

## JUNIOR SIMPLE MEALS BADGE - MEETING 2

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

**Activity Plan Length:** 1.5 hours

Time	Activity	Materials Needed
15 minutes	Getting Started <ul style="list-style-type: none"> <li>Girls recite the Girl Scout Promise + Law.</li> </ul>	<input type="checkbox"/> (Optional) Girl Scout Promise and Law poster
15 minutes	A Week of Good Starts <ul style="list-style-type: none"> <li>Girls plan a breakfast menu for the week.</li> </ul>	<input type="checkbox"/> Recipe books or cards, magazine articles, or computer with internet access <input type="checkbox"/> Writing utensils <input type="checkbox"/> Paper
25 minutes	The World is Flat at Lunchtime <ul style="list-style-type: none"> <li>Girls learn about different types of bread eaten around the world.</li> </ul>	<input type="checkbox"/> Books, articles, and/or recipes on breads around the world <input type="checkbox"/> Napkins <input type="checkbox"/> Eating utensils <input type="checkbox"/> Plates <input type="checkbox"/> Variety of flatbreads <input type="checkbox"/> Variety of toppings
20 minutes	Deserving a Better Dessert <ul style="list-style-type: none"> <li>Girls experiment with ways to create a healthier dessert.</li> </ul>	<input type="checkbox"/> Paper <input type="checkbox"/> Writing utensils <input type="checkbox"/> Dessert recipes
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: A Week of Good Starts

Time: 15 minutes

Badge Connection: Step 2 – Breakfast

Materials Needed: Recipe books or cards, magazine articles, or computer with internet access; paper; writing utensils

1. Introduce the activity to the girls: “Breakfast is an important start to a productive day. It also happens at a time of day when we often are feeling rushed, so sometimes we don’t eat well first thing in the morning. If someone makes us breakfast, or we have something we can have ready in two minutes or less, then we are more likely to eat breakfast. With some planning and preparing at the beginning of the week, you can set up a week’s worth of sensible, grab-and-go foods.”
2. Give everyone a piece of paper and a writing utensil. Have them fold it in half, unfold, and label one side “menu” and the other side “weekend prep.”
3. As a group, brainstorm ideas for breakfast that are already quick, either to make or eat (cereal requires no cooking but you generally sit down to eat, an egg and English muffin sandwich takes time to make but can be carried with you, etc.).
4. Now have the girls think about what steps of some of their favorite items could be done in advance. Examples include washing and cutting fruit to add to yogurt, making your own granola bars, making mini ham and cheese egg bakes in a muffin tin, making extra pancakes on the weekend and freeze them (put them in the toaster to reheat and spread with peanut butter).
5. Have the girls choose enough items for their breakfast menu for a whole week. On the “weekend prep” side, have them note what they would do in advance that will make it faster and easier to get their breakfast food together. Note that some things can be done well in advance – granola bars will keep all week – while some should happen sooner – fresh cut fruit should be eaten promptly.

## Activity #2: The World is Flat at Lunchtime

Time: 25 minutes

Badge Connection: Step 3 – Lunch or dinner

Materials Needed: Books, articles, and/or recipes on breads around the world; napkins; eating utensils; plates; variety of flatbreads; variety of toppings

Prep Needed:

- Decide how much food you’ll be providing, or if everyone will bring a contribution from home. Check on food allergies; if families are sending food to the meeting, inform everyone of what they can and cannot bring.
  - Choose a variety of flatbreads, including some that are familiar. When choosing flatbreads that girls might not know, offer just a small amount to try so you aren’t left with too many leftovers.
  - For the toppings, choose some that match culturally with the breads. Spreads and dips are a good choice, as are cheese, veggies, and meats.
  - Allow for time to set out food at your meeting place, or arrange for girls or family members to help before the meeting starts.
1. Bread has been a staple of diets around the world, and many of the earliest varieties have been flat or nearly flat in shape. Have the girls brainstorm varieties they can think of, and prompt them for ones they may have missed. For types that might be less familiar, locate illustrations in books or on the internet to share. Point out some commonalities and differences:
    - Wheat is common and has spread around the world, but local varieties use local grains, including corn in the first tortillas (Mexico/Central America), teff and sorghum in injera (Ethiopia), and potatoes in lefse (Scandinavia).
    - Some breads are unleavened, like matzo (Israel) and chapatti (India), but even very flat breads like pita (Mediterranean), focaccia (Italy), and naan (central/south Asia) have some kind of rising agent. A few – like pancakes and crepes – can even include eggs.
    - Many can be used for wraps, but some are hard and crunchy, like crackers – lavash (Armenia), rye flatbrod (Scandinavia).



2. Optional: If girls have brought something from home, give them a chance to share what they brought, any information or history, and what they like about it.
3. Discuss the kinds of bread available and point out the foods that have traditionally been served with them. Encourage the girls to try at least a little of something new or less familiar. Versatile toppings and dips include cheese, hummus, peanut butter and jelly, butter or margarine, cinnamon sugar, cream cheese, salsa, pizza sauce, bean dip.
4. Have books and recipes available for girls to find other examples of flat breads. While eating, they can compare the types you brought with their favorites, discuss which ones they would like to try, and share what their families eat at home.

#### RESOURCE SUGGESTIONS:

- *Bread, Bread, Bread* by Ann Morris
- *Everybody Bakes Bread* by Norah Dooley
- *Baking Bread with Children* by Warren Lee Cohen

## Activity #3: Deserving a Better Dessert

Time: 20 minutes

Badge Connection: Step 4 – Dessert

Materials Needed: Paper; writing utensils; dessert recipes

Prep Needed:

- Do some research in advance to find books and resources on healthy recipe substitutions. The Mayo Clinic website has many resources, and [healinggourmet.com](http://healinggourmet.com) has a list of egg and fat substitutes for baking.
  - Make photocopies of common substitutions, or make a large poster or chart.
  - If desired, have girls bring one or two recipes from home of favorite dessert dishes.
1. Start by asking the girls to name some favorite dessert foods. Would you like to have these more often? Should we have them more often? Why not?
  2. Even the less healthy items in a recipe are they for specific reasons, and not just because chocolate or whipped cream taste good. Baked goods, in particular, will have different textures based on their ingredients; flour, water, and a fat like oil or lard can make tortillas, but flour and water mostly makes glue, or bakes into bricks.
  3. Have the girls look at their recipes, or choose a few from recipe cards or books. Check through the ingredients. Which ones are the ones we should limit how much we eat? Are there also some that are good for us, or at least good in small amounts?
  4. Go over some of the ingredient substitutions. Some approaches:
    - Smaller amounts, if it doesn't affect texture, or leave off a topping or filling layer
    - Eggs: use egg whites instead of whole eggs (the fat is in the yolk), or applesauce in baking (replaces both eggs and fat)
    - Fat: use dairy products that are low or no fat, use evaporated milk instead of cream, use thick yogurt instead of sour cream, substitute milled flax seed in baked goods
    - Sweets: use fruit in natural form instead of with added sugar, use dark chocolate instead of milk, add spice or crunch instead of more sugar
    - Add small amounts of nuts (protein and minerals, though also adds fat) or dried fruit (fiber and vitamins, though also calories), switch part of white flour to whole wheat or other grains, add shredded carrot or zucchini, find ways to rely more on whole grains as well as fruits and vegetables and less on white flour, white sugar, and fat
  5. Have each girl go through her ingredient list and look for ways to make their dessert healthier. Invite girls to share their ideas.



## 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 restaurant specializing in international cuisine.
  - Visit a place where you can see at least part of the process of your food being made.
  - Go to a farm or orchard that lets you pick your own produce.
- Speaker Ideas:
  - Invite someone who regularly changes recipes and looks for substitutions for whatever dietary reason (allergies, gluten sensitivities or celiac, vegetarian, low-sodium, low-carb, low-fat, etc.) or find a nutrition or health professional who makes those dietary plans for others.
  - Bring in someone to talk about topics such as formal dinner etiquette, place settings and table decorations, hosting a dinner party and creating hand-made invitations, creating theme meals, or other hosting and entertaining tips.

