

COOKING

LEARNING OUTCOMES

Having completed this badge members will:

- demonstrate how to set a basic table setting;
- assist in preparation of some simple foods;
- identify a few cooking utensils and their use;
- assist in cleaning up after cooking;
- serve guests.

BADGE REQUIREMENTS

1. Know some cooking tools and how to use them.
2. Make a sandwich.
3. Make at least two recipes.
4. Help to clean up after cooking.
5. Set a table for two people.
6. Help to serve guests a light refreshment.

EXPLORERS
MOONBEAMS



TIME FRAME

Three - Four
weeks

AIM

To each
members
some basic
cooking skills.





Teaching ideas

-  1. **Know some cooking tools and how to use them.**

Members should be able to recognise and know what the following utensils are used for: measuring spoons and/or cups, spatula, apron, pot holder or oven mitts, cutting board and wooden spoon. You might also like to discuss the danger of knives and other sharp tools and why members should leave these for adults to use.
-  2. **Make a sandwich.**

Demonstrate how to spread materials to the crust edge. The sandwich may be filled with anything you choose and should be healthy. **Be aware of any food allergies any member may have.**
-  3. **Make at least two recipes.**

Use easy recipes, e.g. *Chocolate Crackles*, though try something challenging, too. The local library may also have good resources and there are many website with recipes for kids' cooking.

<http://www.kidspot.com.au/recipe-finder-kidspot.asp>
<http://www.nickjr.com.au/site/default.asp?pageID=3§ionID=26>
-  4. **Help to clean up after cooking.**

Clean up should include helping to dry cooking utensils, crockery and cutlery, as well as cleaning up bench tops and floors.
-  5. **set a table for two people.**

Members should know how to set a dinner table for two people. The setting should include knives, forks, dessert spoons, dinner plates, bread plates, drinking glasses and placemats.
-  6. **Help to serve guests a light refreshment.**

There are two components to this requirement: a) members pour and serve four glasses of cold drink; b) members serve something they have made, possibly from **Badge requirement 2**. Invite parents, corps members or corps officers as guests. The light refreshment could be morning or afternoon tea, or refreshments following SAGALA.

Devotional ideas



1. **Title:** Bread of Life Keychain
Bible: John 6:35
Supplies: Bible, self drying clay (you can purchase it or make your own), keychain loop, white fun foam, marker, scissors, hole punch, straw, split ring or ribbon

Before Craft Discussion:

Bring in two or three different types of loaves of bread (french bread, crusty bread, pumpernickel, etc) plus some regular sliced bread. These can be used in **Badge Requirement 2**.

You can show the children the different kinds of bread and discuss whether any of them have helped make bread at home. Talk about how bread is made (mixing ingredients to make dough, kneading, shaping and baking) Have a taste test of the various bread that you have brought in.

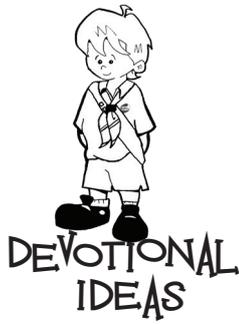
Read Bible verse.

Jesus says He is the bread of life. This means that He feeds a different kind of hunger; one that we can not fill with food. This hunger is a hunger for life, peace, love that only living with Jesus can fill.

Directions:

Have members shape their dough into a slice or loaf of bread. Use a straw to poke a hole through the completed shapes. Cut out a rectangle of white craft foam and punch a hole in the corner of it. Print the words: 'Jesus is the bread of life' on the piece of craft foam. Let the clay dry according to the package (or recipe) directions. Put a piece of ribbon or string through the keychain loop, the craft foam tag and the clay loaf.





Devotional ideas



2. **Title:** What's Cooking?
Bible: James 1:22
Supplies: Bible, Several cookbooks

Display several cookbooks to the members and have them select a recipe, picture or page. There are cookbooks on how to make just about anything you can imagine. Look through these cookbooks and read the recipes and think about all of the delicious foods that can be made. The recipes in these books tell you step by step exactly what you need to do to prepare these wonderful foods. Some of them even have a picture of what it will look like.

Ask members if they think they will be good cooks if they read the book. You could read all of the cookbooks in the world, but that won't make you a cook. To be a cook, you not only have to read the recipe, you have to actually do what it says.

The Bible is like a cookbook. The Bible has God's recipe for becoming a Christian and living a life that is pleasing to Him. A lot of people read the Bible every day. Many of them even go to Sunday School and study the Bible. But it isn't enough just to read the recipe. Read the Bible verse. Reading the Bible won't make you a Christian any more than reading a cookbook will make you a cook. We must follow the recipe in our daily life. We must live out what Jesus says.



3. **Title:** Milkshakes?
Bible: 1 Thessalonians 5:21
Supplies: Bible, blender(s), milk, chocolate syrup, icecream, vinegar

Prepare two milkshakes with the members. The first milk shake contains milk, a scoop of icecream and a tablespoon of chocolate syrup. Mix this together in a blender or shaker. The second contains the same except now we add vinegar. Ask members which they would prefer to drink.

This is like some things in our life – they look good on the outside, we think they might be fun or exciting but inside they are yukky, not good for us and lead us to do the wrong thing. Read the Bible verse. We need to 'test' everything. Does it stand up to what God wants for our life? Is it good, pure, right? Pray with members that they will 'test everything against God's values.' Allow members to make their own milk shakes.