

## Topic: Cooking



### Badge: Simple Meals

Suggested Supplies: oven mitt, whisk, grater, spatula, wooden spoon, measuring cup, pan, cutting board, can opener, note cards, rice, bowls (paper or otherwise), pens/pencils, various ingredients for meals.

### Steps/Activities:

- Step 1
  - Name that gadget
    - (if you don't have wrapping paper, cover the objects with individual towels and have them guess)
    - Wrap each item, or hide it under a kitchen towel, and guess what is wrapped or hidden. If it is wrapped pick it up and feel it. If it is hidden under a towel touch it and run your hands over it.
    - Try and guess what the object is, then unwrap/uncover it to see if you are right! After you have seen it, try and guess what you use the object for.
  - Sizing you up
    - Every recipe requires you to be able to measure, and for some you must be really careful and accurate! Get your measuring cups and spoons out to practice! You will also need a bag of rice, and a bowl.
    - Have your parent, sibling, or friend, call out some different measurements. As they call them out find the correct cup/spoon and use it to measure out the correct amount of rice to pour into your bowl. Before the next amount is call out use your hands and try and measure the same amount of rice into a separate bowl. Then take that and pour it into the same measuring cup/spoon. Did you get the amount right?
    - Do this a few times to get yourself familiar with the measurements.
  - Simple Breakfast (required)
    - Get with your parent/guardian and find a simple breakfast you can make for your house! You could make scrambled eggs, pancakes, muffins, whatever!
- Step 2
  - Dream Menu

- Have you ever thought about what a chef does? Making their own recipes and putting together a menu? Doesn't that sound fun?
- Go online, or get some magazines/cookbooks, and look at different recipes and the ingredients it takes to make them. Write down some of your favorites!
- After you have done some research, create you own dream meal! Make sure you have the following:
  - A protein: chicken, beef, fish, tofu, cheese, pork, bacon, eggs, etc.
  - A vegetable: Peas, brussels sprouts, broccoli, zucchini, tomatoes, green beans, avocados, etc.
  - A starch: potatoes, rice, quinoa, beans, macaroni, pasta, bread, tortillas, chips.
- Make Lunch!
  - You've made a great breakfast, now it's time to take on the next meal of the day: lunch!
  - Look online and try and find a recipe you and your family would like, try and fit it into one of these categories:
    - A flatbread: it could be a quesadilla, a crepe stuffed with peanut butter and fruit, a flatbread pizza, or whatever recipe you can find!
    - A fancy sandwich: grilled cheese with bacon, a banh mi, a French style sandwich, the possibilities are endless!
- Step 3
  - Time for Dessert!
    - Dessert is a fun treat for ending a meal or celebrating a special occasion. And it comes in so many forms! It can be a cake, pie, cookie, or pudding!
    - Make one of the following:
      - A dessert you have never had before: French crepes, red velvet cake, or maybe ginger snaps! Look up a fun recipe and make it.
      - Make a dessert healthier: use apple sauce in place of oil, make some gluten free cookies or turn your favorite receipt into a vegan one. You can also do something as simple as adding sugar free chocolate chips. Find your favorite recipe and try and make it healthy!
      - Make a holiday dessert: Desserts really take center stage during the holidays. Try a family recipe, or a brand new one, or maybe one from another culture!

- Step 4
  - Make your own meal!
    - You have followed other people's recipes, now it is time to make up your own! Create a meal—don't be afraid to ask for help! —and share it with your family and friends.
      - Make a salad using a protein, vegetable, and starch.
        - Ex: Chicken, crunchy noodles, or bread as a little side.
      - Make a soup, stew, or other one-pot meal.
        - Try using a slow cooker/crockpot.
      - Make three dishes for one meal.
        - Make a separate protein, veggie, and starch! Make sure to pay special attention on how long things take to cook, you want to try and have everything done at the same time.