




# DOUGHNUT CHALLENGE

for **NATIONAL DOUGHNUT DAY ~ June**

In the United States, and some other countries, National Doughnut Day is celebrated each year on the first Friday of June. There is an interesting history to the occasion, and an excuse to spend time with doughnuts.



## Challenge yourself and **EARN A BADGE too**

-  1 Choose a selection of challenges to complete and start having fun with doughnuts
-  2 Order your badge
-  3 You may like to send photos of challenges being completed to share on the website

## CHALLENGE OPTIONS

- Research the interesting history of World Doughnut Day and share your findings with your friends
- Explain the significance of “Doughnut Day” in Australia in regards to the corona virus
- Investigate the original spelling of this food item
- Find out about the origin of the doughnut
- Trying making or eating gluten-free doughnuts
- Make “camp doughnuts” in a frypan or fire or try some microwave cooking by making “doughnut in mug” (and earn yourself the “I made it in a mug” badge)
- Make a doughnut craft item using any materials you have at home
- Find out about doughnut cushions and why they might be used
- Try the Cinnamon Sugar Doughnut Challenge by eating an entire doughnut without licking your lips
- Learn to make a doughnut bandage and know when it should be used for first aid
- Have a look at the Nutrition Facts on a doughnut product. How does this compare to other treats you might enjoy.
- Design and decorate your ideal doughnut. Does it contain jam or is it covered with icing? Which colour?

### ORDER DETAILS

Badges \$4.00 each

Online order at:  
[ineedthatbadge.com/badges/](https://ineedthatbadge.com/badges/)

Postage details on website.

Optionally email photos to  
[ineedthatbadge@gmail.com](mailto:ineedthatbadge@gmail.com)

