



## Junior Simple Meals Badge

**Pillar:** Civic Engagement/Life Skills

**Outcomes:** Girls learn practical life skills and Develops a strong sense of self

**Purpose:** This badge teaches Juniors how to serve a meal to their family and friends.

**Juniors will earn this badge by:**

### 1: Step up your skills with a pro.

- a. Tour your kitchen. Have an adult tell you about the different cooking tools and how they are used, along with some general kitchen safety practices they use.
- b. You can make a game out of this activity by having a scavenger hunt to find a tablespoon, baking sheet, whisk, oven mitt, casserole dish, cheese grater and more.

### 2: Whip up a Great Breakfast

- a. Create an egg dish. Ask family members how they like their eggs.
- b. Try adding different spices, veggies and cheese.
- c. Take one step further by making a weekend breakfast for your family, with adult help.

### 3: Fix a healthy lunch or dinner.

- a. Now that you feel comfortable in the kitchen, take on the challenge of creating a bigger meal.
- b. Try exploring foods from other cultures! Research dishes and decide what you want to make. Keep it simple. Follow the recipe to prepare the meal, but remember, you can tweak the recipe to fit your taste!

### 4: Create a delicious dessert.

- a. Make a favorite dessert healthier. Take a favorite cookie recipe and use whole-wheat flour instead of white or swap out chocolate chips for raisins. For some cake mixes, you can use applesauce instead of oil.
- b. With help from an adult, research a healthy dessert idea you want to try. Baking is like a fun science experiment; if something doesn't turn out right, you can make changes to the recipe until you get it exactly how you want it.

### 5: Make Your Own Meal

- a. It's time to come up with your own healthy meal!
- b. Make a salad into a meal using a protein, a vegetable and a starch.
- c. For the entree, include your choice of meat, and maybe some noodles or potatoes. You can even bake your own bread and serve it on the side.

**When you're finished:**

Congratulations, you have earned your badge! This badge can be purchased by emailing [shopdept@gksmo.org](mailto:shopdept@gksmo.org) or at <https://www.girlscoutshop.com/JUNIOR-SIMPLE-MEALS-BADGE>

No additional shipping costs at this time.

