

## **Fear Factor**

### **Supplies:**

*(all supplies listed according to each game that we played)*

- 1 egg per player (most being hard-boiled, leaving some raw)
- BeanBoozled jelly beans, marker
- dog treats, plates, bowls
- cans of wet cat food, cans of spam, spoons
- Apples, onions the size of apples, blindfolds
- jars of baby food, spoons
- Cooked meatballs, thawed out whipped cream, green food coloring, 4 big bowls
- Cooked spaghetti noodles & sauce, pigs feet, cow tongues, shrimp, 4 bowls
- Small onions, red food coloring, , water, 4 bowls
- BBQ larvae, roasted crickets, & chocolate covered misc bugs

### **Explanation:**

Complete the designated tasks as fast and carefully as possible. Scoring is determinant on the time it takes for players to complete each task. The player/team that has the highest scores at the end of the event - wins.

### **Details:**

Each game is listed below. Some of the games were timed; others were won only by completing the whole task. Some tasks will get messy with food ending up all over the place – be prepared, depending where you are holding this event, to clean up lots of spilled items and dishes. We did this game indoors because it was the middle of winter.

#### 1. Egg-Roulette

The players stand in a circle facing each other. A carton of eggs will be presented to the starting player (make sure there are enough eggs for each person participating). They must select one egg; the first one they touch is automatically theirs. They must then take the egg and forcefully smash it against their forehead. If the egg is raw, they will get messy. If the egg is hardboiled, no mess will be made. (My players then ate the hard-boiled eggs) Winners are those who did not get a raw egg.

## 2. BeanBoozled

Without the players knowing they are going to each something next, have each of them pick a number between 1-10. Whatever number they chose, write it on their hand. Once everyone is numbered, bring out the jelly beans. They must then select the number that is on their hand in amount of jelly beans. Once everyone has their beans, countdown and then everyone eat them all at the same time. Winners are those who don't spit out their beans.

## 3. Who Let The Dogs Out

Time for a relay! With teams separate on the same side of the playing field, give each group a bowl of dog treats. The goal: using only the mouth, players (one at a time) must pick up 1 dog treat and race it over to the designated empty bowl (1 point per treat) OR they can take it by the empty bowl and eat it (5 points per treat). Winning team is the one who transports all of the treats or the most treats within the allotted time limit.

## 4. Cat Food Challenge

I've had cat food. It's gross. So I wasn't about to make them eat cat food, but instead make them *think* they are going to eat cat food. Prior to the event I took cat food can labels and placed them on the cans of spam. The cans are practically the same size so the fit is nearly perfect (use glue here so they don't slip/tear off). Once, the game is ready, give each contestant a can and a spoon. On your mark, they need to open the can of cat food (spam) and eat it. Winners are ranked in order of who is done first, second, third, etc.

## 5. Iceland Apple Challenge

Give a brief believable story about how Iceland is so cold that they can't grow apples, instead they are able to grow onions...they have grown up eating onions like one would eat an apple. Have contestants sit at a table that has onions in front of each spot. Place blindfolds on the contestants. Have them pick up the onion, feel it & smell it (to ensure that it is an onion), then let them set it back down on the table. Players must now place their hands on their laps. You explain that "on the count of three...they pick it up and eat as much as possible in 60 seconds..." While explaining this, silently swap out the onions for actual apples. When you give the signal and they pick it up and start eating, they may be startled by the taste (as they were preparing themselves for an onion). Winner is the one who eats the most of their apple within the 60 seconds.

## 6. Baby Food Challenge

Have contestants circle up around a table. Give those that are playing 1 jar of baby food and a spoon – keeping a trash can close by...just in case. Easy enough: the first person done wins. Others who complete their jar could also receive a few points.

#### 7. Fishing For Cow Eyes in Pig Snot

Another game that players can only use their mouth. Before the event, place a bunch of whipped cream into a large bowl, mix in green food coloring and lastly the meatballs. Players must fish with their mouths only, grab a cow eye (meat ball) and put it in a designated area (another bowl). Winners are the first team to fish all of the eyeballs (meat balls). You may want many towels for this as they will need to get the whipped cream off of their faces.

#### 8. Frankenstein Relay

Pre-game, mix cooked spaghetti noodles & sauce along with (washed) pigs feet, (washed) cow tongue and (washed) shrimp – all in a large bowl – one bowl for each team. The goal: transport as many of these items (feet, tongue, shrimp) to a designated area in the allotted time limit. Each item is worth a number of points (eg: shrimp = 1pt, tongue = 5pts, feet = 10pts). Team with the most points wins.

#### 9. Pig Eye Fishing

Place the pig eyes (small onions) into a bowl of water that has red food coloring in it. One bowl of onions to fish from per team. They must grab an onion with their mouth and transport it to a designated bowl. First team to get all onions transported wins.

#### 10. BugFest

This was an optional activity I had after the award ceremony if anyone wanted to try eating actual bugs. They all thought it was disgusting, but after each of them tried it, they wanted another “serving” of bugs. These can be bought online – I got mine from Amazon where each box of bugs was around \$3.

At the end of the night, allow time for everyone to clean up. While they are doing so, add of points appropriately for each player in each task. Give additional points for good attitudes and/or encouraging other players.

Have some type of Fear Factor award ceremony where you offer the winner(s) with an award of some type – I gave group's winner a sucker that had a scorpion in it (safe & edible of course). They absolutely loved it! Allow some time to clean up the mess that may have been made from all of the games.