



## Cook Activity Badge

Discover how to whip up the tastiest food for you and your friends. Ready. Steady. Cook.

How to earn your badge:

### 1. Find out what makes a balanced diet.

- [Download the balanced plate worksheet](#)



### 2. Find out why being clean in the kitchen is important.

### 3. Learn about being safe in the kitchen.

- [Watch the Shiny Kitchen video on kitchen safety and hygiene](#)

### 4. Choose three dishes to prepare and cook: At least one dish should be savoury, and one should be sweet.

You could choose your own recipes, learn from other members of your family or use the recipes from Zoe at Shiny Kitchen.

- [Shiny Kitchen Recipe Video – Samosas](#)
- [Recipe Card - Samosas](#)



- [Shiny Kitchen Recipe Video – Curry](#)
- [Recipe Card - Curry](#)



- [Shiny Kitchen Recipe Video – Christmas Tree Traybake](#)
- [Recipe Card - Christmas Tree Traybake](#)



- [Shiny Kitchen Recipe Video – Mock-tails](#)
- [Recipe Card - Mocktails](#)

Other Resources to deliver this badge:

- [BOX-JAM Recipe Ideas](#)