



After a long day of activities, is there anything better than a home-cooked meal?

How to earn your badge:

1. Plan a menu for a weekend for between four to six people

include quantities you will need and any dietary needs for cultural, religious or medical reasons.

- [Download the menu planning sheet](#)

2. Show how to store food properly, hygienically, and in ways to prevent food poisoning

- [Download the storing foods sheet](#)

3. Discuss the best way to clear up afterwards.

This should include washing up and disposing of waste food and rubbish that prevents vermin or disease.



4. Cook and serve at least one of the meals from your menu plan.

This should be a two-course meal and can be prepared on an open fire or in your kitchen. You could choose to use your own recipes in your plan 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](#)
- [Watch the Shiny Kitchen video on kitchen safety and hygiene](#)