

Emblem of the Month



COOKING/CONFIDENT COOK

**MOONBEAMS: COOKING FUN/ SUNBEAMS: COOKING/
EXPLORERS: COOKING/ RANGERS: DYO COOKING/
GIRL GUARDS: CONFIDENT COOK**

This packet belongs to:

Getting Started



Complete this packet to earn your emblem.

Moonbeams (PreK & Kindergarten) - Complete Activities 1-3 & 6

Sunbeams & Explorers (grades 1-5) - Complete Activities 1-6

Girl Guards & Rangers (grades 6-12) - Complete Activities 1-8

There are many skills used in cooking. The following activities will help you improve your cooking skills and prepare you for the future - maybe you will even try something new.

Activity 1

It's important to put safety first when working in the kitchen. With a little bit of planning and attention, you can have your kitchen in good shape in no time at all.

Review the following tips about kitchen safety. Then, find a way to share this information with others. Using the following page to make a kitchen safety poster, or make a kitchen safety video. Use your imagination!

Kitchen Safety Tips

- Keep a fire extinguisher in the kitchen.
- In case of grease fire, salt or baking soda will help if you do not have the extinguisher.
- Make sure you turn pot handles away from the front of the stove.
- Do not use appliances that have frayed cords or broken parts.
- Do not leave pots unattended on the stove.
- When using a knife always cut away from your body.
- Use a cutting board on a flat surface when cutting.
- Never stick metal utensils or items in toasters.
- Always unplug the blender before cleaning.
- Clean up wet floors immediately to prevent slipping.
- Always use a step stool instead of climbing on counters.
- Store cleaning supplies and chemicals in a safe place and out of the reach of little children.

Use this space to design a poster about kitchen safety



Kitchen Safety

Kitchen Safety Hidden Pics

See if you can find: binoculars, flip-flop, sock, sand shovel, fire hydrant, sailboat, pizza slice, hammer, comb, book, ice cream cone, leaf, eyeglasses, baseball, banana, butterflyfly, lightbulb, bell, fried egg, beach ball, baseball bat, pencil, tape measure, 3 smoke alarms!



The name and image of Sparky are trademarks of the NFPA.

Sparky says... "Stay safe in the kitchen!"

- ⊛ Stay at least 3 feet from the stove.
- ⊛ A grown-up should decide when you are old enough to use a microwave oven.
- ⊛ Stay away from things that get hot.
- ⊛ Remind grown-ups to keep things that can burn away from the stovetop.

CHECK OUT **SPARKY.ORG** FOR MORE FUN!

Activity 2 & 3



Activity 2

When you look around the kitchen you will notice all of the large appliances and other kitchen equipment.

Make a list of the appliances and equipment that might be found in kitchens. Circle the appliances and equipment you have in your own kitchen.

List of Kitchen Appliances

1. _____
2. _____
3. _____
4. _____
5. _____

List of Kitchen Equipment

1. _____
2. _____
3. _____
4. _____
5. _____

Activity 3

Different spices help give our food flavor. List some of your favorite spices and seasonings.

Salt is an important seasoning for flavor and preserving food. Have you ever tried biting into a lemon with a little bit of salt? It enhances the flavor of the lemon so the sour taste is not so overpowering. Salt helps recipes taste even better. Look up Matthew 5:13.

The Bible compares us to salt. We are useful, and our job as Christians is to enhance the world around us. Write down some things you can do at home, school or church that will help make that place a better place to be.

Activity 4



Activity 4

Every profession comes with tools of the trade. In the kitchen, a cook has many tools and utensils to choose from for prep and cooking tasks. See if you can identify the utensils below. Using the word bank below write the number that matches each picture. Then circle the ones you can find in your kitchen



- | | | | | |
|--------------|------------------|------------------|---------------|---------------------|
| 1-Blender | 2-Garlic Press | 3-Meat cleaver | 4-Rolling Pin | 5-Frying Pan |
| 6-Can Opener | 7-Grater | 8-Mix | 9-Spatula | 10-Measuring Spoons |
| 11-Peeler | 12-Ladle | 13-Mixing bowl | 14-Strainer | 15-Roasting pan |
| 16-Colander | 17-Measuring cup | 18-Potato masher | 19-Tongs | 20-Whisk |

Activity 5



Activity 5

Baking and cooking are sometimes an exact science. If you don't add just the right amount of leavening or flour, you may get something that is supposed to be soft and fluffy turn out to be as hard as a rock. It is important to know what abbreviations mean in recipes and how to measure that amount using your tools.

Fill in the Abbreviations Below:

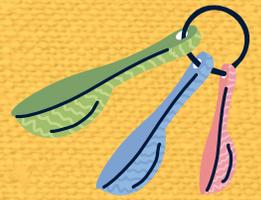
c _____
t or tsp _____
T or tbsp _____
or lb _____
oz _____

Use the chart to the right to answer the following questions:

1. How many teaspoons are in a Tablespoon? _____
2. How many Tablespoon are in a cup? _____
3. How many 1/2 cups are in 1 cup? _____
4. How many 1/3 cups are in 1 cup? _____



Activity 6



Activity 6

Now it's time to try using the equipment, utensils and tools and follow a recipe. Use the recipe below to bake your own batch of cookies (or you can follow your own recipe). This recipe is for no bake cookies, but it does contain peanut butter. It is important to know if there are any food allergies before you start.

****Leader note**** Due to COVID-19 you may not want to bake and eat together as a troop. If you are able, you could provide ingredients and have a remote baking party. Or your troop could make a recipe book instead. Safety is of the utmost importance.

Ingredients

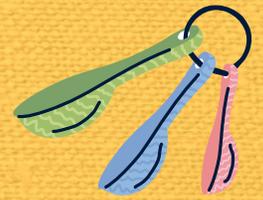
- 1/2 C unsalted butter
- 2 C granulated sugar
- 1/2 C milk
- 4 tbsp unsweetened cocoa powder
- 1/4 t salt
- 1/2 C peanut butter
- 2 t vanilla extract
- 3 C quick-cooking oats

Directions

1. Mix butter, sugar, milk, cocoa, and salt in a saucepan over medium heat.
2. Bring to a rapid boil for one minute
3. Remove from heat
4. Stir in peanut butter and vanilla until mix is a smooth consistency. Stir in oats
5. Line a cookie sheet with wax paper or parchment paper.
6. Scoop cooking dough on a sheet, and cool for about 30 minutes



Activity 7 & 8



Activity 7

Plan a weekly menu for a family of 4. Include breakfast, lunch and dinner for each day. Think about your family and consider any dietary needs and a reasonable budget. After you plan a menu, talk with your grown up to see which meals you can help prepare this week. Try to make at least one breakfast, lunch and dinner.

What did you like best about preparing a family meal? _____

What was the hardest thing preparing a family meal? _____

Activity 8

Cooking from scratch does not always mean it is more cost effective than using a box mix. Choose an item from the list below and compare the cost and the amount of time it would take to make it from a prepackaged box mix and from scratch. If you have time and ingredients you can make one from the box and scratch, then you can compare the taste.

After considering the cost, time and maybe the taste, decide on whether you would rather have the packaged or the homemade product.

1. CaCa

- Cake
- Macaroni & Cheese

1. CaCa

- Cookies
- Muffins

- Soup
- Pancakes

Don't forget to turn in your completed packet to your leader!