

Cooking Badge



Please note that adult supervision is mandatory for all girls at the Otter, Dolphin, and Butterfly levels any time girls are around stoves, ovens, sharp knives, or other potentially hazardous tools or appliances.

Otter: Do 4 requirements including the two starred.

_____ 1.* Learn and understand basic kitchen safety including:

- Adult supervision is mandatory. Ovens, knives and bubbling pots can become potential accidents when kids are left on their own in the kitchen.
- Instill cleanliness by washing hands in hot soapy water before and after handling food, pulling back long hair, or cleaning countertops.
- Always return unused portions of perishable foods, like dairy products and meats, to the refrigerator right after using them. Don't let them sit out on the counter.
- Teach microwave oven safety. Show how to select a microwavable bowl and to use pot holders when removing containers from the oven.
- When shaping foods with hands, caution children not to lick their fingers or put their hands in their mouths. This is especially important with raw foods, such as cookie dough and meat.
- Instruct children to direct sneezes and coughs away from food, to use a tissue to cover mouth and nose and to wash hands immediately afterward.
- Instead of wiping hands on dish towels after handling raw meats, use paper towels. If a dish towel comes in contact with raw meats or their juices, immediately remove it from the kitchen for laundering.
- Check that the oven and other cooking appliances are turned off before you leave the kitchen.
- Keep electrical appliances away from water to avoid shocks. Stay away from electrical sockets, especially if your hands are wet.
- If you burn yourself, tell an adult immediately and hold the burned area under cool running water.
- Don't put knives or other sharp objects into a sink full of water. Someone could reach in and get hurt.
- Watch out for sharp knives. Let an adult cut or slice foods or help you do it.
- Don't put cooked food on an unwashed plate or cutting board that held raw food. Always use a clean plate.
- Always turn pot handles in toward the back of the range top. This way no one can bump into them and knock the pot over.
- Keep paper towels, dish towels and pot holders away from the range top so they don't catch on fire.

_____ 2.* Learn what the following kitchen tools are and what they are used for: Pot, Pan, Flat Spatula, Rubber Spatula, Mixer, Measuring Cups, Measuring Spoons, Pie Dish, Cookie Sheet, and Cutting Board.

_____ 3. Learn to crack an egg and make a recipe that requires you to do so.

_____ 4. Made a sandwich by yourself. Don't forget to clean up and put everything away when you are done.

_____ 5. Cook one recipe with the help of an adult that requires measuring at least 3 items.

_____ 6. Make your own Trail Mix recipe using things like nuts, dried fruit, dry cereal, seeds, pretzels, etc.

Dolphin: Do 5 requirements including the 2 starred

_____ 1.* Do Otter requirements 1 & 2 and add the following safety rules and kitchen tool knowledge:

Never put water on a cooking fire -- it could make the fire bigger. Ask an adult for help! Put out a fire with a fire extinguisher. If the fire is small, it can be put out with baking soda or smothered with a lid. Leave the house and call 911 if the fire has leaping flames.

Never add water to a pan that has hot oil in it. It could make the oil splatter and burn someone.

Dolphins may use sharp knives to cut items such as fruits and vegetables, but must have adult supervision. Make sure you always cut away from your body. Keep in mind that sharp knives are safer than dull ones as they cut cleanly and do not slip as easily.

Demonstrate how to use stove top burners, preheat an oven, and transfer things in and out of an oven safely.

Know what the following kitchen tools are and what they are used for: Whisk, Ladle, Baster, Brush, Slotted Spoons, Tongs, Grater, Double Boiler, Bundt Pan, Spring Form Pan, Broiling Pan, Garlic Press, Masher, Pastry Cutter, Paring Knife, Butcher Knife, and a Bread Knife.

_____ 2.* Learn what it means to Bake, Broil, Boil, Fry, Grill, and Roast, and demonstrate how to measure dry, liquid and solid ingredients.

_____ 3. Learn to cook eggs using one of the following methods: boiling, scrambling, frying, poaching, or coddling.

_____ 4. Learn several ways to use leftover meats and vegetables. Make a recipe that includes leftovers.

_____ 5. Make cookies or other treats to donate to shut ins, police, fireman, or other worthy organization.

_____ 6. Collect recipes using milk, such as cream soups, puddings, sauces, or ice cream. Pick 2 and make them.

_____ 7. Make one recipe where meat or seafood is the main ingredient.

Butterfly: Do 6 requirements including the two starred

_____ 1.* Do Dolphin requirements 1 & 2.

_____ 2.* Know what each of the following cooking terms means:

Al dente
Clarify
Marinate
Sauté
Skim
Whip

Baste
Curdle
Parboil
Sear
Steep
Whisk

Blanch
Egg Wash
Puree
Sift
Truss
Zest

Braise
Julienne
Roux
Simmer
Unleavened

- _____ 3. Choose 2 vegetables you seldom eat or have never tried and cook each 2 different ways.
- _____ 4. Collect recipes for different types of pizza. Learn to make pizza dough from scratch and cook 2 pizzas of your choice: traditional, vegetarian, dessert, etc.
- _____ 5. Make 3 of the following and donate them to shut ins, police, firemen, or another worthy organization: cookies, cupcakes, brownies, muffins, pies, cakes, fudge, or other candy.
- _____ 6. Collect recipes for different types of salads. Prepare a hearty salad that contains meat, cheese, seafood, or eggs to serve as a main dish. Examples may include chef salad, cobb salad, gilled chicken salad, etc.
- _____ 7. Plan a well balanced menu for a whole week for your family. Include at least 3 dishes where leftovers may be utilized and cook at least 2 of the meals.
- _____ 8. Prepare 2 simple dishes from another country.

Eagle: Do 7 requirements including the 2 starred

- _____ 1.* Do Butterfly requirements 1 & 2
- _____ 2.* Learn at least 3 different cuts of each type of meat and how they are best cooked. Then cook one you have never tried before.
- Beef: blade roast, pot roast, rib roast, skirt steak, flank steak, rib eye, top sirloin, ribs, ground, etc.
Veal: breast, shoulder blade roast, rib chops, rib crown roast, leg sirloin steak, cubed steak, cutlets, etc.
Pork: loin chops, butterfly chops, sausage, bacon, shoulder arm roast, cubed steaks, ham, hocks, country style ribs, loin back ribs, etc.
Lamb: shoulder blade chops, breast, breast riblets, shank, rib crown roast, leg, ground, etc.
Fish: fillet, steak, chunk, whole, etc.
Poultry: giblets, neck, leg, thigh, wing, breast, back, etc.
- _____ 3. Learn to make 5 garnishes and describe the types of dishes they would go with. Use garnishes on at least 2 different recipes.
- _____ 4. What is the difference between institutional cooking, restaurant cuisine, and home cooked food? Find a recipe that might be used for each.
- _____ 5. Research a career that involves cooking. What education and experience do you need. What is the average pay and hours worked? Shadow someone who works with food for a living for at least 4 hours.
- _____ 6. Collect recipes for different types of pies and crusts. Prepare one cooked pie and one cold pie.
- _____ 7. Prepare a “one pot” meal for your family in the form of a casserole or crock pot dish.
- _____ 8. Collect recipes for appetizers. Make one hot appetizer and one cold appetizer.
- _____ 9. Study model kitchens in stores and magazines. Then draw or make a model of your dream kitchen. Make sure you arrange things in a manner that is convenient to use in order to save on labor.

Helpful Links:

<http://www.kraftfoods.com/kf/HealthyLiving/articles/kidsinthekitchen.htm>

<http://www.recipeladies.com/kidscooking.html>

<http://familyfun.go.com/recipes/kids/>

http://www.crisco.com/basics/cooking_terms.asp

http://www.homesafetycouncil.org/safety_guide/sg_kitchen_w001.aspx