

Name: _____

BE A CHEF

Key to I Can Interest Badge



Plan a simple meal for your family. Include one item that is heated or cooked.
Write your meal plan here:

Make a list of ingredients.

Use a cookbook. What is the name of the cookbook you used?

Go grocery shopping with an adult. _____

(Parent signature)

Name: _____

Follow safe food handling practices, such as:

- ☐ washing hands
- ☐ caring for work surfaces
- ☐ storing food properly

(Parent signature)

Learn the names and uses of kitchen utensils. List them here:

Use a stove or a microwave, with adult help. _____

(Parent signature)

Prepare the meal. _____

(Parent signature)

Help clean up. _____

(Parent signature)

Bring this sheet back to your Guider, and talk about what your cooking experience!