

JUNIOR SIMPLE MEALS BADGE - MEETING 1

Badge Purpose: When girls have earned this badge, they'll know how to serve up a meal for their family and friends.

Activity Plan Length: 1.5 hours

Time	Activity	Materials Needed
15 minutes	Getting Started <ul style="list-style-type: none"> Girls recite the Girl Scout Promise + Law. 	<input type="checkbox"/> (Optional) Girl Scout Promise and Law poster
10 minutes	Kitchen Scavenger Hunt <ul style="list-style-type: none"> Girls familiarize themselves with kitchen cookware and utensils. 	<input type="checkbox"/> Kitchen cookware and utensils <input type="checkbox"/> Kitchen tools notecards
20 minutes	DIY Recipe Cards <ul style="list-style-type: none"> Girls make their own meal. 	<input type="checkbox"/> Meals/occasions scenario note cards <input type="checkbox"/> Blank note cards for girls to use to write recipes <input type="checkbox"/> Writing utensils <input type="checkbox"/> Markers, stickers, and/or craft supplies to decorate recipe cards
15 minutes	Junior Iron Chef <ul style="list-style-type: none"> Girls cook a great breakfast and fix a healthy lunch or dinner. 	<input type="checkbox"/> Assorted, washed, and cut fresh fruits and vegetables <input type="checkbox"/> Assorted toppings (cheese, whipped cream, etc.) <input type="checkbox"/> Cream cheese, peanut butter, and/or yogurt dip <input type="checkbox"/> Pre-baked pizza crust or flatbread, English muffins, etc. <input type="checkbox"/> Paper plates <input type="checkbox"/> Plastic tableware <input type="checkbox"/> Napkins <input type="checkbox"/> Sink and soap to wash hands or hand sanitizer
15 minutes	Meal Talk <ul style="list-style-type: none"> Girls enjoy the meals they made while discussing what they learned. 	None
15 minutes	Wrapping Up	<input type="checkbox"/> (Optional) Make New Friends song lyrics poster



Getting Started

Time: 15 minutes

Materials Needed: (Optional) Girl Scout Promise and Law poster

Welcome everyone to the meeting, recite the Girl Scout Promise and Law.

Activity #1: Kitchen Scavenger Hunt

Time: 10 minutes

Badge Connection: Step 1 – Step up your skills with a pro

Materials Needed: Kitchen cookware and utensils; kitchen tools notecards

Prep Needed:

- Gather materials and supplies.
 - Write out the list of kitchen tools on note cards (one on each card):
 - Spatula
 - Mixing bowl
 - Frying pan
 - Saucepan
 - Oven mitt
 - Baking sheet
 - Whisk
 - Cheese grater
 - Measuring cups
 - Measuring spoons
 - Casserole dish
1. Place the items on the scavenger list throughout the room. If you have a kitchen available, you can have the girls search through the cupboards and drawers (with caution) to see where they might be stored. Designate any off-limit areas that contain potentially dangerous tools or equipment.
 2. Break the girls into teams of two or three and give each group a scavenger hunt notecard (or more, if you have fewer teams than notecards).
 3. Tell girls to search for the various utensils and cookware listed on their notecards.
 4. Once girls find their item(s), have them think of meals or dishes that might use that item.
 5. Once everyone has completed their hunt, go down the list and have girls describe the kitchen tool and share with everyone what meal they could make with it.

Activity #2: DIY Recipe Cards

Time: 20 minutes

Badge Connection: Step 5 – Make your own meal

Materials Needed: Meals/occasions scenario note cards; blank note cards for girls to use to write recipes; writing utensils; markers; stickers and/or other craft supplies to decorate recipe cards

Prep Needed:

- Gather material and supplies.
- Write different types of meals or occasions on note cards, for example:
 - Thanksgiving
 - Birthday
 - Mother's Day
 - Father's Day
 - Graduation
 - First Communion
 - "I got a good report card."



1. Depending upon your group's size, split the girls into teams or have them do this activity individually.
2. Have each girl/group randomly choose one of the special occasion note cards and create a meal plan for that type of occasion.
3. After girls/groups have decided upon a meal plan, have them write their own recipes for their meal plan on the notecards that they can decorate. The girls can simply include the general ingredients needed and not actual measurements. For example, if they want to serve tacos, ingredients would include meat, cheese, taco shells, lettuce, tomatoes, taco seasoning, etc.
4. Optional: For an extra challenge, the girls can create their meal plan around another theme in addition to a special occasion. Examples include:
 - Food from different cultures (i.e. Italian, Mexican, Vietnamese, German, Somali)
 - Foods of similar color
 - Vegetarian options
 - Animal theme

Activity #3: Junior Iron Chef

Time: 15 minutes

Badge Connection: Step 2 – Whip up a great breakfast and Step 3 – Fix a healthy lunch or dinner

Materials Needed: Assorted, washed, and cut fresh fruits and vegetables; assorted toppings (cheese, whipped cream, etc.); cream cheese, peanut butter and/or yogurt dip; pre-baked pizza crust or flatbread, English muffins, etc.; paper plates; plastic tableware; napkins; sink and soap to wash hands or hand sanitizer

Prep Needed:

- Gather materials and supplies.
 - Wash and cut assorted fruits and vegetables.
1. Using the various ingredients, have the girls compete in their own Iron Chef Challenge to create a meal for breakfast, lunch, dinner, or dessert! Let each girl choose the type of meal they want to create based on the items provided, or you can give them a theme around which to base their creation.
 2. After the girls have finished, they can compare what they created with girls who made the same type of meal (example: girls who made a breakfast dish compare with other girls who made a breakfast dish).
 3. Have girls share their creations with a friend and enjoy!

Activity #4: Meal Talk

Time: 15 minutes

Badge Connection: Questions link to multiple badge steps

Materials Needed: Meals prepared in Activity #3

1. While enjoying their meal creations, here are some things for girls to talk about:
 - Have you ever made a meal for your family? What did you make?
 - If you were a famous chef, what would be your specialty?
 - What is your favorite mealtime of the day?
 - What can you do to stay safe in the kitchen?
 - If you could only have one meal for the rest of your life, what would it be?
 - Does your family eat any special foods or meals during holidays or celebrations?



Wrapping Up

Time: 15 minutes

Materials Needed: (Optional) Make New Friends song lyrics poster

Close the meeting by singing Make New Friends and doing a friendship circle.

More to Explore

- Field Trip Ideas:
 - Visit a local health food store or co-op.
 - Go to a local cooking school.
 - Visit a local restaurant.
- Speaker Ideas:
 - Invite a chef, cook, farmer, or gardener to your meeting.

