

Chef

1. Plan a menu for a weekend event for between 4 and 6 people
 - a. Include the quantities you'll need and any cultural/religious/medical dietary needs
 - i. Think about what dietary requirements people might have based on their religion/culture, or for medical reasons: how will you accommodate these people? Cook a separate meal for them or eliminate it all together?
 - ii. What quantities of food will you need? How many packets of bacon? How much pasta?
2. Show how and where to shop for the food and the best way to transport it
 - a. Which shops will you go to? Will you do it all in one place to save time, or shop in different places to get the best value and possibly save money?
 - b. Quiz! (<https://forms.gle/Mzeonm7FGB12ZFNV6> - copy and paste this link)
3. Show how to store food properly, hygienically and in ways that prevent food poisoning
 - a. Explain what you might need to consider if you're using an indoor vs. camp kitchen
 - i. How will you keep food cold on camp? How to keep out the squirrels on an outside camp?
 - ii. What might you need to think about if you are using a scout hut; is it clean?
 - iii. How will you avoid food poisoning when storing and preparing food?
4. Cook and serve at least 1 of the meals from your menu
 - a. The meal must be at least 2 courses
 - i. This could be a starter and a main or a main and a dessert
 - ii. At least one of these courses should be served hot!
 - iii. Think about safety considerations whilst preparing food too
5. Demonstrate the best way to clean up afterwards
 - a. This should include; washing up and disposing of rubbish/leftover food in a way that prevents vermin or disease
 - i. You should washup all of the kitchen equipment that you used, as well as wiping down surfaces – why is this important?
 - ii. Think about the potential risks of not disposing of rubbish and leftover food properly

Enjoy!

Send any work that you do for this badge to 14thbroadstairs+scouts@gmail.com

Any questions, use the same email address, or for parents; post in Facebook, or message a leader.

There are some extra activities which you could do on the next page!

Activities

Camp Kitchen Pitchin'

1. Think of different ways that camp kitchen gadgets could help everyone to keep their cooking space safe and hygienic
 2. Choose your best idea
 - a. Think about risk assessing it's use, as well as it's construction and portability
 3. Put together a presentation (or poster, leaflet, anything!) about your gadget
 - a. This should include an image of your gadget, and a list of the materials and equipment that would be needed to build it
 - b. Think about the health and safety benefits! How will it keep the cooking space safe and hygienic? Make sure food is stored properly? Prevent food poisoning?
- Ideas to think about:
 - Safe storage for food
 - Hand washing stations
 - Sorting waste
 - Food preparation zones

Match It

Match each numbered statement on the left with a letter statement on the right:

- | | |
|---------------------|--|
| 1. Cooking in water | a. Be very careful with the hot oil |
| 2. Boiling | b. The campfire is the most fun for this one! |
| 3. Poaching | c. Gentle heat and a thick bottomed pot |
| 4. Steaming | d. No need for oil, juicy meat will do the job |
| 5. Microwaving | e. Batter or breadcrumb coating |
| 6. Grilling | f. Enjoy delicious eggs! |
| 7. Frying | g. Delicious breads and cakes |
| 8. Deep-frying | h. 100°C is the temperature 'point' here |
| 9. Braising | i. Don't forget the lid on the pot in the oven |
| 10. Stewing | j. The energy makes the water go crazy! |
| 11. Roasting | k. Great for potatoes, pasta, and rice |
| 12. Baking | l. The best way to keep vitamins and nutrients locked in |

Eatwell Plate One-Day Diary

- Look at the Eatwell Plate
- Keep a food diary for one day
- How well did you do? Are there any areas that you are missing or anything you could have less of?

Spot The Hazards

Circle the 10 hazards that you can see in this picture!



Fantasy Diners

Plan a menu which could cater for the following groups of people, whilst still being nutritionally balanced (think about the Eatwell Plate):

1. Gluten intolerant, vegan, Hindu
2. Fish allergy, peanut allergy, Jewish
3. Egg allergy, milk allergy, Muslim