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Allina Health 

## Junior Simple Meals Badge Activity Plan 1

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

**Planning Guides Link:** Healthy Living and Creativity

**Fun Patch Link:** Eating Smart

**Activity Plan Length:** 1.5 hours

**Involve Family and Friends:** Participation from family and friends can enrich your troop's Girl Scout experience, both for the girls and for you. Use the suggestions below to make it easier for you to connect with additional support.

- Before the meeting:
  - Send a note to families to find those with interest in or expertise with the topic. Ask them to lead or support an activity or two, or even lead the whole meeting.
    - Offer this activity plan as a starting place and point out that they may choose alternative activities using the *Customize It!* section as a guide. For example: If an activity plan directs girls to sit outside and observe animal habitats, you may choose to go to the zoo and learn about animal habitats there instead.
- At home:
  - Encourage families to ask questions about their girls' badge activities. Some examples that work for any badge include: What did you learn? What surprised you? What does it make you think of trying next?
- Throughout the year:
  - Suggest to families ways that girls can share or display their Girl Scout accomplishments. Possibilities include a bulletin board, a scrapbook, a special memories box or family sharing time.

**Girls Take the Lead:** Include girl leadership through long-term planning, short-term meeting prep and specific activities at meetings.

- Long Term Planning
  - If you use "Plan Your Junior Year", share this with the girls at the start of the year. Have them ask friends and family to help out with specific meetings or activities. Let the girls brainstorm ways to make the plans their own, such as thinking of related field trip activities. If a girl has experience with a field trip, ask her to be assistant tour guide.
  - If you are adapting the "Plan Your Junior Year", get the girls' input on which badges to choose. Offer just a few choices in each category or timeframe to make decisions easier. Every girl should have at least one badge or journey she's excited about.
- Short Term Planning
  - Ask a family to help lead a badge. Make sure they have access to activity plans and any resources you might have. Keep additional requested materials to a minimum.
  - Choose two helpers to stay after a meeting for 15 minutes. Give them each an activity to introduce and either instruct or help guide at the next meeting.
  - Before a meeting, ask everyone to vote on some aspect of the activity: draw posters or perform skits, open with a song or game, etc.

- Use a rotating list of helper tasks, called a 'kaper chart', to share responsibilities. Examples include acting as emcee of the meeting, leading an opening game, bringing a snack next meeting or taking attendance.
- At the Meeting
  - During the opening, have 1-2 girls share their answers to a get-to-know-you question.
  - Have girls fulfill their kaper chart responsibilities.
  - Try to find something in each activity that you can let girls decide or manage.

**Customize It:** If your group wants to expand work on this badge or simply try different activities, go for it! There are many ways to earn this award, including: completing the activities as listed in the *Junior Girl's Guide to Girl Scouting*, completing two of these activity plans, attending a council-sponsored event or customizing activities. Pick the one(s) that work best for your group. Girls will know they have earned the award if:

- They will be able to plan meals like a chef
- They have made multiple meals
- They have shared what they learned about healthy eating and meal-making with others

### Tips and Tools

- Girls should never use (or even touch!) the stove, oven, knives or other kitchen appliances without an adult to help.
- Check out ways to stay safe using Safety-Wise at <http://gsrv.gs/safetywise>.
- Ensure that your activities are accessible to everyone. Ask in advance if any special accommodations need to be made. If you have questions regarding specific adaptations, please contact River Valleys at 800-845-0787.
- To be enabled to teach girls the skills involved with planning and preparing healthy food indoors, an adult should complete River Valleys' Girl Cook In training session.

### Resources

- Allina Health's Health Powered Kids program provides additional lesson plans that go along well with this badge, including "Create Your Own Healthful Snack", "Get the Facts: Know Your Food Label", "Portion Distortion" and "Vegetarian Basics".

To use these plans:

- Visit [healthpoweredkids.org](http://healthpoweredkids.org)
- Log in using:
  - Username: gsrv
  - Password: allinahealth
- Find lessons for this badge on the Girl Scouts page.
- This lesson plan has been adapted from the *Junior Girls Guide to Girl Scouting* – Junior Simple Meals Badge, which can be used for additional information and activities.

### Getting Started

Time Allotment: 15 minutes

Materials Needed:

- Optional: Girl Scout Promise and Law printed out on poster board

Steps:

1. Welcome everyone to the meeting.
2. Recite the Girl Scout Promise and Law. Use repeat-after-me or say it as a group if girls know it by heart.

Girl Scout Promise	Girl Scout Law
On my honor, I will try: To serve God and my country,	I will do my best to be honest and fair, friendly and helpful,

To help people at all times, And to live by the Girl Scout Law.	considerate and caring, courageous and strong, and responsible for what I say and do, <i>and to</i> respect myself and others, respect authority, use resources wisely, make the world a better place, and be a sister to every Girl Scout.
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3. Get to know each other. Have the girls write down a meal that describes their personality on a piece of paper and throw it into a bowl. Have each girl take one piece of paper out and try to guess who that meal describes.

### Activity #1: Kitchen Scavenger Hunt

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

Time Allotment: 10 minutes

Prep Needed:

- Gather materials and supplies.
- Write out list of kitchen tools on note cards:
  - Spatula
  - Mixing bowl
  - Frying pan
  - Saucepan
  - Oven mitt
  - Baking sheet
  - Whisk
  - Cheese grater
  - Measuring cups
  - Measuring spoons
  - Casserole dish

Materials Needed:

- Kitchen cookware and utensils
- Scavenger list

Steps:

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–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

Badge Connection: Step 5—Make your own meal

Time Allotment: 20 minutes

Prep Needed:

- Gather materials 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"

**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

**Steps:**

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, German)
  - Foods of similar color
  - Vegetarian options
  - Animal theme

**Activity #3: Junior Iron Chef**

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

Time Allotment: 15 minutes

**Prep Needed:**

- Gather materials and supplies.
- Wash and cut assorted fruits and veggies.

**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 and napkins
- Sink and soap to wash hands or hand sanitizer

**Steps:**

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**

Badge Connection: Questions link to multiple badge steps

Time Allotment: 15 minutes

Steps:

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 Allotment: 15 minutes

Materials Needed:

- Optional: Make New Friends printed on poster board

Steps:

1. Instruct girls to get into a Friendship Circle. Have girls stand in a circle and cross their right arms over their left, holding hands with the person on each side of them.
2. Sing "Make New Friends."

Make New Friends		
Verse One	Verse Two	Verse Three
Make new friends, but keep the old. One is silver, the other is gold.	A circle is round, it has no end. That's how long, I will be your friend.	You have one hand, I have the other. Put them together, We have each other.

3. After the song, ask everyone to be quiet.
4. Assign one girl to start the friendship squeeze by gently squeezing her neighbor's hand with her right hand. Then, that girl squeezes with her right hand. One by one, each girl passes the squeeze until it travels around the circle. When the squeeze returns to the girl who started, she says "Goodbye Sister Girl Scouts" and the girls unwrap and face outward instead of inward.
5. Optional: Have girls make a wish after their hand has been squeezed and before they pass the squeeze along. Girls can also put their right foot out into the circle when they receive the friendship squeeze, so that everyone can see it travel along the 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.

## Suggestions

Do you have any suggestions to improve this activity plan? Do you have ideas for other possible badge-earning activities? Please email [troopsupport@girlscoutsvr.org](mailto:troopsupport@girlscoutsvr.org).

## Family Follow Up Email

Use the email below as a template to let families know what girls did at the meeting today. Feel free to add additional information, including:

- When and where you will be meeting next

- What activities you will do at the next meeting
- Family help or assistance that is needed
- Supplies or materials that girls will need to bring to the next meeting
- Reminders about important dates and upcoming activities

Hello Girl Scout Families:

We had a wonderful time today learning about fun meals to make on our own and are on our way to earning the Simple Meals Badge.

We had fun:

- Getting to know items around the kitchen in a scavenger hunt
- Putting together healthy meals from simple ingredients
- Creating meal plans and recipes to share

Continue the fun at home:

- Help your Girl Scout follow a recipe made by her to make a simple meal.
- Get your Girl Scout's input when making plans for snacks and meals.
- Look through the *Girl's Guide to Girl Scouting* with your Junior to find other activities you can try at home.

Thank you for bringing your Junior to Girl Scouts!