

<http://1stwarsashseascouts.org.uk/cubs/wight/wight.htm>

Worksheet for Chef's Badge

Cubs Name	
Cubs Six	

Discuss with the leaders and helpers and list out the basic rules of Safety and Hygiene in the Kitchen and the reasons for them:		
	Rule:	Reason
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		

Discuss with the leaders and helpers the different methods of preparing and cooking food.		
	Rule:	Reason
1	Raw Food	
2	Boiling	
3	Baking	
4	Roasting	
5	Frying	
6	Barbecuing	
7	Microwaving	
8		
9		
10		

Discuss with the leaders and helpers a two course meal that you will prepare for your parents at home:

First Course	
Description	Picture
Second Course	
Description	Picture

The above meal (revised as noted to suit home situation) has been prepared and served in accordance with the Hygiene, Safety and balanced diet requirements as shown above
 Name:Signed:Date:.....