



Simple Meals



Badge Overview

Make amazing meals and learn how to create a whole meal of your own. When you've earned this badge, you'll know how to serve up a meal for your family and friends.

Badge Components

1. Step up your skills with a pro

Watch this [video](#) for some kitchen safety tips!

- Are there any other ways that you can stay safe while you're cooking?

2. Whip up a great breakfast

What's your favorite thing to cook for breakfast? Yogurt? Eggs? Pancakes? French toast?

- With the help of someone older, research a recipe online (or use a cookbook) that you want to make for breakfast.
- Go through your pantry and make sure you have all the ingredients or get a shopping list together for the next time someone in your house goes to the grocery store.
- Once you have all necessary ingredients, cook your meal. Bon appetit!

3. Fix a healthy lunch or dinner

Using this [guide](#) as an inspiration, fix yourself a healthy lunch every day for a week. Feel free to find other recipes online, or use a cookbook in your house!

4. Create a delicious dessert

Create a dessert you've never tried before. Think of some sweet things you like (chocolate, fruit, ice cream, cookies, etc) and try to make something new using recipes you find online or in a cookbook.

- Bonus points if this dessert is from another country!

5. Make your own meal

Now that you have experience making a few different courses, come up with your own meal that you want to make and serve to the people in your home. Make sure your meal has at least three components.

Materials

- Something to write with
- Something to write on
- Access to internet
- Cookbooks or online recipes
- Cooking ingredients

Florida Educational Standards

The content of all Girl Scout national proficiency Badges and Journeys have been correlated by grade level to national and state learning objectives.

[Click here](#) for more information on how Girl Scout Badge-work supports Florida's educational standards.



We love to see Girl Scouts in action. Snap a photo and send it to marcomm@gssef.org.

Include her name, troop# and the name of the badge she's working on and we'll feature her.

Finished with your badge? Now buy it for your Girl Scout Uniform. Order online at <https://www.girlscoutshop.com/SOUTHEAST-FLORIDA-COUNCIL> and we'll ship it for free.

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