



LEVEL 2 - COOKING



1	Discuss the basic rules of hygiene and safety in the kitchen and show how you know how to put them into practice.	
2	Plan, cook, serve and clear away a meal for two or more people consisting of three courses and a drink. Leave the food preparation area clean and tidy after you have finished.	
3	Do any three of the following:	
a.	prepare and cook a tart or cake.	
b.	make some confectionary (e.g. jellies, honeycomb, chocolate truffles etc).	
c.	make a cooked dessert.	
d.	make a batch of biscuits.	
e.	make soup from fresh ingredients.	
f.	prepare your favourite recipe.	
4	Cook an outdoor meal.	
a.	make a billycan and use it to cook something (e.g. a meat and vegetable casserole or a vegetarian dish).	
b.	a dessert cooked in foil.	
c.	a hot drink.	
5	Plan a menu for one day showing you understand how to balance the essential food groups.	
6	Discuss special diets and allergies.	
7	Find a recipe that will cater for a special diet/allergy (eg. Gluten free, dairy free, low cholesterol, diabetes, fat free or vegetarian).	

Note 1

A letter from an adult must be shown to the examiner for any part of this badge work that is done at home.

EXAMINER:

DATE COMPLETED:

CUBS TESTED			