



Cooking Fun

Council's Own Badge Requirements

To earn the Cooking Fun Try-It girls need to complete the following:

- Junior Girl Scouts: 9 Activities (including starred activities)

Cooking for is one of our "Council's Own" official Junior Girl Scout badges, written by Boynton Beach Troop 20299. It could be done as a "patch" by other Grade levels (and therefore worn on the back of the sash or vest).

ACTIVITY #1 *

Investigate various careers in the cooking field. Speak with someone involved in a food related business. Have them talk to your troop about their field. Examples: baker; restaurant owner; professional chef; staff from the Culinary Institute.

ACTIVITY #2

Food presentation is important! List the reasons *why* it is so important and study how restaurants use presentation skills. Learn some food presentation skills such as making garnishes, using a certain plate size or color, etc. *Martha Stewart Living* magazines and various web sites are two of many good resources for learning about presentation.

ACTIVITY #3

Have a cake decorating party. Learn the different frosting tools and techniques. Have a practice session using cupcakes, cookies and / or cakes.

ACTIVITY #4

Learn the names and uses of these common pots and pans used in the kitchen: sauce pan; Dutch oven; sauté pan; griddle; casserole dish; double boiler; angel food cake pan; bundt pan; pop-over pan

Choose 2 of the above and make something in each to share with your troop friends.

ACTIVITY #5

Investigate the different types of cookware such as aluminum, stainless steel, copper, and "non stick" finishes, and discuss what advantages each has for different cooking tasks. What are the costs and what special precautions are needed for the different surfaces? How are they cleaned and maintained? Make a chart or poster with pictures and features of various types of cookware.

ACTIVITY #6 *

Learn how to measure dry and wet ingredients properly. Why do you need two different types of cups? Practice measuring different ingredients including flour, oil, shortening or butter, water, salt and brown sugar. Make a recipe that requires ingredients to be accurately measured.

ACTIVITY #7

Try making a recipe from a culture different from your own. It could be Chinese, Italian, German, Mexican, Indian, or another. Learn if it is served at a special occasion, is a dessert or an entree. Does it have a special history?

ACTIVITY #8

Learn how to properly set a table. Where is the silverware placed? (Include the salad fork, the dessert spoon, and the butter knife) - The napkin? - The glasses? –the plates? Learn to fold a napkin in a decorative way. What is a “charger” and how would it be used?

ACTIVITY #9

Learn the safe use of various cutting tools: Knives; food processor; vegetable peeler; zester; grater; mandolin. Learn the meaning of these terms: dice; chop; julienne.

ACTIVITY #10

Plan a meal using all your new skills.

ACTIVITY #11

Take a tour of a professional kitchen to see how it operates.