

# Recipe Gone Wrong

## Active & Healthy Living



DISCOVER



MEETING

3 GOOD HEALTH  
AND WELL-BEING



### What You Will Discover

With help from a Scouter or older youth, try making a tasty treat using this scrambled recipe. This is what it can feel like to try to focus on instructions when you have a concussion.

### The Adventure

Having a concussion could mean suffering long-lasting effects, such as blurry vision, headaches and poor motor skills. It can also make it hard to read, remember and understand simple instructions. Try making this recipe with scrambled instructions!



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It starts with Scouts.

## Plan

You will need the following ingredients:

- 1 apple
- Brown sugar
- 1 tablespoon apple cider
- 1 tablespoon oats
- Maple syrup
- Cinnamon
- 1 tablespoon raisins
- 2 teaspoons of butter

Instructions:

Slice apple, Place on aluminum, Add and pinch of cinnamon and -----  
-----, Add the side hair, Add 2 tablespoons of Brown sugar, Sprinkle raisins,  
Spread some Oats, Add butter, Wrap in foil, Bake at three hundred and thirty five °F  
for ten minutes, Once ready, Drizzle\* syrup

## Do

**#ScoutsDoStuff:** Share this adventure and the information you learned with a younger Section, or with your friends and family!

## Review

- How did your treat turn out? Why might it have turned out this way?
- What was the hardest part of this adventure?
- What did you learn about trying to focus with a concussion?

## Safety Note

- How can you stay safe when using sharp tools (like knives?)
- How can you stay safe around a hot oven, barbecue, campfire or camp stove?

## Try this

### Keep it Simple

- Print the real steps of the recipe on to index cards and shuffle them. Organize the steps into the correct order before making your recipe.

### Take it Further

- Read the scrambled recipe aloud to someone you cannot see, while the second person tries to make the recipe.