

# COOKING IS AN ART, BAKING IS A SCIENCE

This activity will help you get to know your kitchen and prepare you to plan and cook meals! Please note: this activity can be done by girls in kindergarten through twelfth grade but some activities may need to be modified for a girl's age and comfort level in the kitchen.

## BEFORE YOU GET STARTED

**Recommended Ages:** Grades K - 12

**Estimated Time:** 2 - 3 hours

**Stuff you'll need:** Basic kitchen tools, Kitchen Scavenger Hunt (attached), recipe cards or notebook, pencil/pen

**Parents/Guardians should consider:** There is always risk when youth use the internet. Some caregivers may choose to review house rules of internet use or sit down with their girl to complete the activity together. Consider the knowledge your girl already knows around the kitchen; she may need more assistance if she is not a seasoned kitchen helper.

## THE FUN PART

1. Get to know your kitchen by having a Kitchen Scavenger Hunt! It is important to know where all your needed cooking and baking supplies are before starting a recipe.
2. Plan a meal for your family or friends. This is your chance to try something from another region, another country, or another time period. Not sure what to make? A great place to start is online! If you find a recipe online, be sure to write it down and start your own recipe box or booklet so you can revisit it again.
  - When planning your meal, consider what ingredients you have on hand. If you need to go to the store, it's a good idea to write a grocery list to make sure that you have everything. It's also important to plan a budget for your meal. Note: Looking to get creative? If you want a real challenge, use only ingredients that you have on hand!
3. Be the Chef or Sous Chef by cooking or helping to make an amazing breakfast, healthy lunch or scrumptious dinner. You can even go for the full dining experience and create a delectable dessert.
4. Make a statement with your dish. When serving your meal, how do you want it to be presented? Will you have a culinary world tour or a beautiful center piece on the table? Will you use special dishes to serve the food? The possibilities for presenting food are endless. Have fun with it but make sure everything you serve out of is food safe.
5. Talk about your creation! While your family is enjoying your delicious meal, discuss what you learned. Did anything surprise you when you were cooking? Did you learn anything new while cooking or discover a new ingredient? Talk about the planning process for your meal. Do you feel ready to plan a week's worth of meals for your family?
6. Way to go! You did it! Share on social media with your caregiver's permission. Use the hashtag #GSGIDIY

### BADGE OR JOURNEY STEPS COMPLETED

Daisy Courageous & Strong Petal

Daisy Friendly & Helpful Petal

Junior Simple Meals: Steps 2 - 5

Cadette New Cuisines: Steps 1 - 5

Ambassador Dinner Party: Steps 1, 2, 4 & 5



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## KITCHEN SCAVENGER HUNT (K-5)

Work with a partner or on your own to locate the items on this list.

- Fork/knife/spoon
- Muffin tin
- Dish cloth
- Cookie sheet
- Saucepan
- Spatula
- Saltshaker
- Hot pad
- Measuring spoon
- Whisk
- Dinner plate
- Can opener
- Rolling pin
- Mixing bowl
- Cutting board
- Tongs
- Measuring cups
- Cake pan
- Slotted spoon

## KITCHEN SCAVENGER HUNT (6-12)

Work on your own to identify and locate the items on this list.

- Used to measure less than ½ cup
- Measures dry ingredients
- Measures liquids only
- Used to strain food and beverages
- Scrapes sides of bowls
- Flips foods without piercing
- Brushes liquids (BBQ sauce, butter) on foods
- Used for making muffins or cupcakes
- A knife to cut bread
- A small knife to peel fruit
- Used to dip soup
- Protects counter when cutting
- Holds a cake when baking
- Used to fry food
- Adds seasoning or flavor to food
- Used to melt butter in
- Protects hands from hot pans
- Holds hot cookies while they cool
- Removes the peel from produce
- Usually metal objects used to eat a meal
- Stirs eggs
- Used when stirring hot things
- Rolls out dough or pastry

