



COOKING

Before beginning any of these challenges, please make sure that you have adult supervision as appropriate.

Complete all the activities in the first part of your Trefoil 1 Life Skills – Cooking Challenge. Mark the ovens to keep track as you go.



Cook some pasta and serve it with a pre-prepared sauce that you have heated up.



Bake a cake and serve it to your family or Patrol.



Make a salad or vegetable dish that shows that you can clean, peel and chop vegetables.



Prepare a food that is cooked in a frying pan, e.g. sausages, pancakes, eggs.



Discuss the importance of cleanliness when preparing food, cooking and cleaning up.



Discuss safe behaviours in the kitchen, including the use of knives and other sharp objects, items on the stove, avoiding burns and scalds.



Discuss the methods of food storage that are relevant to your cooking.



Discuss how you can recycle kitchen food scraps and packaging.



Create a stir fry dish using your favourite ingredients.

Choose any two of the following activities:

- Discuss the use of at least three kitchen appliances and how to be safe when using them, e.g. toaster, kettle, stove, blender.
- Decorate a cake for a special occasion.
- Prepare and serve a simple meal for your family.
- Use a recipe that makes several serves (e.g. cupcakes, muffins, biscuits) that you could sell at a cake stall or give as a gift.
- Cook something that uses Guide biscuits as an ingredient.
- Make your own school lunches for one week.
- Create an interesting snack to share with your Patrol.

I commenced on _____ and finished on _____



COOKING

Before beginning any of these challenges, please make sure that you have adult supervision as appropriate.

Complete all the activities in the first part of your Trefoil 2 Life Skills – Cooking Challenge. Mark the ovens to keep track as you go.



Discuss the importance of proper food storage and basic food handling.



Plan a two course healthy meal and prepare the ingredients list, shopping list and budget. Cook the meal for your family or Patrol and clean up afterwards.



Make a soup, casserole or similar dish from scratch.



Bake a cake or cooked dessert of medium difficulty and serve it to your family or Patrol.



Demonstrate the following skills:

- **Separate an egg**
- **Grease and line a cake tin**
- **Weigh and measure accurately**
- **Safely handle hot items**
- **Chop and sauté onions**



Share with your Patrol or Unit how you can recycle kitchen food scraps and packaging.

Choose any two of the following activities:

- Cook a meal using a different heat source, e.g. Trangia, fire, microwave, wok, BBQ.
- Cook a dish from an international cuisine you do not normally eat.
- Make a yeast-based item (e.g. bread, pizza dough, sticky buns) and share it with your family or Patrol.
- Cook a balanced meal for a person with specific dietary needs (e.g. gluten free, vegetarian, diabetic).
- Learn about healthy eating and healthy cooking habits and share this information with your Unit or Patrol.

I commenced on _____ and finished on _____