

IN THE KITCHEN

LEARNING OUTCOMES

Having completed this badge the Adventurers/Sunbeams will be able to:

- explain general rules of kitchen safety and hygiene;
- demonstrate how to correctly set a table;
- prepare and cook a meal for either breakfast, lunch or dinner;
- demonstrate the ability to clear a table and wash up properly.



BADGE REQUIREMENTS

1. Learn and demonstrate the general rules of kitchen safety and hygiene.
2. Demonstrate how to correctly set a table and serve a meal.
3. Prepare a meal for either breakfast or lunch or dinner. The meal will include at least one cooked item.
4. Prepare/make two treats for morning or afternoon tea or supper.
5. Clear the table and wash and wipe up after the prepared meal. (Wash the dishes by hand.)

The work for this badge needs to be supervised at all times.

ADVENTURERS
SUNBEAMS

in the
kitchen



CATEGORY

Life To The
Max

TIME FRAME

Four - five
weeks

AIM

To teach basic
cooking and
kitchen skills.





Teaching ideas

This is a practical badge – use the facilities in your corps or arrange to go to someone's home. You may choose to invite a guest to teach some or all of this badge.



1. Learn and demonstrate the general rules of kitchen safety and hygiene.

Many people are injured in their own homes through carelessness. Here are a few examples of how to keep your kitchen safe, clean and hygienic.

This information can be displayed on a chart or used as a PowerPoint presentation.

Kitchen safety

- Always have an adult supervise when cooking and cleaning.
- Leaving tea towels, pot holders, pizza boxes, or paper bags on the stove or near hot appliances may start a fire.
- Use a lid or bigger pan to smother a small pan fire. Do not use water or flour on a grease fire because it will make the fire bigger. Do not try to carry a burning pan outside or to the sink. You could accidentally spread the fire. Keep a fire extinguisher and/or fire blanket in the kitchen.
- Keep pot handles turned inward, out of reach of small children and pets.
- Protect yourself from steam when uncovering food, especially microwave servings. Steam can cause serious scalds (wet burns). Always use a dry pot holder or oven mitt when taking things out of the microwave or oven.
- Avoid reaching over the stove for anything while cooking as you could burn yourself. Don't wear loose fitting clothes while cooking.
- Never use faulty electrical appliances or leads as they could cause electrocution and death. All electrical faults should be repaired by a qualified electrician.
- Never leave electrical leads hanging over the bench tops or cupboards.
- All harmful liquids should be marked clearly and stored away in a safe place. Never put these in bottles or jars that have a food label on them.
- Make sure that tablets and medicines are stored away out of the reach of children so that they are not taken accidentally.
- Don't leave toys, books or other things lying on the floor. Tripping over things could cause serious injuries.

Kitchen hygiene

- Wash hands before preparing any food.
- Use separate cutting boards and knives for vegetables/salads, raw meat, cooked meat and cheeses. Ensure these are well washed and dried.
- Kitchen gloves are a requirement in public food preparation. Always use tongs and spoons for serving food.
- Keep bench tops clean and uncluttered.

Teaching ideas

- A good practice is to clean up as you work.
- Dishcloths, sponges and tea towels must be washed regularly.

Use **Handout 1** to reinforce this teaching.



2. Demonstrate how to correctly set a table and serve a meal.

How to set a table

Placemats

Set each placemat close to the edge of the table in front of each chair, ensuring that it is neatly placed.

Dinner plate

The dinner plate is placed in the middle of the placemat.

serviette

Ensure that every place setting has a serviette or there is a full serviette holder on the table. (Leaders may choose to teach creative ways to fold serviettes.)

Utensils

Place utensils next to each other accordingly. These are used from the outside in.

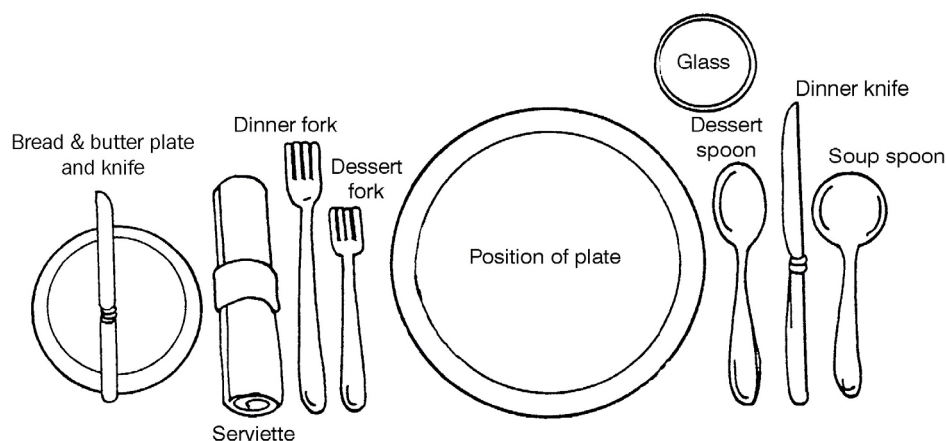
- The **dinner fork** and the **dessert fork** go on the left, with the prongs facing up.
- The **dinner knife** goes on the right, with the cutting edge towards the plate.
- Place the **dessert spoon** parallel with the inside of the dinner knife.
- If soup is on the menu, place the **soup spoon** parallel to the outside of the dinner knife.

Drinking glass

The drinking glass is placed above the cutlery on the right hand side.

side plate

Place the plate for the bread or bread roll on the left side with a **butter knife** on top of the plate.



TEACHING
IDEAS



Teaching ideas

serving

When serving a meal, plates are placed in front of the seated person from his/her left side. When the meal is finished, plates are removed from the person's right side.



3. Prepare a meal for either breakfast or lunch or dinner. The meal will include at least one cooked item.

Involve members in menu planning, setting the tables, cooking and serving the meal and cleaning up afterwards.

suggested meal assessment tasks or own choice

Breakfast	Lunch	Dinner
(combination of any of the following)		
Cereal	Patties or rissoles with	Spaghetti bolognaise
Toast	salad, or as a hamburger	Or
Boiled or poached eggs	Or	Stir fry
Scrambled eggs	Toasted sandwiches	Or
Yoghurt	(fillings of own choice)	Fried rice
Fruit	Fruit	Dessert – fruit, ice
Juice/water/milk	Drink	cream, custard, jelly



4. Prepare/make two treats for morning tea, afternoon tea or supper.

- Pancakes
- Pikelets
- Savoury dip with bread or cracker biscuits
- Chocolate crackles
- Recipe of own choice

Easy children's recipes can be found in the *Kidzone* magazines, children's recipe books and on the Internet.

Use **Handout 2** for some recipe ideas.



Teaching ideas



5. Clear the table and wash and Wipe up after the prepared meal. (Wash the dishes by hand.)

Hand washing is compulsory, however, leaders may also choose to teach the correct method of loading and unloading a dishwasher.

General tips for washing up

- Scrape leftover food from plates into the bin.
- Rinse plates with water.
- Use water as hot as the member can stand and a small amount of detergent.
- Using a dishcloth or brush, wash the least dirty items first in order to keep the water clean, then wash the dirtier, greasier items last, i.e. wash glassware first, followed by cups, plates, utensils and finally pots and pans.
- Place on a rack to drain excess water and suds away and then wipe up using a clean tea towel.
- Put everything away in its correct storage area.



Optional – How to load a dishwasher

Note: In order to save water and power, it is preferable to wait until there is a fully loaded dishwasher before you run a cycle.

- Read the appropriate manual for loading procedures and use of your specific dishwasher.
- Scrape off big chunks of food before you place the dishes in the dishwasher. It is not necessary to thoroughly rinse.
- Place large items so that they do not obstruct the flow of water.
- Keep the top rack of the dishwasher for smaller items, glasses and mugs. Stack large items in the bottom rack.
- Make sure that glassware is secure. If glasses are left loose they may break during the wash.
- Pots and pans should be placed facing down on the bottom rack.
- Place utensils standing up in the utensil basket.
- Add dishwashing powder/tablet into the dispenser for each wash and rinse aid to the rinse dispenser as required.
- **Important** – Make sure you only use products that are made for dishwashers. If you use ordinary washing up detergent you'll have suds everywhere!
- Close the door securely and choose a wash cycle that is appropriate for the load.
- Press the start button.
- When the cycle is complete, empty the dishwasher and pack all items away.
- Empty and clean sludge filters after each wash.



TEACHING
IDEAS

HANDOUT 1

Adventurers/sunbeams

Kitchen safety

faulty

food

harmful

- Always have an _____ supervise when cooking and cleaning.
- Leaving tea towels, pot holders, pizza boxes, or paper bags on or near the stove or appliances may start a _____.

washed

clean

fire blanket

- Do not use _____ on a grease fire – smother it with a _____.
- Do not try to carry a burning pan as you could _____ the fire.
- Keep a fire extinguisher and/or _____ in the kitchen at all times.
- Keep pot handles turned _____, out of reach of children and pets.

fire

stored

- Protect yourself from _____ when uncovering food, especially when using the microwave.

wash

adult

steam

- Always use a _____ pot holder or oven mitt when taking things out of the microwave or oven.

- Avoid reaching over the stove while cooking as you could _____ yourself. Loose fitting _____ could catch on fire.

cutting

regularly

- Never use _____ electrical appliances and cords as they could cause electrocution and death.

- Never leave electrical cords _____ over the bench tops or cupboards.

lid

water

- All harmful liquids should be marked clearly and stored away in a _____ place. Never put _____ things in bottles or jars that have a food label on them.

burn

floor

- Make sure that tablets and medicines are _____ away out of the reach of children so that they are not taken accidentally.

- Don't leave toys, books or other things lying on the _____ for people to trip over.

hanging

Kitchen hygiene

good

spread

- _____ hands before preparing any food.

- Use separate _____ boards and knives for greens, raw meat, cooked meat and cheeses. Ensure these are well _____ and dried.

clothes

- Always use tongs and spoons for serving _____.

safe

- Keep bench tops _____ and uncluttered.

dry

- A _____ practice is to clean up as you work.

inward

- Dishcloths, sponges and tea towels must be washed _____.

HANDOUT 2

Adventurers/sunbeams

Recipes for treats

Pikelets

1 egg

4 tablespoons sugar

1 cup self-raising flour

$\frac{3}{4}$ cup milk

$\frac{1}{4}$ teaspoon bicarbonate of soda

1 tablespoon melted butter

1. Beat egg and sugar.
2. Add flour alternately with milk in which bicarbonate of soda has been dissolved.
3. Add melted butter.
4. Have ready a hot greased pan or griddle iron.
5. Put mixture in dessertspoonfuls in pan or on griddle iron.
6. Brown both sides, lift out, and drain on absorbent paper.



Chocolate crackles

250g Copha

4 cups of Rice Bubbles or similar puffed rice

1 cup icing sugar

3 tablespoons cocoa

1 cup dessicated coconut

1. Melt Copha in a saucepan over a low heat or in a microwave oven.
2. Mix dried ingredients. Mix with melted Copha until well combined.
3. Spoon mixture evenly into 24 paper patty containers. Set in the refrigerator.





Devotional ideas



1. **Title:** God's recipes for a good life
Bible: Micah 6:8
Thought: There are no failures with God's recipes
Supplies: Bible, packet of flour, enough cookies to give one to each member, the verse of scripture written up so that everyone can see it

Hold up the packet of flour and tell your group that you were busy doing some cooking last night. Have them look at the packet and ask them what they think you may have been cooking.

It's hard to be sure what I was cooking when I only show you one of the many things I used, because I used some other ingredients as well. I could have been making bread or pancakes or scones or cakes or muffins – BUT these are what I was baking. (Show cookies.)

Hand out a cookie to each child and allow them to eat it.

You can't tell by just looking at the cookie what was in it but you can tell by tasting it whether I put all the right things into it. Does it taste good?

What would have happened had I put in too much flour or left out the oil? (*It would have tasted horrible.*) It's important to follow the directions in the cook book or on the packet if I want to make something that tastes good.

Did you know that God gave us some really good directions to follow if we want to live a life that is good? Where do you think that He put them?

Hold up the Bible.

His directions are all through this book so I am just going to read you one verse. It's found in Micah 6:8 and this is what it says,

'The Lord has told us what is good. What he requires of us is this:

- to do what is just,
- to show constant love, and
- to live in humble fellowship with our God.' (GNB)

Have the group read it out with you.

Do you know what God meant about being 'just'? (*Try to get them to reach the idea that it means being fair to everyone – no cheating, no favourites, sharing equally.*) Why do you think that *being just* is a good direction?

What about '*showing constant love*'? How do we do that? We are kind to everybody – harm no-one, no laughing at others when they are hurt, and constant means that we do it all the time! Does this make for a good life?

The third point says '*to live in humble fellowship with God.*'

That means that we can have God as our friend, talking to Him and sharing our news with Him but remembering what a great God He is and how good He is to let us be His friend.

Read the verse together again and pray that God will help us all to follow His good directions.

Devotional ideas



2. Title: Giving thanks

Bible: Luke 24:28 - 30

Thought: Remembering to thank God for His good gifts

Supplies: A book or something similar, wrapped very nicely

Have one of the other leaders come over to hand you a gift. Be a bit impatient and tell him/her not to interrupt you, to just put it over on the table. The leader walks away looking very sad. He/she can whisper to the children that you are mean and ungrateful.

Ask the children what is wrong. *(They should be able to tell you that you should have taken the gift and said thank you.)*

Call the leader back, take the gift and unwrap it and say how much you like it.

You thought that I was very rude, didn't you? It is rather sad that people can hurt someone who was being kind to them by just being too busy to say thank you.

Did you know that often we do that to God? He gives us lovely gifts and we just take them or hardly even notice them and never think of thanking Him. How do you think that makes Him feel? *(Sad)*

Can you think of some good things that have happened today? We can thank God for all of them.

And who has had nothing to eat all day? *(Nobody?)* Did you remember to thank the person who gave you the food and more importantly did you think about how they got the food.

It is God who helps our food to grow and so we need to remember to give thanks for the food we eat.

Read Luke 24:28 - 30. Jesus always remembered to thank God for food before He shared it with others and we should try to do the same.

Do you know the special name we have for a prayer before we eat? It's called a grace.

Ask if any of your group know one that they could say.

It is good to know how to thank God for our food but if you don't know a grace just close your eyes and say, 'Thank you Lord for this good food.'

And remember that God is pleased when we remember to say thank you.



DEVOTIONAL
IDEAS