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## **JUNIOR GIRL SCOUTS “LET’S GET COOKING” CAKE WORKSHOP**

### **Overview:**

Cakes Unlimited, Inc., a small woman-owned business, is pleased to work with the Girl Scouts organization to develop and execute appropriate activities for the Junior Girl Scouts to earn their “Let’s Get Cooking” Patch.

The purpose of the “Let’s Get Cooking” badge is to begin to make meals and understand and learn the safe ways to prepare healthy meals. The girls must perform at least six (6) activities in order to earn this badge and what we provide in our workshop satisfies these requirements.

This workshop introduces the girls to healthy procedures for safe food preparation and storage plus understanding advanced appliances used to make food preparation quickly. The workshop can be done inside one’s home or at school or church – the only requirement is access to a sink. If the troop prefers, the Culinary Department and Kitchens of the Somerset County Vocational Technical Institute (and others) have granted permissions to Cakes Unlimited, Inc., the use of their facilities. If desired, this will allow the girls to see a large industrial kitchen, tools of trade and utilize it to create their cakes and decorations. But, troop can decide the choice of location.

The requirements for the “Let’s Get Cooking” patch are outlined below per the 2004 *Junior Girl Scout Badge Book*. It is followed by the Cakes Unlimited workshop agenda.

**\*\*It is important to note that the workshop can be customized per each troop – this document just outlines the basic workshop.**

### **“Let’s Get Cooking” Badge:**

For the Junior Girl Scout’s “Let’s Get Cooking” patch, the girls have to pick six (6) activities to earn this badge involving healthy ways to cook/make meals. Per the handbook, the girls are encouraged to perform tasks, make a game of the activity, document it, and to teach it. The required skills, as suggested by the handbook, are described below:

### **Activities:**

#### **1. Keeping it Clean**

When preparing and eating food, keep your hands squeaky-clean! Believe it or not, bacteria can cling to the natural oil on your hands. Want to see? Take two apple pieces. Wash one apple piece



and place it in a sealed jar. Label the jar “dirty hands”. Now wash your hands. Take a second apple piece and wash it, then wipe it with your clean hands. Label this jar “squeaky-clean”. After one week, look at both apple pieces. Are there any differences? How does this experiment demonstrate the importance of washing your hands?

## **2. When in Doubt, Throw it Out**

Talk with a dietician, a health educator, or a restaurant owner and find out: How long can you keep different kinds of leftovers before they become dangerous to eat? How long can you keep a picnic lunch out of refrigeration? What actions can you take to keep your food safe?

## **3. Have it Your Way**

With a group of friends, create your own *healthy* fast-food restaurant. Develop a menu, set the prices, and design the look of the restaurant. Don't forget to give it a great name. Assign jobs like hostess, waitress or chef. Decide where people will be able to find this restaurant. Then stage your “grand-opening”. Invite people to come to your “restaurant” and try some of your creative dishes.

## **4. Something for Everyone**

Not everyone has the same access to healthy food. Tragically, more than one billion people worldwide are underfed. Collect food that can be donated to shelters or to another organization that could benefit from additional food. Make sure you include nutritious food that won't go bad, such as canned goods, juice boxes, dried fruit or fruit rolls, packaged cereals and pastas.

## **5. The Perfect Egg**

Eggs are a great source of protein and can be prepared in many different ways. Create a recipe in which eggs are used. Need inspiration? You might look at cookbooks with recipes from other countries. *Note:* Although eggs taste good and are good for you, they can be dangerous if you don't cook them properly. You can limit the threat of these harmful bacteria by making sure that eggs are fully cooked. Uncooked eggs are one reason not to taste cookie dough or cake batter before it's been baked!

## **6. New Wave Chef**

Microwaves, electric grills, rotisseries and other appliances help make cooking fast and fun. Select an appliance and, with an adult's help, try out a recipe that lets you use it.

## **7. Tasty Treats: Fruit Surprise**

Here is a great way to make a tasty treat for you and your friends that doesn't involve cooking.

### **What You Need**

- 1 cup container of fruit-flavored yogurt
- 1 cup of whipped cream or whipped cream substitute
- 4 mini pie crusts (pre-cooked)
- Fresh berries or other fruit

### **What You Do**

1. In a bowl, mix the fruit-flavored yogurt and the whipped cream.
2. Scoop the mixture equally into each of the four pie crusts.
3. Decorate the pies with the fresh berries or other fruit.
4. Refrigerate for 15 minutes.



Then, devour!

Now it's your turn: Create your own no-cook recipe.

### **8. Mix it Up**

Blender drinks are fun, quick and easy to make. When you use healthy ingredients, the drinks can also boost your energy. Hold a blender party. Invite each guest to bring a recipe for a vegetable or fruit drink and all the ingredients it requires. Be sure plan ahead, so you'll have everything you need. Experiment with combinations of fruit, milk, yogurt, juice, honey and natural flavorings to create a variety of drinks. Select fruits such as blueberries, strawberries, melon slices, peaches, pineapple or bananas. Also try tropical fruits such as kiwi, mango and papaya. For vegetable juices, try combining carrots, celery and tomatoes.

### **9. Food Around the World**

With your Girl Scout troop or group, eat your way around the world. Start in the U.S. and trace a path around the globe in any direction. Each girl chooses a country on the "trip". She then finds a healthy recipe from that country to share with the troop. What can you learn about a culture from a recipe and its ingredients?

### **10. The Big Change**

With the help of an adult, take a recipe that you find in a cookbook and make it healthier. For example, you can change the ground beef in a meat sauce to ground turkey or chicken. If you are baking, try substituting a half cup of applesauce for a stick of butter. Try tofu in your cooking as a healthy source of protein. Be creative and have fun!

### **Cakes Unlimited Workshop Agenda\*\*:**

**\*\*Again, it is important to note that the workshop can be customized per each troop – this document just outlines the basic workshop.**

The workshop for the girls to earn their badge will consist of the following tasks:

1. Discuss food safety
2. Discuss/create a healthy filling or cake batter
3. Cake decorating

The food safety lesson will consist of the following topics:

1. Discuss how to properly prepare for cooking – washing hands, cleaning the work surface, etc. Discuss the benefits/risks if these sanitary procedures are/aren't followed.
2. Understand the outcomes of leaving food out long. Learn how long certain foods last in the pantry, refrigerator or freezer and what actions can be taken to keep food safe and prevent spoiling.
3. Review the proper ways to handle and prepare eggs to avoid consuming harmful bacteria. Discuss why it is not healthy to eat cake batter before it is baked.

The healthy filling lesson will consist of the following topics:

1. Discuss the varying ways to make filling for a cake from puddings to a mousse.



2. Identify ingredients which can be substituted in the prior-named fillings to make them healthier (less sugar, margarine, etc.).
3. Discuss the varying ways to make cake batter – from the pre-maid cake mixes to homemade.
4. Identify ways and ingredients to make a healthier cake batter – from substituting apple sauce instead of butter to using a sugar substitute.
5. As an exercise, the girls will attempt to create the healthier filling or cake batter and will use a portable (hand-held) electric mixer to demonstrate its quickness versus a wire whisk.

The cake creation activity will consist of the following tasks:

1. The Cakes Unlimited representative will review and explain the contents of the cake kit – from pastry bags to tips.
2. The Cakes Unlimited representative will demonstrate for the girls how to cut the cake layer using a knife and will go around the room cutting each cake layer for the girls. The girls will then build a buttercream dam, and fill and assemble the cake with the before-mentioned healthier filling or pre-purchased fillings such as vanilla or chocolate.
3. Next, the girls will learn how to ice their cakes using a cake comb. Each girl will be supervised and aided during the process.
4. The girls will learn various techniques to create borders for their cakes. These will include the star, basic and reverse shell borders using the star tip. In addition, the girls will be instructed on making stars and some flowers such as roses and rose buds as well as leaves.
5. (add-on idea) If desired, the girls can also add other decorations to the top of their cake – for instance, melted chocolate drizzled over cookies, fruit, etc. (if the troop negotiates this with Cakes Unlimited before the workshop).
6. The girls will also learn how to use the writing tip to create a message on their cake – anything from their name to “Happy Birthday”.
7. The girls can add additional creative decorations to their cake for that “special touch”.
8. Finally, the girls will then box their cake to take home and enjoy with their family and friends for that special meal/occasion.

Based upon the stated requirements, this workshop satisfies all seven (7) requirements for the “Let’s Get Cooking” badge:

- Keeping it Clean (Item #1)
- When in Doubt, Throw it Out (Item #2)
- The Perfect Egg (Item #5)
- New Wave Chef (Item #6)
- Tasty Treats (Item #7)
- The Big Change (Item #10)

Cakes Unlimited hopes to create a fun and educational event for both the Girl Scout troops and for leaders!