



## Simple Meals [Meeting 2]

### 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 some 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.

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.

#### Prepare Ahead

- Peel and dice about 2-3 Granny Smith apples
- Prep all the ingredients for soup, and put each ingredient into its own freezer bag and seal (even the spices should have its own individual bags). The amount will depend on how many girls are at the meeting, but a good guide would be about a cup of each of the veggies for each girl, except for the zucchini and green beans, which would be about half a cup for each girl. Veggies and spices to be prepped and bagged are:
  - Chopped potatoes
  - Diced onions
  - Sliced carrots
  - Sliced Celery stalks
  - Sliced zucchini
  - Frozen green beans
  - Chopped parsley
  - Sprigs of thyme
  - Salt
  - Pepper
  - Dried basil
  - Dried oregano

#### 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



## Simple Meals [Meeting 2]

- 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

#### Activity 1: As Girls Arrive

- Paper
- Markers and crayons
- Pens and pencils

#### Activity 2: Opening Ceremony

- PDF of Girl Scout Promise and Law

#### Activity 3: International Pizza Party

- Naan bread
- Flour tortilla
- Lavash
- Pita bread
- Pizza sauce
- Shredded mozzarella
- Pepperoni
- Chopped olives, mushrooms, green and red peppers (optional)
- Foil
- Oven

#### Activity 4: Awesome Apple Blossoms — Inside Option

- 2 Granny smith apples, peeled and diced
- 4 tablespoons butter, melted plus 2 tablespoons butter for filling
- 4 tablespoons brown sugar
- 1 teaspoon cinnamon
- 1 container crescent dough
- 2 teaspoons cinnamon
- 2 tablespoons granulated sugar
- Baking sheet
- Cooking spray
- Mixing spoon
- Pastry brush



## Simple Meals [Meeting 2]

- Oven
- Mixing bowl

### **Activity 4: Pizza on a Stick — *Get Girls Outside!***

Bag of bagel bites, enough for one bagel per girl

Sticks or skewers

Jar of pizza sauce

Sliced pepperoni

Mini cherry tomatoes, cut into halves

Shredded mozzarella or any shredded cheese

### **Activity 5: Scavenger Hunt Soup — *Inside Option***

- Chopped potatoes
- Diced onions
- Sliced carrots
- Sliced Celery stalks
- Sliced zucchini
- Frozen green beans
- Chopped parsley
- Sprigs of thyme
- Salt
- Pepper
- Dried basil
- Dried oregano
- Poster board or dry erase board listing all the ingredients
- Large Ziploc freezer bags
- Small cups, one for each girl
- Plastic spoon, one for each girl

### **Activity 5: Camp Chili — *Get Girls Outside!***

Depending on size of group:

2 lbs. ground hamburger or turkey meat

2 large cans kidney or red beans

2 cans cream of tomato soup or 2 cans diced tomatoes

4 tsp. chili powder

Grated cheddar cheese (optional)

Stirring spoons

### **Activity 6: Closing Ceremony**

- Cardstock paper
- Markers and crayons
- Simple Meals badges, enough for each girl

## Detailed Activity Plan



## Simple Meals [Meeting 2]

**Activity 1: As Girls Arrive****Time Allotment**

10 minutes

**Materials**

- Paper
- Markers and crayons
- Pens and pencils

**Steps**

As girls arrive, have them design a “daily special” for a menu using the family recipe they brought in. If they don’t have a family recipe, ask them to create something on their own.

**SAY:**

- *Lots of restaurants have daily specials, something that’s not on the menu and made especially for that day.*
- *Use the paper and writing supplies to design a “special of the day” for a menu using the family recipe you brought in. If you don’t have a family recipe, come up with something on your own! It could be foods you love and have always wanted to try and make.*

**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 second Simple Meals badge meeting. Girls say the Girl Scout Promise and the Girl Scout Law together.

**SAY:**

- *In today’s meeting, we aren’t just going to follow other people’s recipes, but we are going to start thinking of our own kitchen creations.*
- *When you came in, you made a special of the day for an imaginary menu. Anyone want to share what your special was?*
- *Is your special a family recipe? Is it something you like to eat?*
- *Does your special of the day have a protein, vegetable and a starch?*
- *Today we’ll do more cooking for our Simple Meals badge. But first, let’s go over our safety tips again:*



## Simple Meals [Meeting 2]

- *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.*

### Activity 3: International Pizza Party

#### Time Allotment

20 minutes

#### Materials

- Naan bread
- Flour tortilla
- Lavash
- Pita bread
- Pizza sauce
- Shredded mozzarella
- Pepperoni
- Chopped olives, mushrooms, green and red peppers (optional)
- Foil
- Oven

#### Steps

Divide the girls up into teams, and have each team take a different kind of flatbread. With the flatbread, they will make a pizza. After all the pizzas are done, they can discuss what kind of pizza they liked best.

#### SAY:

- *In almost every culture, people have a form of bread that they serve with meals. Bread is from what food group? [Starch]*
- *Lots of homes and restaurants in the U.S. serve rolls with dinner. But at Indian meals, they eat naan bread. In Latin America, they use tortillas. In Mediterranean and Middle Eastern countries, they use pita bread. Lavash is flat bread that comes from Armenia.*
- *Break into groups and each group take a different type of bread. Try it by itself, and then prepare your pizza with it.*
- *When you're ready, we'll bake your pizza. I'll help you with that part.*

[When pizzas are done, cut into sample pieces. Tell girls to taste test.]

- *One thing all chefs do is trying their own food. As they cook, they'll taste it as they go to make sure everything tastes the way it should. Make sure to try a sample of pizza from each group.*
- *Which one did you like the best?*



## Simple Meals [Meeting 2]

- *What flatbread makes the best pizza?*
- *What other ingredients would you add to your pizza?*

### Activity 4: Awesome Apple Blossoms — **Inside Option**

#### Time Allotment

20 minutes

#### Materials

- 2 Granny smith apples, peeled and diced
- 4 tablespoons butter, melted plus 2 tablespoons butter for filling
- 4 tablespoons brown sugar
- 1 teaspoon cinnamon
- 1 container crescent dough
- 2 teaspoons cinnamon
- 2 tablespoons granulated sugar
- Baking sheet
- Cooking spray
- Mixing spoon
- Pastry brush
- Oven
- Mixing bowl

#### Steps

Girls will make apple blossoms together.

Preheat oven according to dough container.

Spray a baking sheet with cooking spray.

In a bowl, mix the first four ingredients together.

Peel crescent dough apart, tearing them into triangles at the dotted line.

Scoop 1 tablespoon of the apple mixture onto the triangle, and then roll from the wide side to the pointed end.

Pinch the edges so the apples don't come out when you cook it.

Brush the dough with butter, and sprinkle cinnamon and sugar on the outside.

Bake according to package instructions.

Let them cool, but enjoy them while they are still warm.

#### SAY:

- *Now that we've made and enjoyed a pizza meal together, let's try a dessert. This is a very simple dessert, but one that tastes great! If you like apple pie, you will love these, and it isn't nearly as much work.*

### Activity 4: Pizza on a Stick — **Get Girls Outside!**



## Simple Meals [Meeting 2]

**Time Allotment**

20 minutes

**Materials:**

- Bag of bagel bites, enough for one bagel per girl
- Sticks or skewers
- Jar of pizza sauce
- Sliced pepperoni
- Mini cherry tomatoes, cut into halves
- Shredded mozzarella or any shredded cheese

**Steps:**

Girls learn to prepare food on a stick, a camp classic!

Cover a picnic table or ground area with plastic to use as a workspace. You can offer girls this “Pizza on a Stick” option for “International Pizza Party,” or do both!

**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 age level.

**Note to volunteers:** You can use a camp stove toaster on top of a grill, a stainless steel camping stove toaster over a propane burner (usually a handle attached to a wire or mesh base), a skillet, or a box oven.

Box ovens can be made using simple materials. Check out these instructions for how to make a Girl Scouts box oven:

<http://www.girlscoutsofpaloalto.org/images/BoxOven.pdf>

<http://www.instructables.com/id/Make-a-Box-Oven-the-Girl-Scout-Way/>

**SAY:**

- *Pizza can come in all shapes and sizes, how about on a stick?*

[Each girl take a bagel and put a skewer through it.]

- *Next, spoon on some pizza sauce.*
- *Then assemble your pizza by adding the cheese, tomatoes and pepperoni.*
- *When you’re ready, toast your pizza in the camp oven for at least 10 minutes [or however long it takes for the toaster method you’re using].*

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

- *What was the hardest part about making your pizza on a stick?*
- *Is there something you would do differently next time? Another ingredient you can think to add?*
- *What other things can you think of making on a stick?*



## Simple Meals [Meeting 2]

**Activity 5: Scavenger Hunt Soup — Inside Option****Time Allotment**

20 minutes

**Materials**

- Chopped potatoes
- Diced onions
- Sliced carrots
- Sliced Celery stalks
- Sliced zucchini
- Frozen green beans
- Chopped parsley
- Sprigs of thyme
- Salt
- Pepper
- Dried basil
- Dried oregano
- Poster board or dry erase board listing all the ingredients
- Large Ziploc freezer bags
- Small cups, one for each girl
- Plastic spoon, one for each girl

**Steps**

Girls go in search of ingredients to make their own soup. They will put the ingredients in a Ziploc bag and cook it at home for their family.

**SAY:**

- *We've made lunches and dessert following a recipe, now it is time to make your own creation.*
- *Hidden around the room are various ingredients listed on the board.*
- *They are all ingredients that make a great soup.*
- *Grab a freezer bag, a small cup and spoon, and decide how much of each ingredient you want in your soup.*
- *Add it to your bag, and then you can take the bag home and make the soup for your family by adding it to a crockpot with some water.*
- *You could also add chicken or meat when you got home as well.*
- *Your soup scavenger hunt starts now!*

**Activity 5: Camp Chili — Get Girls Outside!****Time Allotment**



## Simple Meals [Meeting 2]

20 minutes

### Materials:

Depending on size of group:

- 2 lbs. ground hamburger or turkey meat
- 2 large cans kidney or red beans
- 2 cans cream of tomato soup or 2 cans diced tomatoes
- 4 tsp. chili powder
- Grated cheddar cheese (optional)
- Stirring spoons

### Steps:

Girls make “Camp Chili” for their one pot meal.

### SAY:

- *First brown your meat in a pot with the onions.*
- *Drain off the excess fat.*
- *Then add the beans, tomatoes or soup, and chili powder.*
- *Let it simmer for at least 30 minutes.*
- *Top with grated cheese.*

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

- *What was the hardest part about making the chili?*
- *What would you do differently next time? Add another ingredient?*
- *If you were going to write the recipe for this chili, what would it say?*

## Activity 6: Closing Ceremony

### Time Allotment

5 minutes

### Materials

- Cardstock paper
- Markers and crayons
- Simple Meals badges, enough for each girl

### Steps

Girls form a friendship circle and sing a song.

### SAY:

- *Today you’ve cooked from a recipe, and now you’ve gotten creative to make your own soup at home.*



## Simple Meals [Meeting 2]

- *Work with a parent to finish your soup and serve it to family or friends. If you don't like how it comes out, decide how you will try something different. Cooks are just like scientists – they experiment until they get it right!*
- *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 meeting by starting the Friendship Squeeze.