



Cub Scout Activity Badges: Chef



Dear Parents/Guardian

Your son/daughter has expressed interest in doing the Cub Scout Chef Activity Badge. This badge can be done entirely at home. Your son/daughter should make an appropriate effort and can be assisted (e.g. helping with oven gloves, using an electric appliance). But preparing the ingredients and doing the main part of the cooking should be your child's responsibility!

To gain the badge, your son/daughter must complete the following requirements:

1. Know the basic rules of safety and hygiene in the kitchen and the reasons for them – for example, why we separate cooked and raw meats, washing hands and utensils, why food is frozen, chilled or tinned. You could also discuss why we cook food, are careful of eating salads in hot countries, or why milk is pasteurised.
2. Ask your son/daughter about the advantages and disadvantages of different methods of preparing and cooking food.
3. Discuss the importance of a balanced diet.
4. Cook, serve and clear away a two-course meal for at least two people. Your son/daughter needs to discuss their menu with the people they are cooking for. It should include preparing and cooking vegetables. The following dishes are given as suggestions.
  - Main Courses : Shepherd's pie, Curry and Rice, Ham salad, Vegetable lasagne
  - Desserts : Fruit crumble, Fresh fruit salad.

Note – the objective that your son/daughter uses a number of ingredients and undertake preparation and/or cooking with them. A scoop of ice-cream no, a banana split yes.

5. Make scones, small cakes, biscuits or tarts (yum!)

**Peter Tomlin**

Cub Scout Skills Instructor  
3<sup>rd</sup> Whitton (St Edmunds)

I confirm that (name) \_\_\_\_\_ has completed all elements for the Chef Activity Badge and cooked/prepared the following courses:

\_\_\_\_\_

Signed \_\_\_\_\_