



Chef Badge

If you are budding Chef, you might find this badge fun to do at home! We've put together the things you need to do for this badge along with some ideas of where you can look for ideas and resources to help you gain it.

1. Plan a menu for a weekend event for between four and six people.

Include the quantities you'll need and any dietary needs of the group for cultural, religious or medical reasons.

There are lots of places online to search for simple recipes. Try these sites to start giving you some ideas

[All Recipes](#)

[BBC Good Food Easy Recipes](#)

[10 Easy Recipes for Kids](#)

We have created a table for you to plan your weekend menu, remember to change the quantities of recipes to feed your imaginary group of four to six people.

MENU PLANNER

I am cooking for _____ people.

Dietary needs (food allergies, vegetarians, vegans etc)

Cultural needs (halal, kosher food etc)

Is there anything else you need to think about when planning food for other people?

Day	Meal	Ingredients (include quantities)
Friday evening		
Saturday breakfast		
Saturday lunch		
Saturday dinner		
Sunday breakfast		
Sunday lunch		
Snacks		
Drinks		

2. Show how and where to shop for the food and the best way to transport it.

What supermarkets are there in your area?

Where can you shop online?

What will you need to take with you to the shop, if you are shopping at a supermarket?

How would you get your shopping home?

3. **Show how to store food properly, hygienically and in ways that prevent food poisoning. Explain what you might need to consider if you're using an indoor kitchen or a camp kitchen.**

It's really important that we keep food in suitable places to prevent people becoming ill.

What types of food need keeping in the fridge?

What types of food can be kept in a cupboard and not in a fridge or a freezer?

Can you ever refreeze previously frozen food?

Put these foods in order of where they should be stored in the fridge, from top to bottom.

Ready to eat food like yoghurts, ham, cheese

Salad and vegetables

Raw food like meat that needs cooking

Why is the order of food in the fridge important?

How long should you keep chilled foods out of the fridge before eating or cooking them?

On a camp with no access to electricity or a kitchen, how could you keep food cool?

How should you store foods so that animals can't get at them?

4. **Cook and serve at least one of the meals from your menu.** The meal must be at least two courses and can be prepared on an open fire on camp or in a kitchen.

If you haven't got four people in your household, don't worry! Just cook for the number of people you do have. Remember to take photographs along the way so that you can evidence that.

What went well?

What could be improved?

What comments did you get from your diners?

5. **Demonstrate the best way to clear up afterwards.** Clearing up should include washing up utensils, pots and pans, disposing of rubbish and leftover food in a way that prevents vermin or disease.

Describe what you have done after finishing cooking and eating
