



Cookery Badge



Aim: To encourage and develop culinary skills.

Objective: To provide a knowledge and understanding of safe food practices and to develop the girls' culinary skills.

Junior Candidates

1. **Hygiene and Preparation**

Know why you should always:

- ◆ tie back your hair
- ◆ wear an apron
- ◆ wipe down table before starting
- ◆ wash your hands
- ◆ cover food
- ◆ clean up afterwards

2. Make a cold drink e.g. milk shake, smoothie or a cold drink using fruit.
3. Make a simple no-bake item e.g. rice krispie buns, top hats, banana split.
4. Make a table decoration.

Candidates

1. **Hygiene and Preparation**

Know why you should always:

- ◆ tie back your hair
- ◆ wear an apron
- ◆ wipe down table before starting
- ◆ wash your hands
- ◆ cover food
- ◆ clean up afterwards

2. Make a cold drink e.g. milk shake, smoothie or a cold drink using fruit.
3. Make a simple no-bake item e.g. rice krispie buns, top hats, banana split.
4. Make a sandwich/tortilla wrap/pitta.
5. Make a table decoration.

Junior Members

1. **Hygiene and Preparation**

Know why you should always:

- ◆ tie back your hair
- ◆ wear an apron
- ◆ wipe down table before starting
- ◆ wash your hands
- ◆ cover food
- ◆ clean up afterwards

2. Make a banana split and learn some facts about bananas and where they come from?
3. Make toast using a toaster.
4. Know how to lay a table for two for a **“special occasion”**.
5. Learn how to make at least two of the following:
 - ◆ scones/buns
 - ◆ make a sandwich/tortilla wrap/pitta with two types of filling
 - ◆ tray bakes or party food
 - ◆ no-bake desert
 - ◆ pasta or noodle dish
6. Plan a healthy packed lunch.

Members –Complete items No 1 and 6 and five others.
Senior Members- Complete all

1. **Hygiene and Preparation**

Know why you should always:

- ◆ tie back your hair
 - ◆ wear an apron
 - ◆ wipe down table before starting
 - ◆ wash your hands
 - ◆ cover food
 - ◆ clean up afterwards
2. Discuss what is meant by a “balanced diet”
 3. Discuss what foods are suitable for people with special dietary requirements etc coeliac, diabetics, people with allergies, and vegetarians.
 4. Plan a party menu with a theme of your choice.
 5. Know how to lay a table for two for a **“special occasion”**
 6. Prepare and cook three of the following
 - ◆ baked potato with two types of filling
 - ◆ toasted sandwich or tortilla/pitta
 - ◆ tray-bakes or dessert
 - ◆ starter
 - ◆ pizza or quiche
 - ◆ pasta or noodle dish
- Note: If cooked at home – parental form to be used (see Resource Sheet)**
7. Host an international evening providing foods from three different countries and present some facts regarding the foods from these countries.
 8. Know how to use a microwave oven safely.
 9. Know how to defrost a fridge and a freezer.
 10. Know the basic principles of freezing and thawing food safely.

Please note: No recipes are being provided with this badge.

Use any cook book of your choice e.g. Glorious Food Selections produced by GFS for World Council Dublin 2011.

See information sheet attached on Dietary Requirements for Coeliac, Diabetic and Vegetarian people.