



1st London Colney Cub Pack

Chief Activity Badge



Name: _____

How to earn your badge

1. What are the basic rules of safety and hygiene in the kitchen? Explain why they're important.

2. What are the different ways of preparing and cooking food.

3. What the major food groups are. How do they fit into a healthy diet?

4. Plan, cook, serve and clear away a two-course meal for at least two people. You should prepare and cook vegetables as part of the menu. Remember, an adult must supervise you for this step. Talk to the people you're cooking for about the menu.
