

SCOUT CHEF ACTIVITY BADGE ACTIVITY PACK



WELCOME TO THE SCOUT CHEF ACTIVITY BADGE ACTIVITY PACK, YOUR LEADER WILL HELP YOU GET STARTED

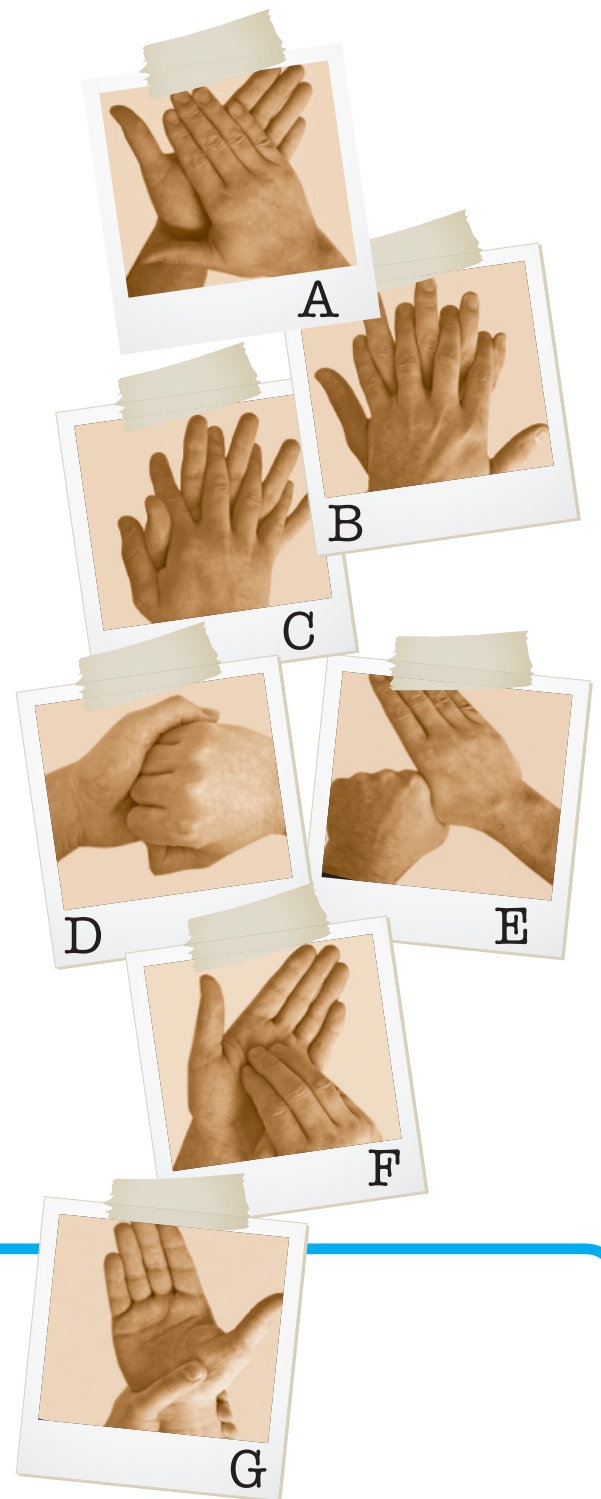
YOUR ACTIVITY PACK INCLUDES:

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HOW TO WASH HANDS:

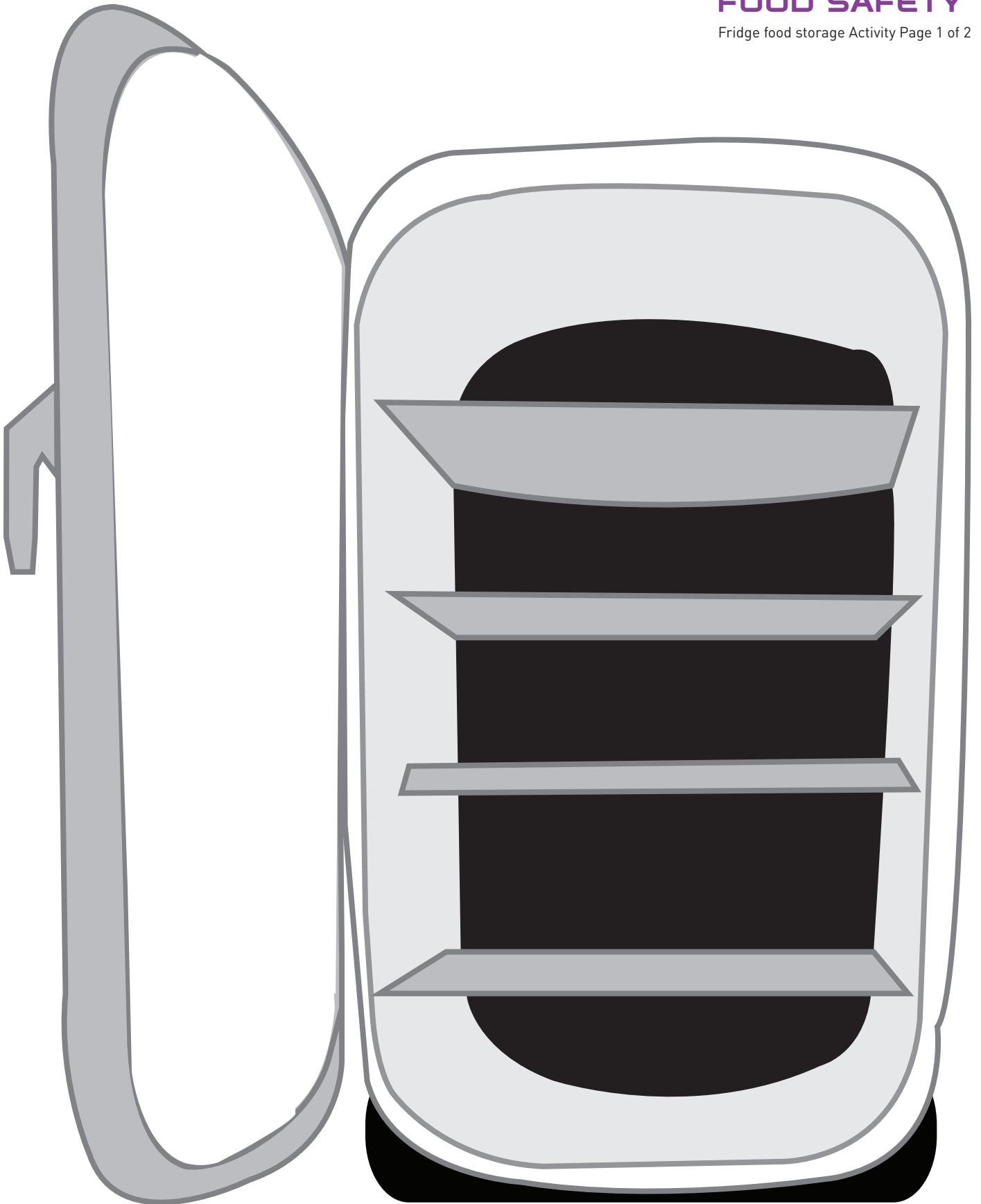
- always use a hand wash basin, not a food preparation sink
- always use warm water, wet hands before applying antibacterial soap
- wash hands palm to palm (A)
- lock fingers and wash (B)
- wash hands front to back (C)
- wash hands fist to palm (D)
- wash thumbs (E)
- wash finger to palm (F)
- wash wrists (G)
- rinse with clean running water
- germs spread more easily if hands are wet, so dry them thoroughly using a paper towel

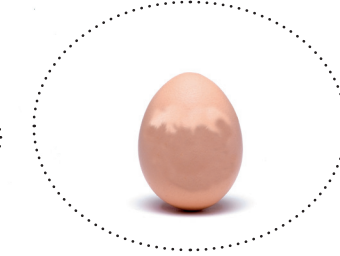
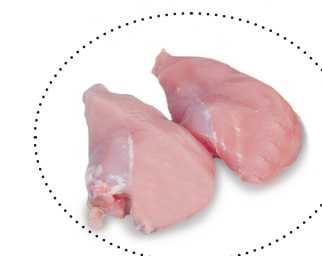
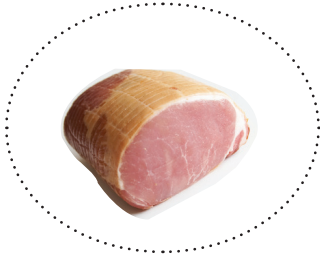


MAKE SURE THAT:

- you wash your hands frequently
- you avoid unhygienic habits
- you keep fingernails short and clean
- nail varnish and false nails are off
- you do not wear jewellery







..... Cut out along the dotted lines and place the items on the correct shelf in the fridge

CHEF ACTIVITY BADGE

Scouts cook!

FOOD PREPARATION

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. Frying
 8. Deep-frying
 9. Braising
 10. Stewing
 11. Roasting
 12. Baking
- A. Be very careful with the hot oil!
 - B. The camp fire is the most fun for this one!
 - C. Gentle heat and a thick bottomed pot.
 - D. No need for oil, juicy meat will do the job.
 - E. Batter or breadcrumb coating.
 - F. Enjoy delicious eggs!
 - G. Delicious bread and cakes.
 - H. 100°C is the temperature 'point' here.
 - I. Don't forget the lid on the pot in the oven.
 - J. The energy makes water molecules go crazy!
 - K. Great for potatoes, pasta and rice!
 - L. The best way to keep vitamins and nutrients locked in!



Answers: 1k, 2h, 3f, 4l, 5j, 6d, 7a, 8e, 9l, 10c, 11b, 12g



CHEF ACTIVITY BADGE

Scouts Cook!



Boiling, steaming, poaching, microwaving, roasting, grilling, frying, stewing, braising, baking...

There are many different ways of cooking to explore and enjoy with different effects on look, taste and nutrition.

These cards will help you understand what's what. In your Patrol or in twos or threes, read the Scouts Cook! cards and tick the boxes at the bottom of each card to say if each way of cooking is slow or fast, good for nutrients and vitamins or fatty, involves hot water or hot oil.



[SCOUTS]

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Scouts Cook!



COOKING IN WATER

How?

You can cook food in water and bring it to the boil or start to cook once your water has reached boiling point.

What happens to the food?

If you cook food in water, you have to keep an eye on the clock: cook it too long and you'll lose the flavours, colours and texture... The longer you cook food in water, the more vitamins and other nutrients are lost too.

Cooking in water is great for potatoes, pasta and rice, vegetables and some meats too.

TICK EACH BOX THAT MATCHES THIS WAY OF COOKING

- | | |
|---|-------------------------------------|
| <input type="checkbox"/> Quick cook | <input type="checkbox"/> Fatty |
| <input type="checkbox"/> Slow cook | <input type="checkbox"/> Hot water! |
| <input type="checkbox"/> Nutrients and vitamins | <input type="checkbox"/> Hot oil! |

[SCOUTS]

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BOILING AND POACHING FOODS.

How?

Water boils at 100°C, you can reduce the temperature away from boiling point for a more gentle, slower cook.

Poaching is great for foods that are more delicate and those likely to break up if cooked too rapidly in boiling water.

Poached eggs are delicious: bring the water with a pinch of salt and 2-3 drops of vinegar to just under the boil - a few bubbles should be breaking the surface - give the water a quick swirl with a spoon, break the egg into the pan and cook gently for 2-3 minutes.

Watch out! Boiling water and steam have to be treated with a lot of care to make sure that you don't burn yourself or someone else!

TICK EACH BOX THAT MATCHES THIS WAY OF COOKING

- | | |
|---|-------------------------------------|
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| <input type="checkbox"/> Slow cook | <input type="checkbox"/> Hot water! |
| <input type="checkbox"/> Nutrients and vitamins | <input type="checkbox"/> Hot oil! |



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STEAMING

How?

The easiest way to steam is to pour a small amount of water into a pan, wait until the water boils and then put your food in a steaming basket and into the pan.

What happens to the food?

Believe it or not, steaming is the best way to make sure your food keeps its flavour, vitamins and other nutrients!

Steaming is great for green vegetables, fresh fish or chicken. Try a little wedge of lemon or lime in the water for a flavoured twist.

Watch out! Boiling water and steam have to be treated with a lot of care to make sure that you don't burn yourself or someone else!

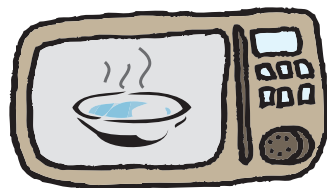
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MICROWAVING

How?

Very popular for cooking and reheating a wide variety of foods and ready meals. Always check the manufacturer's advice which varies from product to product.

What happens to the food?

Microwaves are a form of energy that agitates water molecules and causes friction that turns into heat. Microwaving is fast, so ideal for quick meals.

Watch out! You should never put metal into a microwave or oil as it can burn! Microwave cooking heats the food from the inside out, so be careful: the outside might seem cool but the centre may be extremely hot.

TICK EACH BOX THAT MATCHES THIS WAY OF COOKING

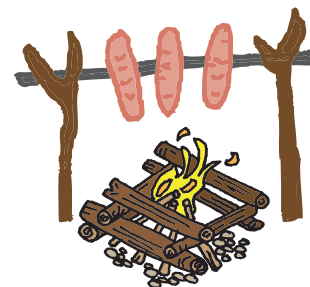
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GRILLING

How?

Grilling is usually done under a grill, or on a chargrill, over a barbecue or, even better for Scouts, a camp fire!

What happens to the food?

Unlike frying, if you grill meats such as sausages or a steak, you don't need oil as the meat's natural juices do the job. Some foods may need a little oil (fish or vegetables and some meats) but you use less than in frying.

Eating a lot of grilled food is not very good for our health, just once in a while is fine.

Watch out!

It's easy to burn food when you're grilling it...

TICK EACH BOX THAT MATCHES THIS WAY OF COOKING

- | | |
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Scouts Cook!



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FRYING (ALSO KNOWN AS SHALLOW FRYING)

How?

Frying is usually done in a frying pan in hot oil.

What happens to the food?

Certain foods react well to frying. However, be aware that fried foods can be harmful to our health due to added oil so remember to use other ways of cooking food regularly.

Watch out!

Hot oil gets very, very hot and can even catch fire! Only fry with an adult close by.

TICK EACH BOX THAT MATCHES THIS WAY OF COOKING

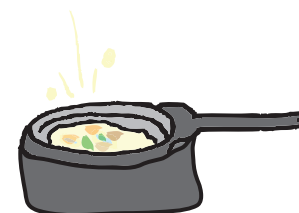
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DEEP FRYING

How?

Cooking food completely covered in hot fat.

What happens to the food?

Foods for deep frying are usually coated in batter or breadcrumbs and may include fish, meat, vegetables and even fruit. Eating a lot of deep fried food is not good for our health so remember to use other ways of cooking food regularly.

Watch out!

Only fry with an adult close by. Never use a pan of oil: use an electric fryer with proper safety features.

TICK EACH BOX THAT MATCHES THIS WAY OF COOKING

- | | |
|---|-------------------------------------|
| <input type="checkbox"/> Quick cook | <input type="checkbox"/> Fatty |
| <input type="checkbox"/> Slow cook | <input type="checkbox"/> Hot water! |
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[SCOUTS]

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STEWING

How?

Cooking small pieces of meat or vegetables slowly in liquid – like stock - until tender.

What happens to the food?

Stewed meat stays tender and the liquid you stew it in brings a lot of flavour.

Watch Out!

Don't forget to keep the heat at a gentle level and use a thick bottomed pot or casserole dish to avoid burning the food.

TICK EACH BOX THAT MATCHES THIS WAY OF COOKING

- | | |
|---|-------------------------------------|
| <input type="checkbox"/> Quick cook | <input type="checkbox"/> Fatty |
| <input type="checkbox"/> Slow cook | <input type="checkbox"/> Hot water! |
| <input type="checkbox"/> Nutrients and vitamins | <input type="checkbox"/> Hot oil! |



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BRAISING

How?

Similar to stewing but using larger pieces of meat, half covered with liquid and cooked in the oven.

Watch out!

Make sure you check frequently and add liquid as needed. Always cover the casserole dish with a lid.

TICK EACH BOX THAT MATCHES THIS WAY OF COOKING

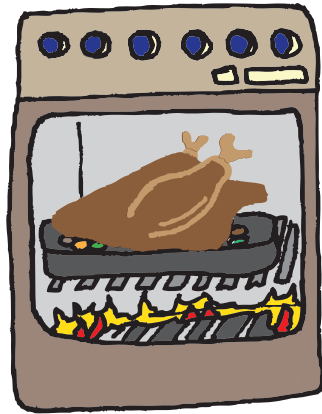
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ROASTING

How?

In the oven or over the camp fire! You can use herbs, marinades and spices to vary flavours.

What happens to the food?

Roasting is popular because it gives a tasty, crunchy skin and meat juices get locked in. Roasting keeps the nutrients in and ideal for good quality meat joints and fish. Roast vegetables are delicious especially with a little seasoning and drizzle of olive oil.

Watch out! Roasting meats too fast or for too long will make the food dry and chewy.

TICK EACH BOX THAT MATCHES THIS WAY OF COOKING

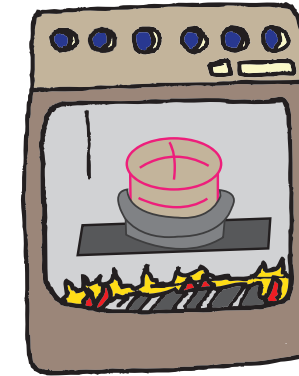
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BAKING

How?

Cooking food with a dry heat in the oven.

What happens to the food?

Due to the dry heat involved, bread, cakes, biscuits and pastry items as well as meats and fish work well when baked.

Watch out!

Dry heat can really 'dry out' the food so take care not to overcook.

TICK EACH BOX THAT MATCHES THIS WAY OF COOKING

- | | |
|---|-------------------------------------|
| <input type="checkbox"/> Quick cook | <input type="checkbox"/> Fatty |
| <input type="checkbox"/> Slow cook | <input type="checkbox"/> Hot water! |
| <input type="checkbox"/> Nutrients and vitamins | <input type="checkbox"/> Hot oil! |

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FOOD HAZARDS

CAN YOU SPOT THE HAZARDS...?
SEE HOW MANY YOU CAN CIRCLE!



***Answers:** 1. Mop bucket beside the fridge 2. Toaster on the fridge 3. Knife on the counter edge 4. Water on the floor 5. Bleach on counter top beside cheese 6. Microwave wire hanging down 7. Cupboard door open 8. Open bottle on counter 9. Banana skin on the floor 10. Cheese not in the fridge

SCOUTS OUT AND ABOUT: BUYING AND TRANSPORTING FOOD

Always start with the key questions for cooking: plan your menu with reference to the **Scout Chef Activity Badge** planning resources.

"What are you going to cook?" is one of the key questions as all good cooking requires planning. Try some of the amazing recipes included in the Scout Chef Activity Badge resources. That said, don't forget that there are many places to find a recipe other than in cookery books: ask friends and family, try a website like www.bbcgoodfood.com or type a recipe idea into an online search engine and see what happens!



There are also many smartphone apps and Facebook pages with fantastic recipes: try the 'epicurious' app and try following Great British Chefs or The Staff Canteen on Facebook for some great ideas.

'The devil's in the detail'!

When you have found a recipe you like, make sure you read it all the way through: there's nothing more irritating than realising half way through that you cannot finish it because you do not have the right piece of equipment or ingredient...

When you have read the recipe and decided you want to try it, think about how it will look when you have done it: do you want to change any of the ingredients? If so, what will that do to the recipe? Will it alter the balance of flavour, the appearance, the taste? When you think about these points, also think what you will serve the dish with: make sure to write down your ideas on your shopping list with the ingredients in the recipe.

So, now you know *what to buy*: can you afford it?

Unless you were looking at recipes with lobster or fillet steak, you should be able to make good food much cheaper than buying a ready meal! Many recipes online or in apps will have an indicator of cost in the method. If not, and you want to know roughly how much it will cost, visit a supermarket website and type in the ingredient and the amount to work out the cost.

Where do you buy your food?

Remember there are many outlets in your area just waiting to exchange your money for their food!

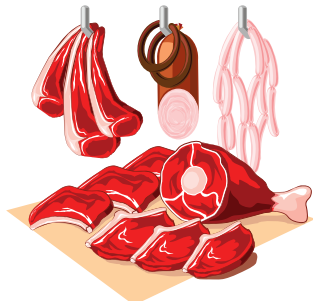
Supermarkets can be useful as you will be able to get all of your ingredients under one roof, it will all be displayed nicely and look appetising. However, remember there's a lot more to the experience of choosing and buying food than a supermarket!



Local greengrocers are also great for buying your fruit and vegetables, learning what's in season and where it's from.

SCOUTS OUT AND ABOUT: BUYING AND TRANSPORTING FOOD

Remember: the fresher the fruit and vegetables, the more flavour they have!



Local butchers are also great places to shop: they also often stock local produce and may even be able to tell you the name of the farmer who produced the meat. Your local butcher can recommend different cuts of meat with great knowledge ready to be shared.

Local fishmongers or a visiting fishmonger are a great way to access fish and shellfish as often they are supplied daily from the local port and their fish can be 2-3 days fresher than elsewhere. Again, your fishmonger is likely to have a wealth of knowledge about the products served and will prepare what you want to your exact requirements.

Local around you: don't forget there are probably many local suppliers right under your nose: local eggs or crops from allotments may be worth seeking out too!

Best of all and really fun, you can always *grow your own!* Nothing is nicer than picking your own salad leaves, herbs or fruit and vegetables straight from the garden.

Transporting your food is relatively simple if you think about a few points.

The things that need to be transported quickest to slowest are:

- Frozen foods
- Fresh meats, fish and dairy products
- Other chilled products
- Fresh fruit and vegetables
- Dry goods (nuts, tinned goods, biscuits etc.)

Remembering this will make it much easier for you to shop. Start at the bottom of the list and work your way up: buy the dry goods first and finish with the fresh meat, fish and frozen products.

Buying

- Store all frozen products in the same padded freezer bag (available from supermarkets and specialist shops) or a cool box if possible. This helps to keep them all frozen longer. If using a car, put them in the boot, out of the sun and get them into a freezer as soon as possible.
- Be careful packing fruit and vegetables: they can be fragile and / or bruise
- Pack heavy items like potatoes at the bottom of the bag and soft things like strawberries on the top
- Try to keep all meat and fish in separate bags from fruit, veg and dairy products to avoid getting blood or other items on raw food
- Always wash your hands after handling raw meat or fish

Now that you have decided what to cook, decided you can afford it and written a shopping list, bought the food and got it home, it's time to cook it! Read that recipe again, and once more...!



Enjoy cooking!

SCOUTS OUT AND ABOUT: BUYING AND TRANSPORTING FOOD

Now you know a bit more about buying and transporting food, try this quick 'true or false'

1. Foods that need to be transported quickest to slowest are: fresh meats, fresh fruit and vegetables, fresh fish. [True / False] (tick your answer)

True

False

2. You should always pack heavy / less fragile foods at the bottom of your shopping bag.

True

False

3. Fresh meat or fish can be packed in the same bag as bananas.

True

False

4. Fish at a local fishmonger can be 2 to 3 weeks fresher than elsewhere.

True

False

5. You only need to wash your hands before handling meat or fish.

True

False

6. Fillet steak and lobster are good value every day ingredients.

True

False

7. It's possible to check how much your shopping list might cost before you go shopping.

True

False

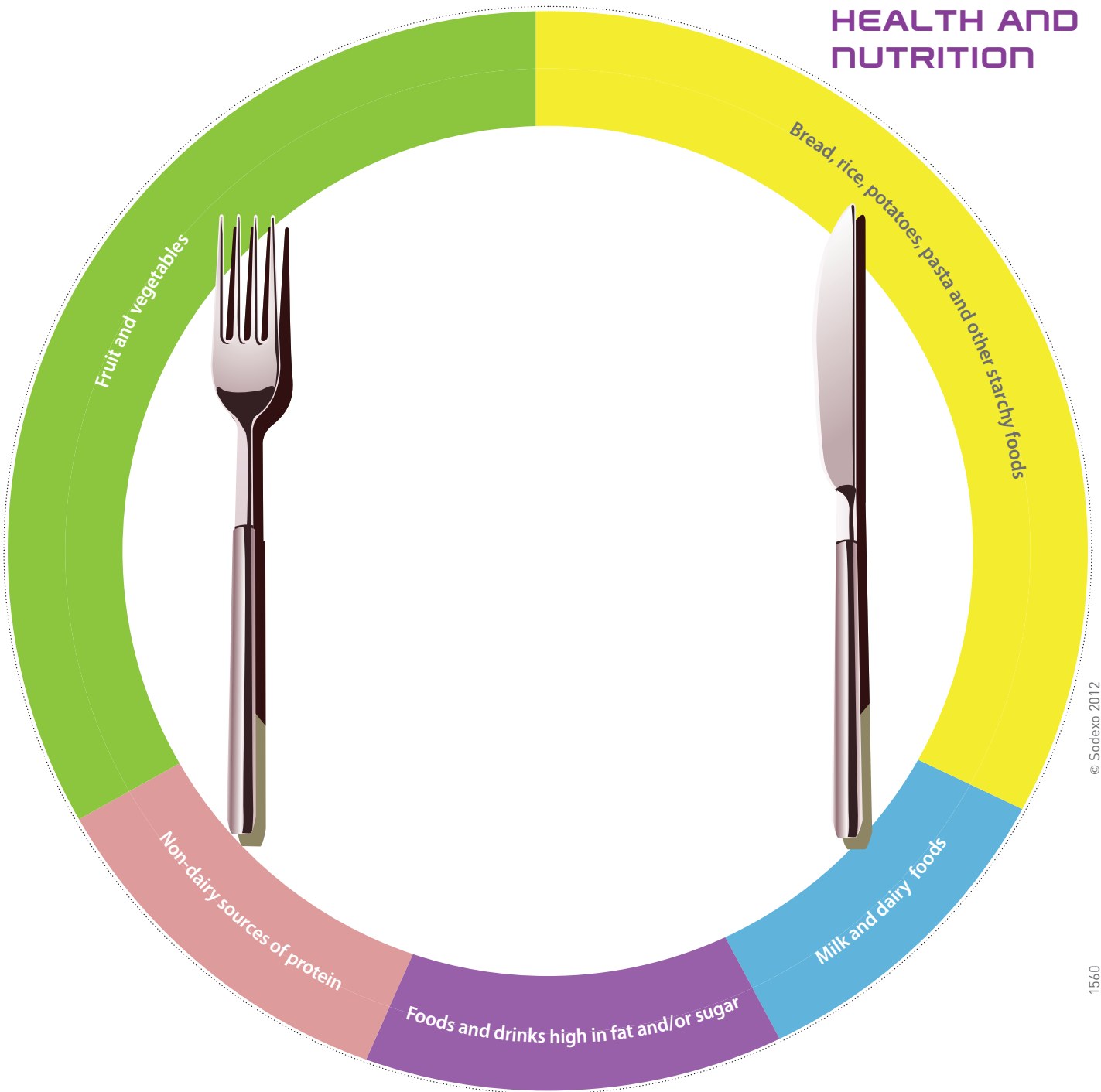
8. Vegetables, fruit, salad leaves and herbs are all foods that you can grow in season.

True

False

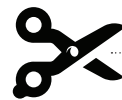
Answers: 1 false, 2 true, 3 false, 4 false, 5 false, 6 false, 7 true, 8 true.

HEALTH AND NUTRITION



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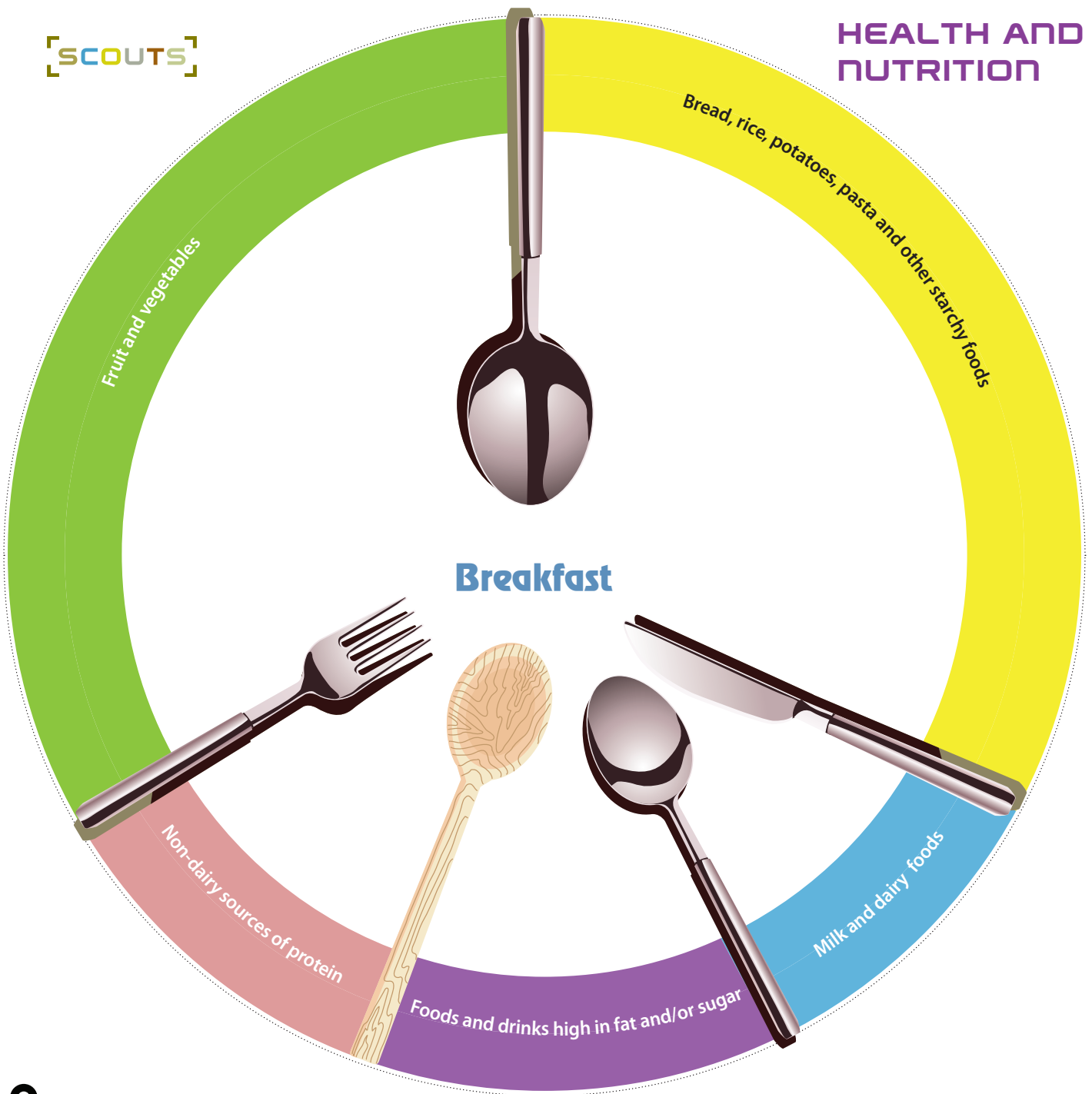


..... Cut out your plate using the dotted line guide

Fill your Eatwell plate!

Now you've learned about the Eatwell plate and the different food groups that make up a healthy, balanced diet, it's over to you!

Cut out your Eatwell plate and fill it with the foods that you would like in your perfect meal. Draw each food into the right slice to illustrate your design! Or, if you prefer, you could cut out foods from magazines and stick them in.



..... Cut out your plate using the dotted line guide

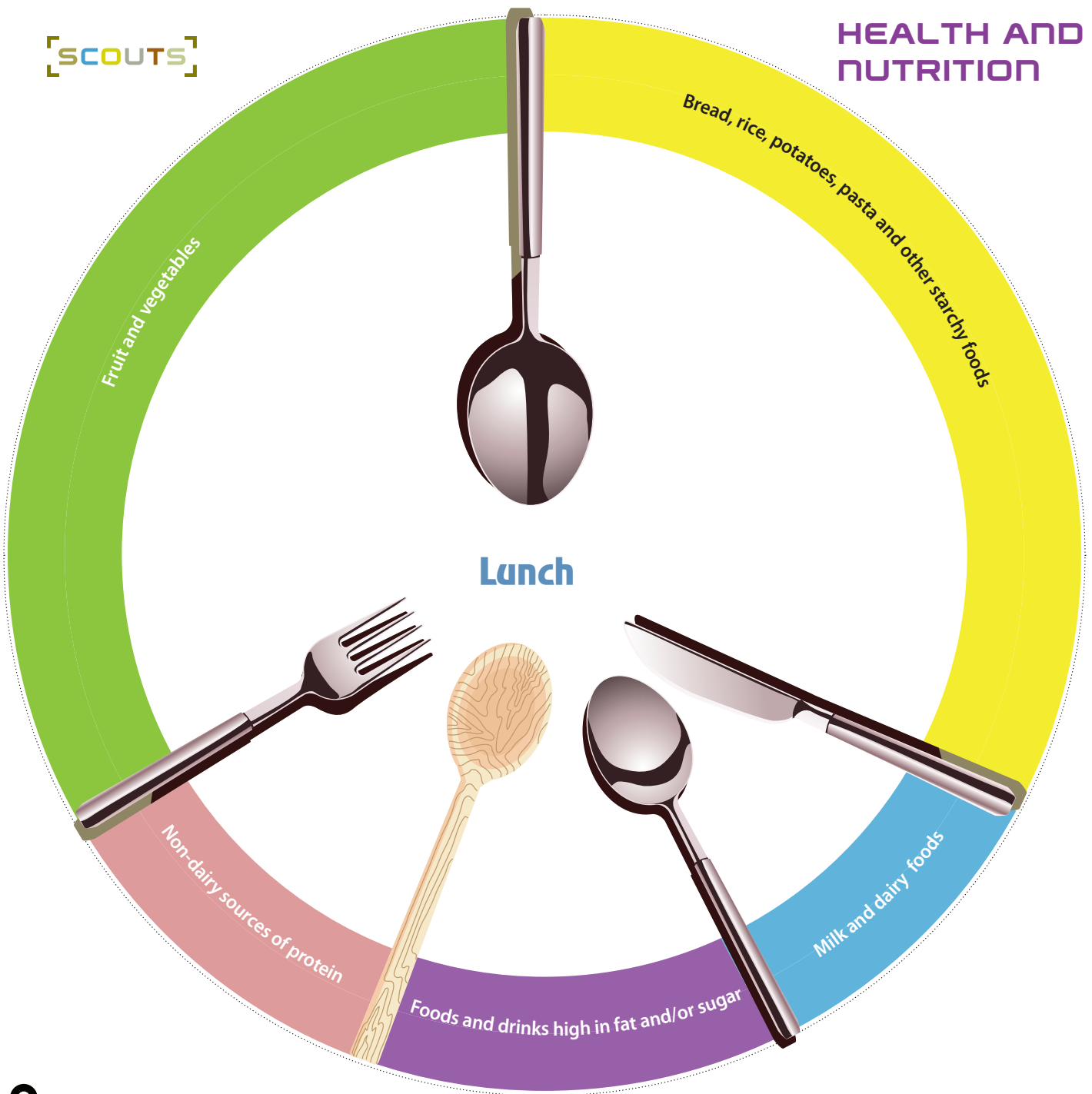
The Eatwell plate one-day food diary!

Now you've learned about the Eatwell plate and the different food groups that make up a healthy, balanced diet, why not see how well you do?

Cut out your Eatwell plate and fill it with the foods and liquids that you have during one whole day from when you wake up to when you go to sleep.

Once you've filled your Eatwell plate one-day food diary, get together with your Scout Pack to see how well you think you did.

Did you manage to have a healthy balanced diet? What foods or liquids could you have had more or less of? Why?



..... Cut out your plate using the dotted line guide

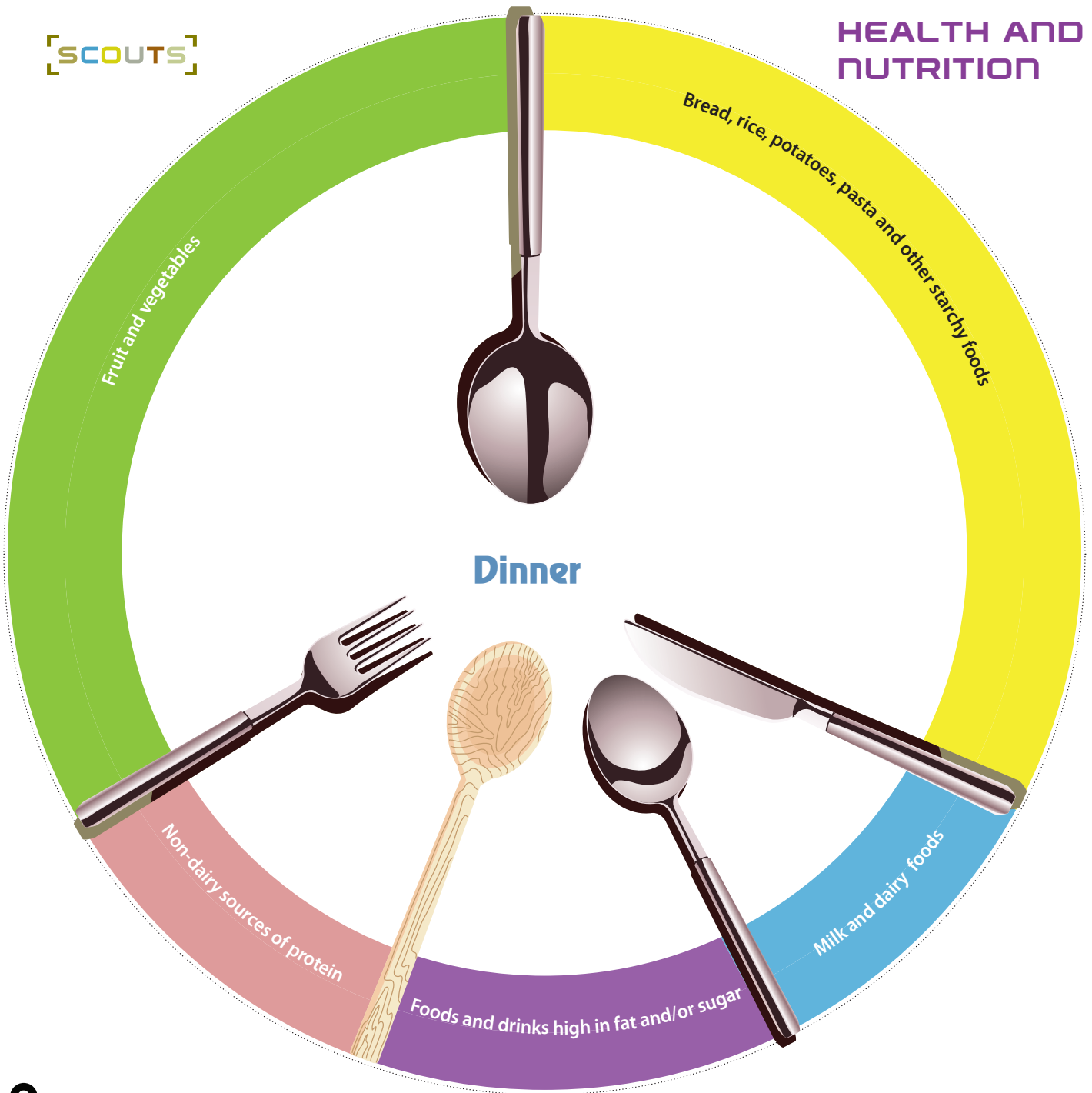
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