

Chef Activity Badge



Wash your hands, put on your apron, and get ready to cook up a storm.

How to earn your badge:

1. Learn what the major food groups are

How do they fit into a healthy diet?

- [Download the balanced plate worksheet](#)



2. Find out about the basic rules of safety and hygiene in the kitchen

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

3. Discuss with another person different ways of preparing and cooking food.

This could include thinking about how a potato can be prepared in different ways.

4. Plan, cook, serve and clear away a two-course meal for at least two people.

You should cook vegetables as part of the menu talk to the people you are cooking for to make sure they like your menu choices.

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](#)