



# Chefs Badge

Name:

**1** Learn the basic rules of safety and hygiene in the kitchen

- How to wash hands
- Store food in fridge
- Handling raw meat

**2** Hear about different ways of cooking food

<input type="checkbox"/> Cooking in water	<input type="checkbox"/> Microwaving
<input type="checkbox"/> Boiling	<input type="checkbox"/> Grilling
<input type="checkbox"/> Poaching	<input type="checkbox"/> Roasting
<input type="checkbox"/> Steaming	<input type="checkbox"/> Baking

**3** Learn what the major food groups are — picture below.

**4** Cook, serve and clear away a two-course meal for at least two people.

When you've done all these requirements simply let us know—email or text—and we'll order your badge.

## Chef Activity Badge

Cubs cook!

### An activity to try

Can you match each different way of cooking on the left with something on the right...?

1. Cooking in water
2. Boiling
3. Poaching
4. Steaming
5. Microwaving
6. Grilling
7. Roasting
8. Baking

- A. The camp fire is the most fun for this one!
- B. No need for oil, juicy meat will do the job.
- C. Enjoy delicious eggs!
- D. Delicious bread and cakes.
- E. 100°C is the temperature 'point' here.
- F. The energy makes water molecules go crazy!
- G. Great for potatoes, pasta and rice!
- H. The best way to keep vitamins and nutrients locked in!

### Food Groups

