




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

-  Choose a selection of challenges to complete and have fun with doughnuts
-  Explore the ready-made resources; download and print
-  Order your badges

CHALLENGE OPTIONS

- ☐ Find out about the origin of the doughnut
- ☐ Learn about doughnut cushions and why they are used
- ☐ Trying making or tasting gluten-free doughnuts, or another alternative that suits specific dietary requirements
- ☐ Research the interesting history of World Doughnut Day and share what you discover with your friends
- ☐ Explain the meaning of “a doughnut day” in Australia - a term used during the frequent COVID-19 pandemic lockdown periods
- ☐ Investigate the original spelling of this food item - is it doughnuts or donuts?
- ☐ Make “camp doughnuts” in a frypan or over a fire. Or try some microwave cooking and make a “doughnut in mug” (and earn yourself the “I made it in a mug” badge)
- ☐ Create a doughnut-themed craft item using any materials you have available
- ☐ Try the Cinnamon Sugar Doughnut Challenge - eat an entire doughnut without licking your lips
- ☐ Learn to make a doughnut-shaped bandage and know when it should be used for first aid
- ☐ Read the Nutrition Facts on a doughnut package. How does this compare to other snacks you enjoy eating?
- ☐ Design and decorate your ideal doughnut. Will it be jam-filled, glazed or topped with sprinkles?
- ☐ Try some ‘doughnut racing’ — place a skewer through the hole and roll your doughnut from the starting point to the ending point
- ☐ If you live in Australia, learn about the emergency 000 phone number and make a list of other important contacts for your family
- ☐ Hold a taste test — try different doughnut flavours and vote for the best
- ☐ Create a list of all the smaller words you can find in the word “DOUGHNUT”

ORDER DETAILS

Online order at:
ineedthatbadge.com/badges

**Themed ready-made resources
available to download and print.**

