



Cooks Badge

1. Discuss with the examiner the advantages and disadvantages of different methods of preparing and cooking food and the importance of a balanced diet.
2. Plan, cook, serve and clear away a meal for at least two people.
Suggested dishes:
Main Course
A mince dish, e.g. Shepard's pie, spaghetti bolognaise, curry
A salad dish e.g. cheese egg or meat.
A fish dish e.g. fish pie kippers
A vegetarian dish e.g. vegetable lasagne, nut roast
Sweets
Baked apple with custard
Fruit crumble
Fresh fruit salad.
Trifle
Banana split
You may produce your own menu which will be approved by the examiner beforehand.
3. Prepare and cook fresh vegetables.
4. Make either scones, small, cakes, biscuits or tarts.
5. Make and serve a hot drink.
6. Know the basic rules of safety and hygienic in the kitchen and the reasons for them.