



LEVEL 1 - 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	Get your own breakfast consisting of at least one hot dish and including a drink. Wash up and put away the dishes and leave the food preparation area clean and tidy afterwards.	
3	Do any three of the following:	
a.	prepare and cook two vegetables for the family evening meal.	
b.	cook a batch of scones, pikelets or cakes.	
c.	cook something on a BBQ.	
d.	make an uncooked biscuit or slice.	
e.	prepare and cook a two-course lunch for yourself and an adult.	
f.	prepare your favourite recipe.	

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			