

Peru Challenge



Girlguiding Essex North East is fundraising for a trip to Peru in July 2015 to work in the local community.

The money raised from this Challenge will support the trip and the local projects we will be working on.

In order to gain the badge, you should complete the following number of Challenges (at least 1 from each section). Please feel free to adapt the Challenges for your Unit. We hope you have fun.

Rainbows and Brownies	minimum of 6
Guides, Senior Section, Leaders and Trefoil	minimum of 10

Craft



Make a jigsaw or tangram, in a Peruvian design and give it to another group, to complete.



Collect shells and use them to decorate an item, such as a photo frame or to make jewellery.



Use straws to build a reed boat, like those used on Lake Titicaca. You could also play Pooh sticks.



Make a mobile, puppet or sock puppet of an Andean animal and/or bird



Make wrapping paper in an Incan design, using a potato print and paper.



High in the Andes many people live and work much as they have for centuries, farming small plots of land using little more than hand tools, raising sheep, llamas and alpaca, and weaving their wool into beautiful blankets and garments. Try your hand at weaving, or plaiting.



Laminate an Incan design, to make a placemat



Peru is famous for its knitted items. If you cannot already, learn to knit and make a 20cm square. If you can knit, knit a Peruvian design.



Make some Worry Dolls. These are very small and colourful dolls. Legend has it that if you put them under your pillow whilst you are sleeping, the dolls will take away your worries



Make a necklace with Incan clay beads. Try making beads with air dry clay, using a cocktail stick for the hole and then paint.

Games



Play a game of Perudo. (*Maybe you could make your own dice?*)



Make counters in Peruvian designs and play a game of ludo, or tiddlywinks.



Sapo is a popular children's game, in Peru. Make your own game and play it.



Paddington Bear came from Lima in Peru. His Great Aunt Lucy had gone to live in a retirement home in Lima and had sent him to London. He is found at Paddington Railway Station with a label saying "Please look after this Bear. Thank you."
Have a Teddy Bear Tea Party with marmalade sandwiches or make up and play a board game of Paddington's adventures or read some Paddington Stories.



Football – The favourite game in Peru. Have a mini football tournament, play table football or go and watch a football match. You could design a football kit for your own made-up Team.

Food



Cook a Peruvian meal



Bake a Peruvian sweet treat.



Try crisps made using cassava, plantain and sweet potato – available from local supermarkets.



Grow potatoes, peppers, chillies or butternut squash



Make ice-cream or a fruit cocktail or a smoothie, using Peruvian fruits for example Peaches, Papayas, Melons, Pineapples, Mangos, Plums, Passion Fruit, and Granadillas.



Potatoes are the main and favourite ingredient in most Peruvian Dishes. The Incans developed hundreds of varieties of potato for example yellow, white, huayro and many others. How many different varieties of potato can you find on sale locally?



Food Word Search

Things to eat in Peru

A A P T Q W A R J R Z O R Y G
N Z S H T G F A M T D O P L D
I C B U F C L T N A C Y S P C
L E G B A P F O T O A J Q O V
L V B M A C O L T G L P R O V
A I V C B N A O Y X Z P I V A
G C A K L S R I N F J Q H Y N
E H P N O E F Y T B Y W H Z V
D E M M L A N T I C U C H O S
I W O L F N J W P M C O D L D
J L E J W B D Y R K H E Y Z N
A N A S A R B A L A O L L O P
O U M I W W F J C I L F L Y X
E L J R D F P S W U S B Z A N
H U L W A M U C U L U U I B W

AJI DE GALLINA - (yellow pepper stew)

ALPACA - (meat tastes a bit like beef)

ANTICUCHOS - (like shish kebabs)

CAUSA - (potato and avocado casserole)

CEVICHE - (raw fish in lemon juice)

CUY - (guinea pig meat - sorry!)

LOMO SALTADO - (stir fry)

LUCUMA -(a fruit that looks like mango but tastes like custard!)

POLLO A LA BRASA - (Peruvian roast chicken)

ROCOTO RELLENO - (stuffed pepper, with a hard boiled egg on top)

Culture



Celebrate a Peruvian festival for example Inti Raymi – Festival of the Sun, Candlemas, Fiesta de la Cruz, All Souls Day, Lord of Miracles etc. Make masks etc



Make a Peruvian hat. (If you can't knit, you could draw one and cover it in traditional designs and colour in, you can add plaits and pom-poms etc



Make a model of a Peruvian animal, or bird for example a Llama, Alpaca or Vicuña, Guinea Pig, Condor, Parrot, Toucan. This could be from clay, wool, recycled materials, paper, feathers, felt etc



Listen to Andean panpipe music.



Identify the 5 sections of Guiding in Peru via the WAGGGS website, the name, age group and the differences in uniform. Learn the Promise for your equivalent section.



Use beads and safety-pins, or Hama Beads to make a Peruvian flag.



Dress a friend, doll or peg, in Peruvian costume.



Make pan-pipes or another Peruvian instrument.



Paint your nails in an Incan design



Make a Rain stick



Complete the Peru Quiz

1. Which animal appears on the Peruvian flag?
2. The Spanish conquistadores captured the Incan Empire, in 1533. When did Peru declare independence from Spain?
3. Name the world's highest navigable lake, shared with Bolivia.
4. How many countries border Peru
5. Peru is the 20th largest country in the world. How much bigger than the UK is it?
6. Which are Peru's three official languages?
7. Despite being much bigger than the UK, Peru has a smaller population. Is it four-fifths, three quarters, a half, or less than a half?
8. What is celebrated in Peru, on 28th July, each year?
9. What are uros?
10. How many varieties of chilli peppers are found in Peru, approximately? 50, 100, 150, 200, 250, or 300?
11. There are around 4,000 species of potato, in the world. How many are in Peru: 500; 1,000; 1,500; 2,000; 2,500; 3,000; 3,500, or 4,000?
12. How many UNESCO World Heritage sites are in Peru?
13. Which are the four species of animal, related to the camel, found in Peru?
14. What does Machu Picchu mean?
15. 596 species of birds have been recorded in the UK. How many are there, in Peru?
16. What is the national bird of Peru?

17. What is a quetzal?
18. What is cuy?
19. Which is the odd-one-out: cajon; charango; ocarina; siku; tinya.
20. What is quinoa?
21. Peru is famous for its ceviche. What is it?
22. Inca Kola is the only national drink to sell better than Coca Cola. What colour is it?
23. What is Paucartambo's claim to fame?
24. The Andean condor has one of the largest wing spans of any bird. How big is it?
25. What is the maximum number of people allowed on the Inca Trail, each day?

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Peru Challenge 2015

Thank you for taking part in our Challenge

Please complete the form below

Unit

DivisionCounty

Contact details

Name.....

Address.....

.....

Email

No. of badges.....@ £1.00 each

£.....

plus postage @ £1.50

Total £.....

Please make all cheques payable to "Essex NE Guides International Fund"

and post to:

Peru Challenge,
Donore,
Nathans Lane,
Writtle,
Chelmsford
Essex
CM1 3RF

Appendix

Craft



Peruvian Designs

Worry dolls – large version from pegs, smaller ones from matchsticks



Peruvian designs on clay beads

Games

Perudo

Perudo can be played with two or more players

Each player starts with a cup and five dice

Players throw one dice to see who starts

Players at the same time shake the cup and then turn it upside down onto the table using it to conceal the dice from other players

Having looked at the dice the first player makes a call based on how many dice of a certain number there may be under all the cups. Eg 3 threes.

Ones can be used as any number.

Once the call is made the next player can do one of two things. They can either accept the call or call 'Dudo' (which means I doubt in Spanish.) If the call is accepted, the second player either calls the same quantity of a higher number or a greater quantity of any number. If they call Dudo then the round stops, the dice are counted (including the ones) and if the total adds up to or exceeds the bid doubted the challenger loses a dice. If the count is less than the bid the bidder loses a dice.

Perudo is a game of guesswork, bluff, luck and no small amount of skill. You win and lose dice until such time that there is only one person remaining with any dice and he or she is the winner of that hand.

Sapo

The royal Inca King, would travel to Lake Titicaca in Peru to hope to catch the attention of a Sapo (frog) by throwing gold coins into the lake. If a Sapo caught a gold coin in its mouth, the Sapo turned into gold.

Today, the standard official Sapo board has twenty-five holes with a shiny brass Sapo and brass chips. The Sapo games built locally in Lima, the capital of Peru, are the most common design in the world. They are common in pubs, clubs and picnic areas. There is also a family league as well as competitions for experienced players.

To play you need a board and 12 tokens. The standard board has 25 holes, each with a different value. The Sapo hole has the largest value.

Each player throws the 12 tokens one at a time aiming for the Sapo or Frog. If your token goes in the Sapo hole you must shout Sapo to win the points.

It's a simple case of adding up the scores. The winner can either be the person with the highest score after the 12 tokens or the first to reach a pre agreed total.

You could try making a board using shoeboxes – making holes in the top and using pennies, marbles or buttons as tokens.

Food

Crema de Zapallo

The Peruvian squash can weigh as much as 50 kg. This soup uses butternut squash which gives it a sweet, nutty taste.

Ingredients (serves 4):

1 butternut squash about 1 kg.

1 litre of water

350 ml can evaporated milk

15 ml butter

50 g feta cheese (crumbled) – or as an alternative use 1 hard-boiled egg (chopped)

Salt

Serve with crusty bread such as bagette or ciabatta.

Method:

- Remove the skin and the seeds from the squash. Cut the flesh into small cubes and place in the water; bring to the boil and simmer for about 15 minutes until tender.
- Remove the squash and cooking liquid from the heat and leave to cool. Then place in a blender and blend until you have a smooth puree.
- Return the puree to the pan, add the evaporated milk and butter, and add salt to taste.
- Simmer for 1 minute before serving in hot bowls. Garnish with the feta cheese or hard-boiled egg, and serve with the crusty bread.

Alfajores

In the coastal areas of Peru, alfajores are a popular treat, readily available from bakeries and sweet shops, and most families have their own favourite recipes. Although nearly always round, they come in many different sizes.

Ingredients (makes 8 to 12):

250 g self-raising flour, plus extra for dusting

250 g cornflour

50 g icing sugar

100 g butter or cooking spread

1 egg yolk

15 ml milk

400 g can sweetened condensed milk

Method:

- Remove the paper wrapping from the condensed milk can and place the can in a saucepan of water so the water comes within 2cm of the top of the can. Once boiling, reduce the heat to simmering point, cover the pan and leave to simmer for 2 to 3 hours, checking the level of water from time to time, adding boiling water as necessary. If the water stops simmering the milk will not thicken, but if it runs out of water it is likely to explode. Leaders are advised to prepare this themselves in advance.
- Preheat the oven to 160° C. Grease a large baking sheet and line it with baking parchment.

- Sift the flour, cornflour and 45 g of the sugar into a mixing bowl and rub in the butter or spread. Once this is all incorporated, add the yolk and milk and knead together to form a light dough.
- Dust the work surface with the extra flour and roll out the dough to a thickness of about 4 mm. Cut the dough into circles with a biscuit cutter and lay them on the baking sheet, giving space between them to spread.
- Prick each biscuit a couple of times with a fork and then place in the preheated oven for about 20 minutes or until golden. Remove from the oven and transfer onto a wire tray, leaving them until they are cool.
- Open the can of boiled condensed milk and sandwich the biscuits together in pairs with the milk. Dust the remaining sugar over the biscuits.

Culture

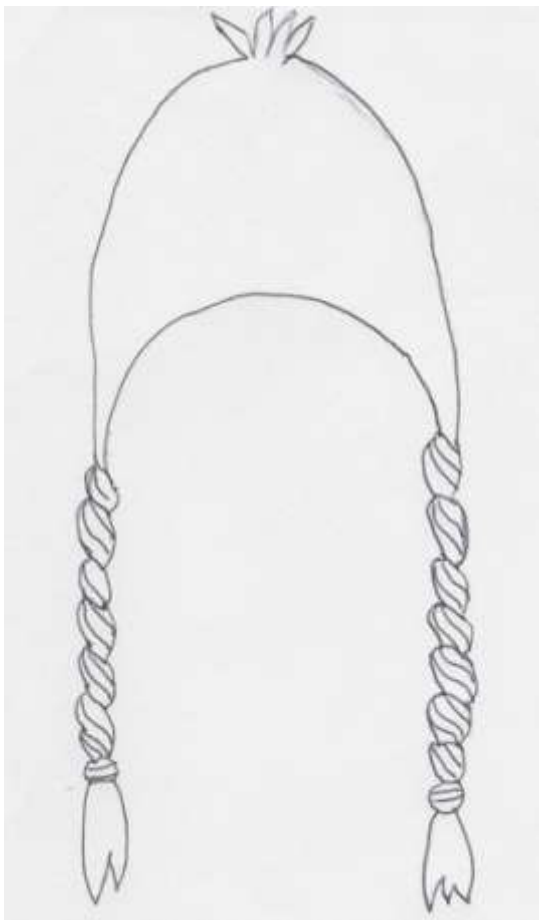


Inti Raymi (Cusco): The Festival of the Sun, one of the greatest pageants in South America, celebrates the winter solstice and honors the Inca sun god with a bounty of colorful Andean parades, music and dance

Virgen de la Candelaria (Puno): Candlemas is spread over 2 weeks, is one of the greatest folk religious festivals in South America, with an explosion of music, dance, and some of the most fantastic costumes and masks seen anywhere

Fiesta de la Cruz (across Peru): The Festival of the Cross isn't as solemnly Catholic as it might sound. Best in Lima, Cusco, and Ica, the festival does feature cross processions (although the decorated crosses are vibrant), but it also displays folk music and dance, the highlight being the daring "scissors dancers," who once performed on top of churches.

El Señor de los Milagros (Lima): A highly religious procession, with tens of thousands of participants all clad in bright purple. The Lord of Miracles, the largest procession in South America, lasts a full 24 hours. It shows a miraculous painting of Jesus Christ, which was created by an Angolan slave and survived the devastating 1746 earthquake.



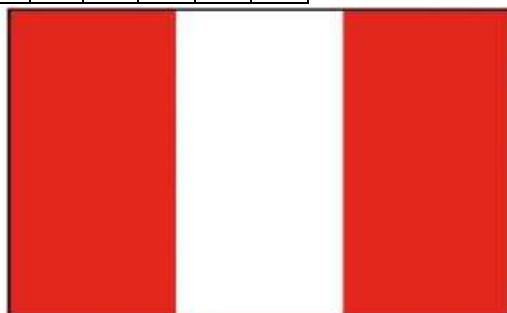


Peru - 9 pins

R	R	R	W	W	W	R	R	R
R	R	R	W	W	W	R	R	R
R	R	R	W	W	W	R	R	R
R	R	R	W	W	W	R	R	R
R	R	R	W	W	W	R	R	R
R	R	R	W	W	W	R	R	R
R	R	R	W	W	W	R	R	R
R	R	R	W	W	W	R	R	R
R	R	R	W	W	W	R	R	R
R	R	R	W	W	W	R	R	R

Flag Beads

All you need are safety pins and seed beads. Slip 9 pins on to another pin around the circular joint of the pin, so that they are between the circular joint and the clip. Make sure you do this so that all the pins open on the same side. Open each pin in turn and slip on the beads as per the chart. Each column on the chart is one safety pin.





How to make: Peruvian Rain Sticks



For your rain makers you will need:

- A tube of cardboard: kitchen roll tubes, wrapping paper tubes etc
 - Some PVA glue
 - Tape
 - Coloured paper, felt tips, paints, old buttons, wool, glitter etc.
 - A strip of tin foil twice the length of your tube
 - Some gravel
1. Draw around the circular end of your tube to mark the size
 2. Cut around this circle, about 1cm away from the line
 3. Score your circle
 4. You will need to do this twice, so you have 2 circles.
 5. Using one circle, place the paper over one end of the tube and tape into place
 6. Now you can start decorating. Cut up shapes from coloured paper, paint on shapes and designs if you have paints at home, stick on buttons, bottle tops, glitter and wool.
 7. Scrunch your strip of tin foil into a snake shape and curl inside the tube
 8. Add the gravel
 9. Once your tube is covered in beautiful patterns, you are ready to take the second piece of paper and tape it over the other end
 10. Now you're ready to shake away. Tilt your rain stick at 45 degrees to hear the rain sounds.

Peru Quiz Answers

1. Which animal appears on the Peruvian flag? **Vicuna**
2. The Spanish conquistadores captured the Incan Empire, in 1533. When did Peru declare independence from Spain? **1821**
3. Name the world's highest navigable lake, shared with Bolivia. **Lake Titicaca**
4. How many countries border Peru? **5 (Brazil, Bolivia, Chile, Colombia and Ecuador)**
5. Peru is the 20th largest country in the world. How much bigger than the UK is it?
Over 5 times.
6. Which are Peru's three official languages? **Spanish, Quecha and Aymara**
7. Despite being much bigger than the UK, Peru has a smaller population. Is it four-fifths, three quarters, a half, or less than a half?
less than a half
8. What is celebrated in Peru, on 28th July, each year? **Independence Day**
9. What are uros? **Artificial floating islands, made from reeds.**
10. How many varieties of chilli peppers are found in Peru, approximately? 50, 100, 150, 200, 250, or 300? **300**
11. There are around 4,000 species of potato, in the world. How many are in Peru: 500; 1,000; 1,500; 2,000; 2,500; 3,000; 3,500, or 4,000? **3000**
12. How many UNESCO World Heritage sites are in Peru? **11**
13. Which are the four species of animals, related to the camel, found in Peru?
Llama; alpaca; guanaco and vicuna.
14. What does Machu Picchu mean? **Old peak**
15. 596 species of birds have been recorded in the UK. How many are there, in Peru? **1,879**
16. What is the national bird of Peru? **The Andean cock-of-the-rock**
17. What is a quetzal? **A bird**
18. What is cuy? **Guinea pig.**
19. Which is the odd-one-out: cajon; charango; ocarina; siku; tinya. **Ocarina**
20. What is quinoa? **A gluten-free grain.**
21. Peru is famous for its ceviche. What is it? **Marinated raw seafood.**
22. Inca Kola is the only national drink to sell better than Coca Cola. What colour is it?
Yellow
23. What is Paucartambo's claim to fame? **It holds a colourful local fiesta Virgen de Carmen, on 16th July, each year.**
24. The Andean condor has one of the largest wing spans of any bird. How big is it? **c3.2m**
25. What is the maximum number of people allowed on the Inca Trail, each day? **500 (including porters and guides – so roughly 200 trekkers)**