, shaking something in a can, can you make bells or chimes... give it a go! Once you've got your band together compose a symphony in tin. We can record it. Make your musical instruments look and sound as good as possible.



What else can you make out of cans?

What else can you use cans for?

Work out how many activities you need to do.

Some activities like making the mini stove or musical instruments might be better done over two weeks - one for making, one for testing.

Write down what you are doing and when.

What will you need to bring

What will you need help with?

We can't help you if you don't discuss your plans with us!!
We've got instructions and tools / equipment for doing lots of these activities - ASK!