

17. Find out about jobs in the "fashion world" by consulting people in your community, magazines, and books.



COOK

Symbol: *Mixing bowl, milk, and cup*

To earn this badge, do ten of these activities.

1. On a Sunday or holiday morning, prepare a full breakfast for the family. See how few necessary utensils you can use, how quickly and thoroughly you can clean up afterwards.

2. Draw or make a model kitchen for convenient arrangement and labor saving after you have studied kitchens in model homes, department stores, magazines. See if you can make similar suggestions for your own kitchen.

3. Explain fundamental cooking equipment and its use, abbreviations found in recipes, how to measure ingredients. Learn how to use the stove on which you will cook.

4. Make up games or quizzes to become familiar with the various ways of cooking, for example, to simmer, broil, bake, and fry.

5. Learn the foundation foods necessary for good health and the daily quantities required. Plan well balanced meals for your family for one week.

6. With others at a troop meeting, have an exhibit to which you contribute a sample of your favorite recipe for cake, biscuits, muffins, or cookies.

7. At various times, cook eggs in three different ways, such as scrambled, poached, shirred, or in a custard.

8. For breakfast, cook and eat a hot cereal, such as hominy, oatmeal.

9. Make cocoa with three kinds of milk and report to the troop the preferences of your family or guests.

10. Have a cook-out at which you serve a one-dish meal that combines at least three or more of the foundation foods.

11. Prepare a hearty salad containing meat, cheese, or eggs to serve as a main dish for luncheon.

12. Become better acquainted with two vegetables you seldom eat by cooking each two different ways.

13. For a luncheon, dinner, or supper that you prepare, serve a hot main dish of fish, meat, cheese, or eggs.

14. Collect recipes using milk, such as cream soups, cream sauces for main dishes or vegetables, puddings, ice cream, milk drinks. Try out two.

15. Learn several ways of using left-over meat or chicken and demonstrate one.

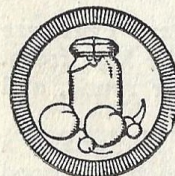
16. Make cookies for hospital patients, shut-ins, or others.

17. Make a troop or patrol recipe book consisting of self-tested recipes for general cooking, each member contributing at least five.

18. Carry to school or on hikes two lunch-box meals you have prepared. Be able to tell the troop how many foundation foods are included.

19. Prepare one or two simple dishes of another country.

20. With other members of your troop, plan, cook, and serve a luncheon or supper for the members of your troop committee or for the mothers or the fathers of troop members. Keep an account of the cost and the length of time in preparation.



FOODS

Symbol: *Canning jar and fruit*

To earn this badge, do ten of these activities.

1. Discuss with your troop the effect of the following on foods people eat: building of railroads; invention of the steamship, refrigerated railroad car, automobile truck, airplane; and the growth of the commercial canning industry.

2. On a map of the world, show where the major food crops are grown in greatest quantity. Point out the countries that raise enough food for themselves, that have food to export, that need to import. Discuss how all these factors affect the world food situation.

3. With the help of a neighborhood grocer, set up a display