

"Copyright Notices"

© Copyright Samantha Eagle

All rights reserved.

No part of this publication may be reproduced or transmitted in any form or by any means mechanical or electronic, including photocopying and recording, or by any information and retrieval system, without permission in writing from the publisher.

The purchaser is authorised to use any of the information in this publication for his or her **own** use ONLY.

For example, if you are a leader trainer you are within your rights to show any or all of the material to other leaders within your possession. However, it is strictly prohibited to copy and share any of the materials with anyone.

Requests for permission or further information should be addressed to Samantha Eagle at sameagle@easierscouting.com

Published by Samantha Eagle
Email: sameagle@easierscouting.com

Legal Notices

While all attempts have been made to verify information provided in this publication, neither Author nor the Publisher assumes any responsibility for errors, omissions, or contrary interpretation of the subject matter given in this product.

Beavers Cook Badge

Overview & Timings

There are **four main** tasks the Beavers need to carry out to complete the 'Cook Badge'. Below I have outlined roughly what I've created for them to gain this badge.

Task 1 Find Out What Makes A Balanced Diet

For this task your group will play a game where they will pick foods for different meals. Depending on what they pick they will gain points. The team with the most points will be the 'Super Eater' winners.

File name: 01-Super Eaters Activity

Task 2 Find Out About Why Being Clean In The Kitchen Is Important

For this task your group will play a quick game called 'Bad Chef, Good Chef' this will help them learn about how a chef practises hygiene in the kitchen.

File names: 02-FoodHygiene

Task 3 Learn About Being Safe In The Kitchen

For this task your group will do an activity that will help them gain knowledge on ways they can stay safe in the kitchen.

File name: 03-Safe In The Kitchen

Task 4 Choose Three Dishes To Prepare And Cook. At Least One Dish Should Be Savoury And One Should Be Sweet

For this task your group will make 3 different dishes.

File name: 04-Dishes

Order Of Events

NOTE: Perform the tasks in this order. These timings are based on a meeting of about 1 hour and takes into account your opening and closing ceremonies.

Week 1

Task 1	Super Eaters Activity	Allow 30 mins
Task 2	Bad Chef, Good Chef Game	Allow 25 mins

Week 2

Task 3	Safe In The Kitchen Activity	Allow 25 mins
Task 4A	Basic Guacamole	Allow 25 mins

Week 3

Task 4B	Sandwich	Allow 20 mins
Task 4C	Chocolate Mousse	Allow 20 mins