

COOK BADGE

How to earn your badge

1. Find out what makes a balanced diet
2. Find out about why being clean in the kitchen is important
3. Learn about being safe in the kitchen
4. Choose three dishes to prepare and cook. At least one dish should be savoury and one should be sweet

You will need help from an adult if you're using the oven or stove.

If you're cooking at home take photos and bring them to your meeting.



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