



Simple Meals [Meeting 1]

Overview

Note to Volunteers

A few agenda activities in this meeting plan have two options—one that can be done inside and one to be done outside (*Get Girls Outside!*). Carefully read through both activity options and choose one to add to your meeting plan agenda. Please note all PDF-printed documents list the description and materials required for both the inside and outside options—you will only need to purchase materials for one option.

This badge requires kitchen utensils and appliances. Make sure that the meeting is held in a space that either has a kitchen, or where you can set up tables and stations to resemble a kitchen. Make sure there is a sink for washing. You'll also need some sort of cooking source if you don't have a full stovetop or oven, like a camping stove or toaster oven.

Prepare Ahead

Collect several kitchen gadgets, including oven mitt, whisk, grater, spatula, wooden spoon, measuring cups, sauce pan, cutting board, can opener, and measuring spoon.

Wrap each of the kitchen gadgets in a brown paper bag or if too big, in holiday wrapping paper. Label each one with a number in sharpie marker.

Print out "Think Like a Chef," page 3 of the Simple Meals badge: Protein/Vegetable/Starch, one copy for each girl

The excitement and fast pace of running troop meetings for the first time can sometimes leave us tongue-tied. For that reason scripting is included for guiding girls through a meeting; these "lines" are under the heading "SAY." However, you're the expert. If you feel you don't need the script, do what makes sense for you and your girls.

Get Help from Your Friends and Family Network

Your Friends and Family Network can include:

- Girls' parents, aunts, uncles, older siblings, etc.
- Other volunteers who have offered to help with the meeting

Ask your network to help:

- Make snacks
- Welcome girls to the meeting
- Supply materials for the session

Meeting Length

90 minutes

The times given for each activity will be different, depending on how many girls are in the troop. Plus, girls may really enjoy a particular activity and want to continue past the allotted time. As much as possible, let them! That's part of keeping Girl Scouting girl-led!

And what do you do if you only have an hour for the meeting? Simply omit some of the activities.

Materials



Simple Meals [Meeting 1]

Activity 1: As Girls Arrive

- Print outs of “Think Like a Chef,” one for each girl
- Pens, pencils

Activity 2: Opening Ceremony

- PDF of Girl Scout Promise and Law

Activity 3: Name that Gadget — **Inside Option**

- Several kitchen gadgets, including oven mitt, whisk, grater, spatula, wooden spoon, measuring cups, sauce pan, cutting board, can opener, and measuring spoon.
- Brown paper bag
- Wrapping paper
- Notecards
- Pens

Activity 3: Name that Gadget — **Inside Option**

- Several kitchen gadgets, including oven mitt, whisk, grater, spatula, wooden spoon, measuring cups, sauce pan, cutting board, can opener, and measuring spoon.
- Brown paper bag
- Wrapping paper
- Notecards
- Pens

Activity 4: Sizing You Up — **Inside Option**

- Bag of rice
- Measuring cups, one for each girl (can be different sizes and they can also share)
- Paper bowls, one for each girl

Activity 4: Sizing You Up — **Get Girls Outside!**

- Bag of rice
- Measuring cups, one for each girl (can be different sizes and they can also share)
- Paper bowls, one for each girl

Activity 5: Rainbow Toast — **Inside Option**

- Whipped butter in separate bowls (soft enough so girls can mix in food coloring)
- Food coloring
- Butter knives
- Toaster or toaster oven
- Slice of bread for each girl

Activity 5: French toast — **Get Girls Outside!**

- Outdoor grill
- Skillet
- 1 ½ cup milk



Simple Meals [Meeting 1]

- ½ teaspoon salt
- 6 eggs
- 3 bowls for mix
- Whisk or fork to stir mix
- 24 slices toast (adjust recipe for troop size)
- Oil or butter
- Powdered sugar or syrup
- Cinnamon
- Nutmeg
- Vanilla

Activity 6: Eggcellent Breakfast — **Inside Option**

- Bowl
- Whisk
- Eggs, at least a few for each girl
- Milk
- Pot
- Pan
- Spatula
- Wooden spoon
- Stove

Activity 6: Eggcellent Breakfast — **Get Girls Outside!**

- Bowl
- Whisk
- Eggs, at least a few for each girl
- Milk
- Pot
- Pan
- Spatula
- Wooden spoon
- Stove

Activity 7: Name that Breakfast — **Inside Option**

- Various fruits, including melon, pineapple, strawberries, and blueberries
- Granola
- Cereal o's
- Yogurt – two kinds
- Bowls
- Paper
- Markers and crayons
- Spoons

Activity 7: No Cook Roll Up Breakfast — **Get Girls Outside!**

- Flour tortillas or any flatbread to use as a wrap



Simple Meals [Meeting 1]

- Peanut butter, hazel nut or cream cheese—be sure to check girls for peanut allergies
- Cut up fruits—bananas, strawberries, blueberries

Activity 8: Closing Ceremony

- Cardstock paper
- Markers and crayons

Detailed Activity Plan

Activity 1: As Girls Arrive

Time Allotment

10 minutes

Materials

- Print outs of “Think Like a Chef,” one for each girl
- Pens, pencils

Steps

As girls arrive, have them circle their favorite foods under each category and add their own, too!

SAY:

- *A chef makes a balanced meal with a protein, a vegetable (sometimes a fruit), and a starch. Circle your favorite food items from each category—and make sure to add something if it’s not there. Don’t worry if you’re not sure where it goes.*

Activity 2: Opening Ceremony

Time Allotment

10 minutes

Materials:

- PDF of Girl Scout Promise and Law

Steps

Gather girls in a circle. Welcome them to the first Simple Meals badge meeting.

Girls say the Girl Scout Promise and the Girl Scout Law together.

SAY:

- *Today you’ll be starting to learn how to make simple meals. A good chef likes to experiment with her food, so we are going to do a little bit of that, but you’ll also learn the basics around the kitchen.*



Simple Meals [Meeting 1]

- *To start, you should remember a few safety tips:*
 - *Don't use the stove, oven, knives or other appliances without the supervision of an adult.*
 - *Cooks should always wash your hands before you start making anything.*
 - *Make sure you communicate with each other, especially when you have hot pans or are carrying pots or pans that can get heavy.*
- *Now that we know the safety rules, let's talk about your protein/vegetable/fruits/and starch.*
- *When you arrived, you circled and added your favorite food out of those categories. When a chef wants to serve a balanced meal, she'll think about something from each of these categories. Look at your list again, then go around and say what your perfect meal would be, choosing one thing you like from each category.*

Activity 3: Name that Gadget — **Inside Option**

Time Allotment

15 minutes

Materials

- Several kitchen gadgets, including oven mitt, whisk, grater, spatula, wooden spoon, measuring cups, sauce pan, cutting board, can opener, and measuring spoon.
- Brown paper bag
- Wrapping paper
- Notecards
- Pens

Steps

Have all the wrapped kitchen gadgets in the center of the room in a pile. Girls can take turns passing them around, and feeling them with their hands. Then they write down the number of the item, and what they think that is.

SAY:

- *Before we can begin cooking, we need to know about the tools we work with in the kitchen. Here are some basic cookware and utensils that you might have seen before. Try and guess what they are by feeling it with your hands. Write down your answer on your notecard, and then we'll see how well you did.*

[After they guess, have each girl open an item up, and then try and tell how it is used.]

Activity 3: Name That Gadget — **Get Girls Outside!**

Time Allotment



Simple Meals [Meeting 1]

15 minutes

Materials

- Several kitchen gadgets, including oven mitt, whisk, grater, spatula, wooden spoon, measuring cups, sauce pan, cutting board, can opener, and measuring spoon.
- Brown paper bag
- Wrapping paper
- Notecards
- Pens

Steps

Use the same meeting agenda plan for “Name That Gadget,” but take your materials and set girls up outdoors. Cover a picnic table or ground area with plastic to use as a workspace.

Have all the wrapped kitchen gadgets in the center of the room in a pile. Girls can take turns passing them around, and feeling them with their hands. Then they write down the number of the item, and what they think that is.

SAY:

- *Before we can begin cooking, we need to know about the tools we work with in. Here are some basic cookware and utensils that you might have seen before. Try and guess what they are by feeling it with your hands. Write down your answer on your notecard, and then we'll see how well you did.*

[After they guess, have each girl open an item up, and then try and tell how it is used.]

Activity 4: Sizing You Up — Inside Option

Time Allotment

10 minutes

Materials:

- Bag of rice
- Measuring cups, one for each girl (can be different sizes and they can also share)
- Paper bowls, one for each girl

Steps

Give each girl a measuring cup (doesn't matter what size).

SAY:

- *Many recipes for meals require really strict measurements of certain ingredients.*

Simple Meals [Meeting 1]

- *When I call out the measuring size, if you have that same size-measuring cup, scoop the rice and pour it into your paper bowl.*

[Call out measuring cup sizes: ¼ cup, ½ cup, 2/3 cup, cup, etc.]

- *Now go around and show and say how much rice is in your bowl.*
- *Next, put the rice back in the bag.*
- *Without the measuring cup, take handfuls of rice and repeat the same amount you just measured out –and put that in your paper bowl. This time you'll have to guess.*
- *When everyone's done, pour the rice from your paper bowl into your measuring cup.*
 - *Did you guess right? Did you take too much or too little rice?*
 - *When using measuring cups do you think it's better to guess less or more?*
[It's always better to guess less – you can always add a little more, but taking away ingredients is much harder.]

Activity 4: Sizing You Up — *Get Girls Outside!*

Time Allotment

10 minutes

Materials

- Bag of rice
- Measuring cups, one for each girl (can be different sizes and they can also share)
- Paper bowls, one for each girl

Steps

Use the same meeting agenda plans for “Sizing You Up,” but take your materials and set girls up outdoors. Cover a picnic table or ground area with plastic to use as a workspace.

Give each girl a measuring cup (doesn't matter what size).

SAY:

- *Many recipes for meals require really strict measurements of certain ingredients.*
- *When I call out the measuring size, if you have that same size-measuring cup, scoop the rice and pour it into your paper bowl.*

[Call out measuring cup sizes: ¼ cup, ½ cup, 2/3 cup, cup, etc.]

- *Now go around and show and say how much rice is in your bowl.*
- *Next, put the rice back in the bag.*
- *Without the measuring cup, take handfuls of rice and repeat the same amount you just measured out –and put that in your paper bowl. This time you'll have to guess.*
- *When everyone's done, pour the rice from your paper bowl into your measuring cup.*



Simple Meals [Meeting 1]

- *Did you guess right? Did you take too much or too little rice?*
- *When using measuring cups do you think it's better to guess less or more?*
[It's always better to guess less – you can always add a little more, but taking away ingredients is much harder.]

Activity 5: Rainbow Toast — Inside Option

Time Allotment

20 minutes

Materials

- Whipped butter in separate bowls (soft enough so girls can mix in food coloring)
- Food coloring
- Butter knives
- Toaster or toaster oven
- Slice of bread for each girl

Steps

Divide girls into two groups. Toasters and butter makers.

Toaster group puts bread in toaster or toaster oven.

Butter makers dye whipped butter for toast by adding food coloring and mixing.

Once the toast is done, girls share butter flavors and make rainbow toast.

SAY:

- *Let's start our cooking with breakfast, the most important meal of the day. Toast is quick and easy to make, especially when you're in a hurry. But we aren't going to make just any kind of toast!*
- *The toaster group will toast the bread.*

[Help girls with toaster]

- *While the toast is cooking, the butter maker group will add food coloring to the butter and mix. This will not change the taste at all.*
- *When the toast is ready, everyone spread the colored butter on your bread. And enjoy!*
- *What kind of things besides butter can you put on toast for breakfast? [Example: peanut butter, cinnamon, sugar, cream cheese spread, jelly]*

Activity 5: French toast — Get Girls Outside!

Time Allotment

20 minutes



Simple Meals [Meeting 1]

Materials:

- Outdoor grill
- Skillet
- 1 ½ cup milk
- ½ teaspoon salt
- 6 eggs
- 3 bowls for mix
- Whisk or fork to stir mix
- 24 slices toast (adjust recipe for troop size)
- Oil or butter
- Powdered sugar or syrup
- Cinnamon
- Nutmeg
- Vanilla

Steps:

Girls use a griddle over a grill to learn how to make French toast on a skillet and to add variations to it.

SAY:

- *One of the best parts of camping is cooking outdoors. Today we'll make French toast.*
- *Separate into three groups. Each group will make a slightly different recipe for French toast and after we'll have a taste test!*

[For all groups:]

- *In a bowl, mix the milk, salt and eggs.*
- *For group one, add a sprinkle of nutmeg (about ¼ teaspoon).*
- *Group two, add a sprinkle of cinnamon (about ¼ teaspoon).*
- *Group three, add a few drops of vanilla to your mix (about ¼ teaspoon).*

[For all groups:]

- *Dip slices of bread into your mixture.*
- *Put a pad of butter or oil on your hot skillet.*
- *Place the dipped bread onto the skillet and cook evenly on both sides until golden brown.*

[When girls are done have them do a taste test and pick their favorite flavor of French toast then, **SAY:**]

- *What was the hardest part about making French toast?*
- *Was there anything you'd do differently next time?*
- *Which French toast was the tastiest?*
- *What other things could you add to your French toast? [Example: strawberries, blueberries, peaches, whipped cream]*

Activity 6: Eggcellent Breakfast — Inside Option



Simple Meals [Meeting 1]

Time Allotment

30 minutes

Materials:

- Bowl
- Whisk
- Eggs, at least a few for each girl
- Milk
- Pot
- Pan
- Spatula
- Wooden spoon
- Stove

Steps

Girls team up to make and then sample different kinds of eggs.

SAY:

- *Another big part of breakfast is eggs.*
- *Eggs are full of protein and are great at giving you energy.*
- *There is also a ton of ways to make eggs. Working in three teams, we are going to cook 3 different types of eggs, and then sample them so you can decide which kind you like best.*
- *Team #1 will make scrambled eggs on the pan and the stove. You do that by first mixing eggs and a little bit of milk in a bowl. Mix with a whisk. Once it is all mixed, add butter to your pan, and pour the mixture on it. Using a wooden spoon or spatula, gently rotate the mixture around and as it gets hot, it will become solid scrambled eggs.*
- *Team #2 will make a fried egg on the pan and the stove. You crack your egg directly onto the pan. After it has cooked for a few minutes, you flip it over using a spatula. Take turns trying the flip.*
- *Team #3 will make hard-boiled eggs. Put a few eggs in a pot and fill it with water. Put the pot on the stove and bring the water to a boil. After it starts to boil, turn the burner off and put the lid on the pot. Let the eggs sit for 10 minutes in the hot water, then cool them off under cold water and peel off the shell.*
 - *Which eggs were hardest to make?*
 - *Which kind tasted the best?*
 - *What other ways could you cook eggs?*
 - *What would you pair with the eggs?*

Activity 6: Eggcellent Breakfast — *Get Girls Outside!*



Simple Meals [Meeting 1]

Time Allotment

30 minutes

Materials:

- Bowl
- Whisk
- Eggs, at least a few for each girl
- Milk
- Pot
- Pan
- Spatula
- Wooden spoon
- Stove

Steps

Use the same meeting agenda plans for “Eggcellent Breakfast,” but take your materials and set girls up outdoors.

Note to Volunteers: At many campsites, wood fires are no longer recommended so Girl Scouts recommends finding alternatives to using wood for cooking. Many types of portable camping stoves are available. Make sure to find something easy enough to use for your troop’s grade level.

Girls team up to make and then sample different kinds of eggs.

SAY:

- *Another big part of breakfast is eggs.*
- *Eggs are full of protein and are great at giving you energy.*
- *There is also a ton of ways to make eggs. Working in three teams, we are going to cook 3 different types of eggs, and then sample them so you can decide which kind you like best.*
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Simple Meals [Meeting 1]

- Which eggs were hardest to make?
- Which kind tasted the best?
- What other ways could you cook eggs?

What would you pair with the eggs?

Activity 7: Name that Breakfast — Inside Option

Time Allotment

10 minutes

Materials:

- Various fruits, including melon, pineapple, strawberries, and blueberries
- Granola
- Cereal o's
- Yogurt – two kinds
- Bowls
- Paper
- Markers and crayons
- Spoons

Steps

Girls will make a breakfast parfait.

SAY:

- *Sometimes you need a breakfast but you might not have time to cook. You could always make a breakfast parfait.*
- *A parfait is a dish that is usually made with yogurt and different toppings. Using the ingredients here, make a breakfast parfait that you could serve to your parent as they come to pick you up.*
- *Remember, part of cooking is presentation, or how it looks, so be careful to make sure it looks good. You can also decorate a piece of paper as a placemat for the parfait and give it your own special name.*

Activity 7: No Cook Roll Up Breakfast — Get Girls Outside!

Time Allotment

10 minutes

Materials:

- Flour tortillas or any flatbread to use as a wrap
- Peanut butter, hazel nut or cream cheese—be sure to check girls for peanut allergies
- Cut up fruits—bananas, strawberries, blueberries



Simple Meals [Meeting 1]

Steps:

Girls make a no cook breakfast by rolling up their meal.

SAY:

- *Imagine you're a hiker camping out on a trail. You want to make something for breakfast but don't want to cook on a hot stove. What kind of things can you make? (Examples: cereal, peanut butter and banana sandwich, fruit salad, yogurt and granola.)*
- *Let's try one right now. This is called a breakfast rollup.*
- *First, take your wrap.*
- *Then add whatever fruit and spread you want.*
- *Roll it up and eat it!*

[When girls are done, **SAY:**]

- *Can you think of other things you can put in a wrap?*
- *What would you put in a wrap for a lunch or dinner meal?*

Activity 8: Closing Ceremony

Time Allotment

5 minutes

Materials:

- Cardstock paper
- Markers and crayons

Steps

Girls form a friendship circle and sing a song.

SAY:

- *Cooking takes both creativity and the ability to follow directions. As we finish this meeting, think about what you liked about making meals, and what you didn't.*
 - *Did you like making breakfast foods?*
 - *Could you help make your breakfast at home?*
- *If you liked any of the dishes we made today, use the cardstock paper to draw or write a recipe so you don't forget how to make the dish later.*

Ask a girl to end the ceremony by starting the Friendship Squeeze.