

On my honour,
I promise that I will do my best
to do my duty to God and to The Queen,
to help other people
and to keep the Scout Law.



Make use of your Cooking Skills

Why not help with the cooking for your family whilst you have to stay at home?

We can **all help out** at home, but Explorers you could be earning your “**Chef Activity Badge**” at the same time.

Option 1

1. **Plan a full, balanced menu for your family** ~~a group of Explorers or other people on a residential experience covering all meals for at least four days~~. You should consider what facilities will be available to you – will you have access to a **full kitchen** ~~or are you cooking on an open fire?~~
2. **Budget for your menu** and assist with shopping for the ingredients. – **Talk to whoever did the shopping.**
3. Demonstrate proper storage and cooking. You should demonstrate your knowledge of hygiene in the kitchen and how to prevent food poisoning.
4. Cook and serve your planned menu, demonstrating preparation and serving skills.

Option 2

1. Bake and cost the following from scratch – no packet mixes or pre-made shop bought ingredients allowed:
 - Three different large cakes (20cm or bigger) with different icings and decoration, using techniques like rubbing in, creaming, melting and whisking.
 - A sweet or savoury tart, such as a quiche or a tarte tatin.
 - 12 iced and filled cupcakes.
 - 12 biscuits, iced using the flooding method.
 - 12 scones.
 - A loaf of bread using yeast.
 - 12 flatbreads.
2. Demonstrate how planning and preparation can make life easier when baking.
3. Maintain high standards of hygiene.

You can do both options and earn the badge twice.

Here is what you need to do:

For Option1

Talk to your parents about what food you have in the house and what they have planned for your family to eat over the next week.

Think about what is already planned and what you could do now and after the next time someone goes shopping.

Plan the menu

	Breakfast	Lunch	Dinner
Day 1			
Day 2			
Day 3			
Day 4			

Cook it, Server it, enjoy it.

Take photos as you prepare the food and when you serve it.

For Option2

Make the various things listed.

Take photos as you prepare the food and when you serve it.

Don't forget to clean up after yourself.

Send your menu, photos etc. to barnes.esu@gmail.com

Good luck and have fun!