

JUNIOR BADGES TO DO AT HOME

LEGACY: COOK



Simple Meals

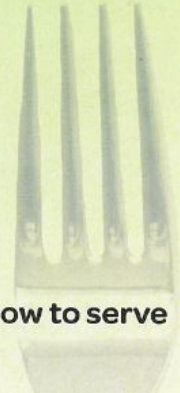
There's steam and bubbles, interesting tools, and amazing smells . . . and lots of room for experiments. And it's not a laboratory—it's your own kitchen! Use these steps to make amazing meals and learn to create a whole meal of your own.

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

Purpose

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



To earn this badge, please complete one option per step.

STEPS	BADGE REQUIREMENTS	OPTION 1	OPTION 2	OPTION 3
Step 1	Step up their skills with a pro.	Visit a restaurant. Get a virtual/online or video tour of a professional kitchen or prepared foods section of a grocery store. Watch how foods are made.	Visit a great cook. Read an online story or a magazine article about a chef, a cafeteria cook, a pastry chef, or a baker, someone who prepares meals.	Tour a kitchen. Get a virtual/online or video tour of a restaurant kitchen, school cafeteria or even better, ask a family member to give you're a tour of your very own kitchen.
Step 2	Whip up a great breakfast.	Make easy weekday breakfasts. That doesn't mean popping a pastry in the toaster! Figure out five breakfasts for the week that are quick, easy, and good for you. Hint: Fruit is a healthy start. You could try a fruit-and-yogurt parfait, or a slice of wheat toast with bananas and peanut butter.	Create an egg dish. They seem simple, but eggs can be a tricky food to master. Find out how each family member likes their eggs and make an egg for everyone for breakfast one day.	Make a weekend breakfast. Now that you don't have to rush off to school, try experimenting with a bigger breakfast, like French toast, pancakes, or homemade muffins. Include as many good-for-you foods as you can. How many are in banana walnut pancakes?

Step 3	Fix a healthy lunch or dinner.	Flatbread. Lots of cultures have foods that are made with a flattened version of bread, like tortillas, chapati, blini, or lavash. Try a Mexican quesadilla, a French crepe stuffed with peanut butter and fruit, or a Kenyan stew that you dip the chapati in.	International sandwich. Sandwiches aren't just deli meat or peanut butter and jelly—they can include almost anything. Try making a sandwich from another country. What about a croque monsieur from France, a banh mi from Vietnam, or a panini from Italy?	Pocket food. Some meals are mysterious because all the ingredients are inside. You might not know what's in there until you take a bite! Make a food full of fun mystery, like a pita stuffed with falafel, a Chinese dumpling, or an Australian meat pie.
Step 4	Create a delicious dessert.	Make a dessert you've never tried before. Have you always wanted to make your own ice-cream cake, or to try a recipe for a French éclair full of pudding and covered in chocolate?	Make a favorite dessert healthier. For instance, alter a favorite cookie recipe by using whole-wheat flour instead of white, or boost nutrition by adding dried fruit or raisins. In some packaged muffins or cake mixes you can use applesauce in place of oil.	Make a holiday dessert. Desserts really take center stage around holiday times. Try a recipe for a family holiday, or for a holiday from another culture. For example, during Mardi Gras in the American South, they make a cake and bake a tiny doll inside! The person who finds the doll is said to have good luck—and gets to make the next year's cake.
Step 5	Make their own meal.	Make a salad meal using a protein, a vegetable, and a starch. Try adding meat to a salad, and then adding crunchy noodles or potatoes. Or serve bread as a side—and bake it yourself!	Make a soup, stew, or other one-pot meal. You might want to make this with a slow cooker—a big electric pot that can be set to cook things for a long time at a low temperature. Hint: Add flavored broth to some meat, veggies, and noodles.	Make three dishes for one meal. Make a separate protein, vegetable, and starch. Hint: Pay special attention here to how long things take to cook. To get everything out at the same time, you'll have to be good at using a timer.