



Simple Meals

Girls will make amazing meals and learn to create a whole meal of their own. When they have earned this badge, they will know how to serve up a meal to their family and friends.

At Home Badge	Life Skills
Week 1	Thursday- April 2, 2020
Badge	Junior- Simple Meals
Steps	<ol style="list-style-type: none"> 1. Step up their skills with a pro 2. Whip up a great breakfast 3. Fix a healthy lunch or dinner 4. Create a delicious dessert 5. Make their own meal
Activity #1	<p>Step up their skills with a pro</p> <ul style="list-style-type: none"> • Let us get started, practice safety first while in the kitchen. • You should be familiar with your kitchen cooking tools and their uses. • Prepare an inventory list of your kitchen tools. • Make sure you have what you need to prepare your simple meals. • Make sure your knives are sharp. (Ask an adult to help you.)
Resource	<p>https://www.fsis.usda.gov/wps/wcm/connect/6c55c954-20a8-46fd-b617-ecffb4449062/Kitchen_Companion_Single.pdf?MOD=AJPERES</p>

Activity #2	Whip up a great breakfast
Resource	<ul style="list-style-type: none"> • What is on the menu? • How many people are you preparing for? • Gather all your ingredients • Follow the recipes direction • Take a picture of your creation and share on social media https://www.youtube.com/watch?v=GRI4CM5k1ZY https://www.youtube.com/watch?v=V4PfYzIP4NM
Activity #3	Fix a healthy lunch or dinner
Resource	<ul style="list-style-type: none"> • Follow the steps from Activity #2 • Look in your fridge/pantry, what food supplies are there to create both a simple lunch & dinner meal -Challenge yourself to use only what you have available. • Take a picture or video of your creation and share on social media https://youtu.be/-dGFLmOVEUw https://www.youtube.com/watch?v=V4PfYzIP4NM
Activity #4	Create a delicious dessert
Resource	<ul style="list-style-type: none"> • Follow the steps from Activity #2 • Presentation is key and is always a high point for sharing your creation. So get creative! • Accompany your dessert with a cold or hot beverage • Take a picture or video of your creation and share on social media https://www.youtube.com/watch?v=1_I7Uc4NELE&t=100s https://www.youtube.com/watch?v=fMVfx-373yA

Activity #5	<p>Make their own meal</p> <ul style="list-style-type: none"> • Now is the time to recap everything you learned in the last four activities and put your Girl Scout skills to work. • Set your table for presentation to bring your family & friends together • Take a picture or video of your creation and share on social media
Resource	<p>https://www.rachaelraymag.com/recipes/20-easy-kid-cooking-recipes</p> <p>https://www.tasteofhome.com/collection/easy-recipes-for-kids-to-make-by-themselves/</p>
Bonus Activity	<p>Create a video of you making a complete simple meal and add your creation to GSNMT social media.</p> <p>Create your own recipe book of simple meals.</p> <p>http://www.bakespace.com/cookbooks/cafe/</p> <p>Challenge your friends and family to make their own simple meal.</p> <p>Budget & Plan one week of meals with your family.</p>