

## Baking Badge



### **Otter: Do 4 requirements including the 2 starred**

\_\_\_\_\_ 1.\* Learn basic kitchen safety when baking.

- \* Get permission from an adult before you use the kitchen.
- \* Always using oven mitts or potholders when opening oven doors, using the range, and handling baking pans or cookie sheets
- \* Children at least through age 10 should be supervised by an adult when they use knives. Make sure knives are properly sharpened; a dull knife is more dangerous than a sharp one.
- \* To prevent falls, if you can't comfortably reach the countertop or kitchen table, have a sturdy stool or booster seat available.
- \* Tie your hair back so that it does not get in the food or trapped in a mixer
- \* Wear close-fitting sleeves that won't accidentally catch fire, get into your batter, or stuck in a mixer.
- \* Wash your hands with soap and water before beginning
- \* Do not spread germs by licking your fingers or cooking utensils
- \* Raw egg can give you salmonella poisoning so do not eat raw cookie or cake batter
- \* Turn pot handles to the back of the stove to avoid accidental spills.

\_\_\_\_\_ 2.\* Learn what the following baking terms mean and understand basic baking measurements:

Bake, mix, combine, knead, fold, grease, beat, batter, cream, dough, drizzle, lukewarm, pack, sift, whip, teaspoon, tablespoon, cup, ½ cup, ¼ cup, 1/3 cup.

\_\_\_\_\_ 3. Bake cookies such as drop cookies, pan cookies, refrigerator cookies, shaped cookies, etc.

\_\_\_\_\_ 4. Bake a yeast bread.

\_\_\_\_\_ 5. Bake a main dish.

\_\_\_\_\_ 6. Bake a cake.

\_\_\_\_\_ 7. Bake brownies.

\_\_\_\_\_ 8. Bake muffins

\_\_\_\_\_ 9. Bake a quick bread.

\_\_\_\_\_ 10. Make a batch of cookies or brownies and give them as a gift to a shut in, your local fire dept., police dept., food bank, rescue mission, etc.

\_\_\_\_\_ 11. Take a field trip to a local bakery.

### **Dolphin: Do 5 requirements including the 2 starred**

\_\_\_\_\_ 1.\* Do Otter requirements 1& 2.

\_\_\_\_\_ 2.\* Bake a cake using both from scratch and with a mix. Which did you like better? Which is healthier for you?

- \_\_\_\_\_ 3. Bake cookies such as drop cookies, pan cookies, refrigerator cookies, shaped cookies, etc.
- \_\_\_\_\_ 4. Bake a yeast bread.
- \_\_\_\_\_ 5. Bake a main dish.
- \_\_\_\_\_ 6. Bake a cake.
- \_\_\_\_\_ 7. Bake brownies.
- \_\_\_\_\_ 8. Bake muffins
- \_\_\_\_\_ 9. Bake a quick bread.
- \_\_\_\_\_ 10. Make a batch of cookies or brownies and give them as a gift to a shut in, your local fire dept., police dept., food bank, rescue mission, etc.
- \_\_\_\_\_ 11. Take a field trip to a local bakery.
- \_\_\_\_\_ 12. Choose a baking recipe and find a way to make it healthier. For example, substitute butter with applesauce, whole milk with 2% or nonfat milk, sour cream with plain yogurt, etc.

**Butterfly: Do 6 requirements including the 2 starred**

- \_\_\_\_\_ 1.\* Do Dolphin Requirements #1 & 2.
- \_\_\_\_\_ 2.\* Make a yeast bread from scratch.
- \_\_\_\_\_ 3. Bake cookies such as drop cookies, pan cookies, refrigerator cookies, shaped cookies, etc.
- \_\_\_\_\_ 4. Bake a yeast bread.
- \_\_\_\_\_ 5. Bake a main dish.
- \_\_\_\_\_ 6. Bake a cake.
- \_\_\_\_\_ 7. Bake brownies.
- \_\_\_\_\_ 8. Bake muffins
- \_\_\_\_\_ 9. Bake a quick bread.
- \_\_\_\_\_ 10. Make a batch of cookies or brownies and give them as a gift to a shut in, your local fire dept., police dept., food bank, rescue mission, etc.
- \_\_\_\_\_ 11. Research careers in the baking industry. What education will you need? What types of jobs are available? How much do they usually pay? What hours are expected? Shadow someone who works in the baking industry.
- \_\_\_\_\_ 12. Choose a baking recipe and find a way to make it healthier. For example, substitute butter with applesauce, whole milk with 2% or nonfat milk, sour cream with plain yogurt, etc.

\_\_\_\_\_ 13. Take a field trip to a local bakery.

**Eagle: Do 7 requirements including the 2 starred**

\_\_\_\_\_ 1.\* Do Butterfly requirements 1 & 2.

\_\_\_\_\_ 2.\* Bake a double crusted pie from scratch.

\_\_\_\_\_ 3. Bake one of the following:  
Drop cookies.  
Pan cookies  
Refrigerator cookies

\_\_\_\_\_ 4. Bake a yeast bread.

\_\_\_\_\_ 5. Bake a main dish.

\_\_\_\_\_ 6. Bake a cake.

\_\_\_\_\_ 7. Bake brownies.

\_\_\_\_\_ 8. Bake muffins

\_\_\_\_\_ 9. Bake a quick bread.

\_\_\_\_\_ 10. Make a batch of cookies or brownies and give them as a gift to a shut in, your local fire dept., police dept., food bank, rescue mission, etc.

\_\_\_\_\_ 11. Research careers in the baking industry. What education will you need? What types of jobs are available? How much do they usually pay? What hours are expected? Shadow someone who works in the baking industry.

\_\_\_\_\_ 12. Choose a baking recipe and find a way to make it healthier. For example, substitute butter with applesauce, whole milk with 2% or nonfat milk, sour cream with plain yogurt, etc.

\_\_\_\_\_ 13. Take a trip to a local bakery.