

Simple Meals Badge

Purpose: Learn how to serve a meal to your family and friends.

Step 1: Step up your skills with a pro

Tour your kitchen. Have a knowledgeable adult show you where to find different kitchen gadgets and recipe ingredients, and teach you how to safely use the stove and what goes in the refrigerator. Make a game out of this activity by wrapping different kitchen gadgets—oven mitt, whisk, grater, spatula, wooden spoon, and others—and see if your family can identify them by observing and touching the wrapped items.

Step 2: Whip up a great breakfast

Make toast. Cook two slices of bread in the toaster oven until they are nicely browned. While the bread cooks, mix food coloring and butter to make a colorful spread to put on your toast. You can also dress up your toast with peanut butter, cinnamon, sugar, or cream cheese spread. Don't have a toaster oven? Make a no-cook roll up breakfast with flour tortillas and peanut or hazelnut butter or cream cheese.

Step 3: Fix a healthy lunch or dinner

Now that you feel comfortable in the kitchen, take on the challenge of creating a bigger meal from what you have on hand in your pantry, refrigerator, or freezer. Research “pantry recipes” online to find a recipe that fits the ingredients you have on hand.

Step 4: Create a delicious dessert

Dessert doesn't have to be ice cream, chocolate cake, or pie. Instead, use dessert to help you get the recommended amount of nutrient-rich foods like fruits and whole grains in your diet. Bake a cored apple filled with pecans, raisins, oats, and a sprinkle of brown sugar and cinnamon, or make a smoothie with yogurt and fresh fruit.

Step 5: Make your own meal

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.

Congratulations! You've earned the Simple Meals badge!

Girl Scout Juniors

