

# Junior Simple Meals Badge

## STEPS

1. Step up your skills with a pro
2. Whip up a great breakfast
3. Fix a healthy lunch or dinner
4. Create a delicious dessert
5. Make your own meal

  
When you've earned this badge, you'll  
know how to serve up a meal for my  
family and friends.  




## STEP 1: STEP UP YOUR SKILLS WITH A PRO

***There are lots of important skills to learn before you start cooking up a masterpiece.***

Tour a kitchen. Take a tour of your kitchen at home. Use the tour to learn about the different cooking tools and how they are used, along with general kitchen safety. 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.

## STEP 2: WHIP UP A GREAT BREAKFAST

***Breakfast is the most important meal of the day—it gets you going! Work on improving your breakfast-making skills. Use what you learned in step 1 here—and in the rest of the badge—to choose dishes that give you the nutrition you need and taste great, too.***

Create an egg dish. Ask friends and family members how they like their eggs. As a troop, make both scrambled and fried eggs. Try adding different spices, veggies and cheese. Take one step further by making a weekend breakfast for your family, with adult help.

## STEP 3: FIX A HEALTHY LUNCH OR DINNER

***Now it's time to tackle some of the bigger meals of the deal. Follow a recipe that you have at home, or ask an adult to help you find one online or in a cookbook.***

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

## STEP 4: CREATE A DELICIOUS DESSERT

***Dessert is a fun treat for ending special meals. Try making one of these sweet treats to share with your family.***

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. 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.

## STEP 5: MAKE YOUR OWN MEAL

***Now that you've followed other people's recipes, it's time to come up with your own healthy meal.***

Make a salad into a meal using a protein, a vegetable and a starch. 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. Make a soup, stew, or other one-pot meal.