

Girl Scouts at GCM

call 336.574.2898 to schedule!



Cook Up a Masterpiece

Description	Be the star of your family at dinner time! Join us in learning how to make a delicious dinner. You'll explore the kitchen (step 1) and learn about nutritious food, while preparing a dish to enjoy (choose one from Steps 2-5). Please Note: This menu may contain gluten, dairy, nuts, and seeds. Notify us of any allergies.
Pathway	This event pathway will cover a portion of the SIMPLE MEALS Junior Legacy: Cook Badge from the Junior- <i>The Girl's Guide to Girl Scouting</i> handbook.
Cost	\$30 per girl
Min/Max	10/20
Location	Greensboro Children's Museum
Duration	2 hours, including time to eat
Program Level	Junior Program

Junior Legacy SIMPLE MEALS Badge Requirements: (Must complete one activity from each of the 5 steps. All groups may complete Step 1 and choose another Step (2-5) to complete during the 2-hour session).

Step 1: Step up your skills with a pro. There are lots of important skills to learn before you start cooking up a masterpiece. Ask a great cook to tell you about cooking tools, safety, and cleanliness; what makes a nutritionally balanced meal; and how they present food to look nice on a plate.

- Tour a kitchen. With a knowledgeable adult, tour the kitchen of a friend or neighbor, a caterer, your school, or your very own kitchen.

Step 2: Whip up a great breakfast! Breakfast is the most important meal of the day- it gets you going! Work on improving your breakfast-making skills.

- Make a weekend breakfast. Try experimenting with a bigger breakfast. Include as many good-for-you foods as you can. We'll prepare banana walnut or sweet potato pancakes.

Step 3: Fix a healthy lunch of dinner. Now it's time to tackle some of the bigger meals of the day. Follow a recipe that you have at home, or ask an adult to help you find one online or in a cookbook.

- Flatbread. Lots of cultures have foods that are made with a flattened version of bread, like tortillas, chapatti, blini, or lavash. We'll prepare homemade tortillas and make Mexican quesadillas.



Step 4: Create a delicious dessert. Dessert is a fun treat for ending special meals. Try making one of these sweet treats to share with friends and family on a special occasion.

- Make a favorite dessert healthier. We'll alter a chocolate chip cookie recipe, using part whole wheat flour and additional add-ins.

Step 5: Make your own meal. Now that you've followed other people's recipes, come up with your own healthful meal. Create a meal (it's okay to get help from an adult for this step). Then share your meal with friends and family.

- Make a salad meal using a protein, a vegetable, and a starch. We'll harvest salad greens (when in season), wash and prepare salad and a homemade dressing. We'll add toasted nuts (protein), seasonal vegetables (vegetables), and potatoes (starch).

OR

- Make a soup, stew, or other one-pot meal. We'll prepare a student-led recipe for seasonal soup such as creamy butternut squash and apple soup, gypsy vegetable soup, or minestrone.

Call Stephanie Ashton at 336.574.2898 ext 320 to schedule your group.

