



Beavers Cook Activity Badge

Parts of this badge can be done in one evening, but other parts may take longer!
Beavers will need assistance from a parent/guardian when completing this badge

How to complete this badge

- Find out what makes a balanced diet ([how to eat a balanced diet](#))
- Find out why keeping your kitchen clean is important ([10 Reasons Why Cleaning the Kitchen is Necessary for Better Health](#))
- Learn about being safe in the kitchen ([Top 10 Safety Rules For Kids In The Kitchen](#))
- Choose three dishes to cook and prepare* ([Kids' cooking recipes](#))

*Beavers will need assistance in the kitchen when cooking by a parent/guardian

To show that these tasks have been completed, photos and videos can be uploaded to relevant facebook groups (e.g. your Beaver colonies' facebook group). If your group doesn't have a facebook group, then speak to your leaders about where you can upload your evidence!

For more details and guidance on how to complete this badge, click the link below:
[Cook Activity Badge](#)