

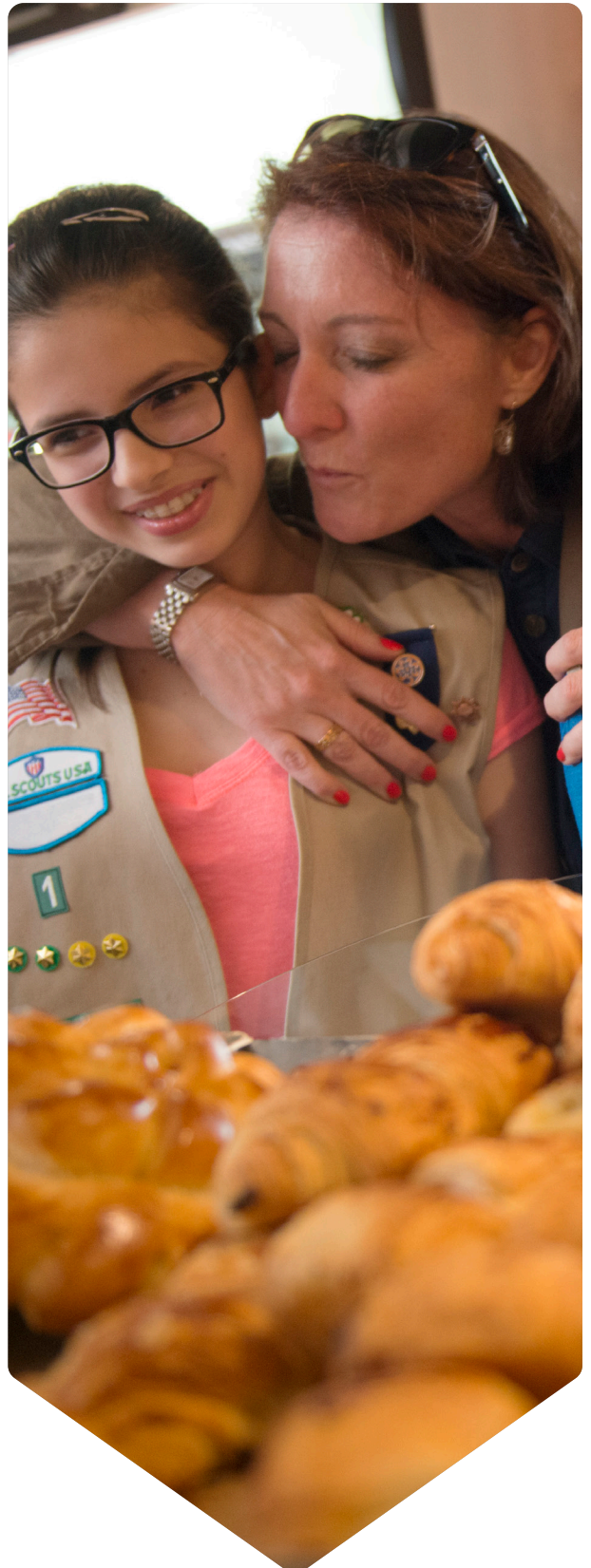
Trip & Outdoor Advisor Cook In Guide

The Cook In Guide is for Troop Leaders, Trip Advisors, and Camp Advisors who will assist Girl Scouts as they plan and prepare food and meals indoors. The online 636 Cook In course, in [gsLearn](#), will allow you to begin teaching basic cooking with your troop using indoor cooking equipment and methods.

For cooking outdoors, you will need to complete the 636 Cook Out, for simpler outdoor cooking, and the 636 Camp Out Course learning path for more complex outdoor cooking.

636 Cook In course covers:

- Readiness & Progression
- Safety & Procedures
- Planning & Budgeting
- Cooking Procedures
- Group Management



Progression and Readiness

Cooking should be a fun and enjoyable experience for Girl Scouts, one that gives them an opportunity to try new things and enhance their skills. Before you begin cooking with them, assess their experience and their readiness to cook.

Assess their experience by asking:

- Do you want to cook?
- Have you cooked before?
- What have you cooked?
- What is your favorite food?
- What would you like to learn how to cook?

Indicators of Readiness:

- Interest in learning to cook
- Ability to follow instructions
- Physical ability to handle equipment
- Good behavior—able to take turns, show patience
- Safety awareness
- Willingness to help with everything including clean-up

There are many skills youth can learn to start their cooking experience; such as, peeling potatoes or carrots, and chopping vegetables or cutting fruit or meat. With your help, they can make a soup on the stove or bake cookies. Just as important is the safety, care, and clean up of the tools to make these foods.

Progression | Recipe for Success

Progression is not dependent on age, but rather on the physical and emotional maturity of the Girl Scouts as well as their experience and skill level with each activity. They should be able to work individually and as a group member. Here are a few examples of progressive skills that you should make sure Girl Scouts learn and master as they learn to cook indoors.

- Menu planning
- Shopping & budgeting
- Using cooking tools & equipment
- Handling and using knives
- Measuring ingredients
- Following a recipe
- Handling and cooking food safely
- Learning new more advanced cooking methods

Girl Scouts at every level can earn cooking badges that progressively show their cooking mastery.

Badge requirements can be found in the [Volunteer Toolkit](#) and our [Girl Scout Shops](#):

- Daisy—Check out the Daisy Journeys
- Brownie—Snacks
- Junior—Simple Meals
- Cadette—New Cuisines
- Senior—Locavore
- Ambassador—Dinner Party

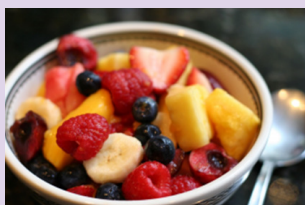


Cooking can be simple to fancy and complicated. The method of cooking should progress from making simple snacks using no cook and heat and eat techniques, to oven cooking and then to stove top cooking. In order to master these cooking methods, start simple and easy, then practice. It is important to teach this skill to youth in progressive steps which will allow girls to gradually increase their cooking responsibility, confidence, and competence.

When teaching Girl Scouts a skill use these best practices: **Observe, Assist, Practice, and Demonstrate.** Have them practice their skills in your kitchen and later progress to cooking on your outing. They need the practice and experience. Girl Scouts should gain experience using different kitchen utensils and equipment, various cooking methods, and learn oven, microwave, stove top, and knife safety. Then, they need to learn how to make a menu, make a shopping list, shop for food, store food properly, read a recipe, measure quantities, clean vegetables and fruit, cut and chop food items using a variety of kitchen equipment, and how to cook food safely.



Indoor Cooking Progression



1. No Cook:

Assemble and eat no cook meals such as, salads or sandwiches. Girls begin to learn how to safely use a kitchen knife. Remember some youths may never get this chance at home.



2. Heat and Eat:

Boil water on the stove for cocoa or instant soup. Heat and eat items such as canned foods, soups, stews, or chili. Use the microwave to make popcorn or heat items.



3. Oven cooking:

Use foil pouches filled with vegetables and/or meat to cook a whole dinner in the oven. Place packs on a baking sheet and slide into the oven.



4. On Pot Meals:

Make a main dish in one pot and supplement with a salad, drink and dessert.



5. Griddle/Skillet:

Make pancakes, french toast, scrambled eggs, grilled cheese, etc.

Basic Kitchen Safety

Anytime you are preparing food with heat, using kitchen tools, or using a knife, a **First Aider is required**. Review cooking safety guidelines, such as pulling back loose hair, removing dangling jewelry, rolling up long sleeves, and not wearing plastic garments that may burn. Fire safety rules, emergency procedures, and first aid for burns and cuts must be understood by both the adults and youth.

Do not assume your Girl Scouts know how to function in a kitchen, have actually ever peeled a potato, cut fruit, or turned on a stove.

Cleanliness:

- Clean area where food is to be prepared
- Wash hands before handling food
- Be sure to use a separate cutting board for meat
- Clean area with soapy water after food has been prepared

General Safety:

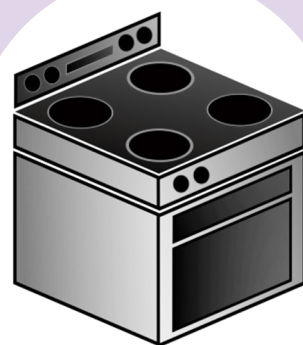
- Hair must be tied back
- Do not use loose or nylon clothing
- Use safety circle when using sharp utensils and/or knives
- No horseplay
- Keep baking soda available to put out any grease fire

Stoves and Ovens:

- Discuss the difference between gas and electric stoves
- Limit the number of youths using the stove at the same time
- Turn pot and pan handles away from the edge of the stove
- Use hot pads
- Do not leave utensils in pots or pans
- Do not leave the stove unattended
- Turned off stove or oven before eating or leaving the kitchen
- Clean stoves and ovens after they have cooled

Sharp Utensils:

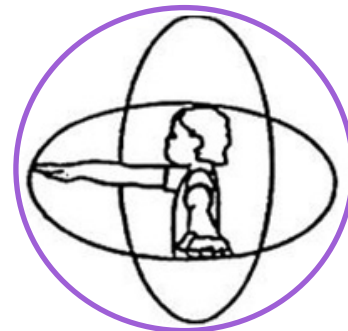
- Hold utensils with fingers away from the sharp edge
- Cut, peel, or grate away from body
- Always wash sharp objects separately
- Store sharp utensils separately (preferably with a blade cover) from other utensils



Knife Safety

Using a knife for the first time may be stressful, especially for younger Girl Scouts, but it can be quite safe if precautions are observed. Some adults do not feel confident letting youth use sharp knives. Let them practice first with plastic knives on soft fruits, vegetables and other foods such as bananas, strawberries, skinless cucumbers, soft cheeses, etc.

- Be careful, plastic knives can still cut.
- No playing around the area where knives are being used.
- Sharp knives are safer than dull knives.
- Always establish a safety circle. Each girl should be able to swing her arms in front, back, and over her head.
- Teach youth how to hold a knife by its handle, do not place your thumb or finger on the blade.



Using Knives

Progression is the key for making youth feel safe and comfortable using a knife. Start with easy, softer foods, including cutting sandwiches. After Girl Scouts have shown that they can handle a knife, they can progress to harder foods like apples, carrots, and onions.

Carrying a Knife Safely

To carry a knife, hold the handle with the blade pointed downward, and the cutting edge toward the ground. Move carefully with the knife held close to your leg, and be aware of the point.

Passing the Knife

Best practice is not to pass the knife, just lay it down on the surface with the point toward the center of the area, step away so that the next person can pick up and use the knife.

To pass a knife to another person follow these steps:

- The passer should hold the top (blunt edge) of the blade, with fingers not touching the cutting edge, sharp side should be pointed up and the handle extended toward the receiver.
- The receiver should grasp the handle firmly (don't pull) then say "thank you."
- The passer should then let go of the knife and say "you're welcome."

Cleaning Knives

When cleaning knives, it is good to follow these steps:

- Clean knives before cleaning anything else and wipe dry immediately.
- Never put a knife into a container of water, especially soapy water.
- Have the blade cutting edge facing away from you when scrubbing the knife



Planning

Menu Planning

Planning is the secret to success. Involve your Girl Scouts in key planning steps such as deciding what to cook, choosing a recipe, making a shopping list, shopping for the items, and preparing the meals. Menus should be prepared well in advance. Help your Girl Scouts consider how their meal menus fit in with MyPlate guidelines at <http://choosemyplate.gov>.

- Think about ease of preparation, cooking time, and basic food groups.
- Consider practicing cooking techniques before cooking the actual meal. Remember it will take youth about 3 times longer to prepare.
- If the focus of the activity is NOT cooking, keep the menu simple, not every meal needs to be a hot meal.
- Be sure to include extra drinking water into the plan for the day, not just drinks with meals.
- Consider dietary restrictions when menu planning, such as allergies or cultural or religious restrictions.



Budget

When you are working with Girl Scouts to plan their menu and their cooking experience, make sure to involve them in the budgeting. How much money do they have to spend on the cooking activity? Do they have enough in their troop treasury or will they need to modify the menu or simplify the ingredients to accommodate their budget? Involving youth in these decisions is important.

Shopping

When planning the meals, bring in grocery ads. They can shop sales, avoid items in the menu that are not in season and add items that are in season. This is part of the progression and planning process. The shopping list should be made at the same time that the menu is created. Girl Scouts can learn about:

- **Value:** They learn to understand pricing and value pricing based on quantity.
- **Branding:** They learn the difference between generic brands, house brands and major brands.
- **Labels:** They learn to look at the label for the number of servings and how many boxes, cans, or loaves of bread they may need.
- **Nutrition:** They learn to identify proteins, carbohydrates, fats, vitamins, and minerals in their food.
- **Quantities:** They learn the difference between buying in bulk and buying in smaller quantities.



Food Handling & Sanitation

Food Handling Procedures

Following good food handling practices at all times helps keep food at its best and prevents cross-contamination of foods. Always wash hands with soap and water before and after preparing food.

- Keep food at the appropriate temperatures
- Defrost food in the refrigerator or in the microwave
- Food should be stored in refrigerator that is 40 degrees Fahrenheit or cooler
- Cook food thoroughly
- Chill leftovers promptly
- Wash fruits and vegetables thoroughly to remove dirt and grime
- Remove and discard the outer most leaves of a head of lettuce or cabbage

Avoid Cross Contamination

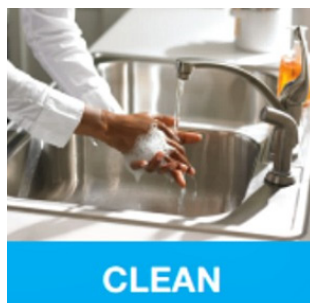
Cross contamination is the physical movement or transfer of harmful bacteria from one person, object, or place to another. Avoiding cross-contamination is a key factor in preventing food-borne illness.

- Separate raw meat, poultry, and seafood from other foods in the grocery cart and grocery bags.
- Refrigerate raw meat, poultry, and seafood in containers or sealed bags to prevent juices from dripping onto other foods.
- Refrigerate eggs as soon as possible.
- Wash cutting boards, dishes, and counter tops with hot soapy water after preparing each food item and before you go on to the next item.
- Use one cutting board for fresh produce and a separate one for raw meat, poultry, and seafood.

Clean-Up

Girl Scouts should clean their own dishes and the group dishes.

1. Scrape off excess food
2. Wash in warm soapy water
3. Rinse in warm water
4. Dry dishes in a rack or with a clean towel



Group Management

Patrols

Patrols are a form of troop government. Girl Scouts may choose any form of troop government (or combination) that works for them. The aim is to find a way for every youth to express their ideas and be part of the decisions. The following are some traditions troops have used for girl-led governance:

- Daisy Circle
- Brownie Ring
- Patrols
- Executive Board
- Town Meeting
- Task Groups/Committees



For the purpose of indoor cooking we suggest using patrols or task groups/committees to help with the planning, shopping, and cooking. ([Volunteer Essentials; Girls & Adult section, Letting Girls Lead](#))

Kaper Charts

Kaper Charts are a fair way to divide up chores and avoids the appearance of playing favorites. It also gives you a way to mix up the youth, to help them get to know each other better. Allow for rotation of the different tasks and make sure the Girl Scouts understand their task and what is expected of them.

