

**cubs**



**Scouts** 

Badges at Home  
West Devon

**CHEFS BADGE**

<https://www.scouts.org.uk/cubs/activity-badges/chef/>

# 1. Learn about being safe in the kitchen and rules about hygiene

Find out **why** its important to have a hygienic kitchen (food poisoning, burns, cuts etc.) and 15 rules you should follow in a kitchen on how to stay safe and how to keep your kitchen hygienic and tell an adult.

<https://mindingkids.co.uk/wp-content/uploads/edd/2015/05/Cooking-Safety-Rules.png>

Or you could make a hygiene and safety poster with 10 rules you should follow in the kitchen if you are feeling creative and upload a picture to OSM



## 2. Different ways to make and prepare food

Talk to an adult and come up with a list of ways you can cook one ingredient for example a potato.

Then think of your favourite meal and list as many ingredients as you can think of in that meal. Compare your favourite meal ingredient list to someone else, and see how many ingredients are the same.





### 3. What are the different food groups?

You can draw a plate of the food groups showing what makes a balanced diet.

When you are done take a picture and upload it to OSM

You can use this website for a template of an eat well plate and lots of fun reasons why its important to eat a balanced diet.

<https://superveges.blogspot.com/>

## 4. Plan and cook

Plan and cook a 2 course meal and serve it to at least 2 people, this meal has to include vegetables and then clean it away afterward.

For example you could create

<https://www.scouts.org.uk/activities/perfect-pizzas/>

<https://www.scouts.org.uk/activities/fruity-crumbles/>

And upload a picture to OSM when you are done

