

Junior Simple Meals Badge:

Before you get started- When you cook, do it with an adult! An adult should help you in each step of earning this badge.

The kitchen is lots of fun, but there can also be lots of accidents. Stay safe! Never turn on the oven or stove without an adult's permission.

1. Get to know your kitchen! Have a knowledgeable adult give you a tour of your kitchen, pointing out where things go and what they're used for. See if you can locate the items below in your kitchen:
 - Sauce pan
 - Mixing bowl
 - Whisk
 - Casserole Dish
 - Measuring Spoons

Anne Burrell is a famous chef with Food Network—check out her [kitchen tour!](#)

2. Make breakfast in the morning! It can be an easy, fast breakfast, or it can be a bigger breakfast—like pancakes or waffles. Check out what ingredients you have available, make a plan, and then it's time to cook. Here are some ideas you can use to get started.

- Toast and [Eggs](#)
- [Pancakes](#) or waffles
- [Breakfast Burrito](#)
- [Yogurt Parfait](#)

3. Learn about different sandwiches around the world. Get inspired to make your own sandwich, either recreating a sandwich you learned about, or creating your own unique sandwich. Think about the type of bread, spread, and what meat, cheese, or vegetables you want to use.

- [Sandwiches Around the World](#) (video)
- [30 Sandwiches from Around the World](#) (Pictures & Recipes)

Tip: Pita bread, tortillas, and other flat breads totally count! Use ingredients you have around the house. Gluten-free? Try a lettuce-wrap, or create a sandwich inspired soup or salad.

4. Create a delicious dessert. Desserts are a fun way to end a special meal. Check out the ingredients you have on hand, and try to use them to make a special treat! You might have to get creative. Bake a cake, make a holiday cookie, jazz up some fruit with cinnamon or chocolate sauce. The skies the limit!

5. Make a meal to share! Check what ingredients you have available, review recipes, talk with an adult, and make a plan. You could make a special salad, a soup or stew, or you could make a meal using a protein, vegetable, and starch. Bon Appetit!

*****To complete this badge- email a photo of your girl cooking to mmyers@girlscoutsoaz.org. Let us know if we can share your girl's photo on social media, and consider including the recipe for us to share!**

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