



1st London Colney Beaver Colony

Cook Activity Badge



Name: \_\_\_\_\_

1. Find out what makes a balanced diet

What makes a balance diet, what types of food should be included in your diet

---

---

---

---

---

2. Find out about why being clean in the kitchen is important

Why should you you're your hands and clean up in the kitchen?

---

---

---

What should you do when cooking with meats and egg?

---

---

---

3. Learn about being safe in the kitchen

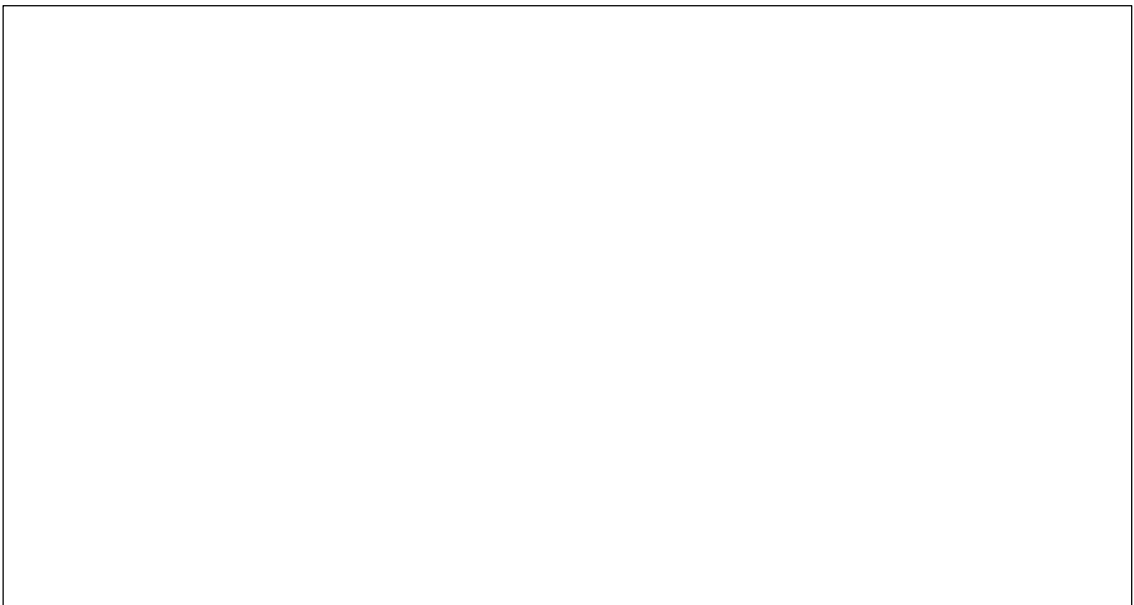
What dangers are there in the kitchen, draw a picture or list some of the dangers out.

---

---

---

---



4. Choose three dishes to prepare and cook. At least one dish should be savoury and one should be sweet

What dishes did you prepare?

a. \_\_\_\_\_

b. \_\_\_\_\_

c. \_\_\_\_\_