

Junior Simple Meals Badge – Earn From Home Guide

Girls will make amazing food and learn to create a whole meal of their own.

1. Step up their skills with a pro
2. Whip up a great breakfast
3. Fix a healthy lunch or dinner
4. Create a delicious dessert
5. Make their own meal



Once you have earned this badge, you will know how to serve up a meal for your family!

1. Creating a Balanced Plate

- For this activity, you will need a piece of paper, a pencil, and crayons or markers. To start, draw as big of a circle on your paper as you can – the bigger the better! This circle will represent your dinner plate.
- Using the information below, and the tips found at choosemyplate.gov, draw and color foods on your plate that would make up a healthy, balanced meal.
- Some examples of what sections your plate should include:

1. Fruits

Ex: Grapes, melon, strawberries, apples, bananas, peaches, pears, berries

2. Vegetables

Ex: Broccoli, asparagus, corn, green beans, cauliflower, carrots

3. Grains

Ex: Bread, rice, tortillas, pasta, cereal

4. Protein

Ex: Beef, poultry, fish, eggs, nuts, beans, peas

5. Don't forget a side of Dairy!

Ex: Milk, yogurt, cheese

- Once you have completed your balanced plate creation, be sure to hang it somewhere in your kitchen to serve as a reminder of what a healthy meal contains!

2. Breakfast – French Toast

- To make a delicious French toast breakfast, you will need the following materials:
 - 1 medium skillet
 - $\frac{3}{4}$ cup milk
 - $\frac{1}{4}$ teaspoon salt
 - 3 eggs
 - 12 pieces of bread

- Oil or butter
 - Powdered sugar and/or syrup
 - Cinnamon
 - Vanilla
 - 1 mixing bowl
 - A whisk or fork to stir
 - A spatula
- Once you have all of your materials ready, follow the following steps with adult supervision:
 1. In one of your bowls, mix the milk, salt and eggs.
 2. Add a sprinkle of cinnamon, and a few drops of vanilla to your mix (about ¼ teaspoon)
 3. Add a pat of butter or a bit of oil to your skillet. Then dip two slices of bread into your mixture, and place onto the skillet. Cook evenly until golden brown on both sides.
 4. Repeat step 3 until all pieces of bread are cooked. Serve with a dusting of powdered sugar and syrup!
 - To spice your breakfast up, you can add a side to have with your French toast, such as scrambled eggs or yogurt!

3. Lunch – Personal Pizzas

- For lunch, you will first want to preheat your oven to 450 degrees. Please make sure to have adult supervision while using the oven!
- For your personal pizza creation, you will need the following ingredients:
 - Choose your base: a bagel, an English muffin, or pita bread
 - Choose your sauce: pizza sauce, spaghetti sauce, olive oil, alfredo sauce
 - Next choose what toppings you like on your pizza: your favorite shredded cheese, veggies, pepperoni, onions, pineapple – the possibilities are endless!
- Once you have all of your ingredients together, you will want to place your personal pizza onto a baking sheet, and carefully place it into the oven. Set a timer for 3 minutes. An adult can help you check on your pizza to make sure the cheese and other toppings are melted and cooked all the way. If it is not ready, add another minute or two to your timer.
- Once your pizza is fully cooked, have an adult help you to use your oven mitts to carefully remove the baking sheet from the oven. Let it cool for two minutes before serving with some fruit and veggies for a healthy, balanced lunch!

4. Dinner – Tacos

- To make tasty tacos for your whole family, you will need the following ingredients:
 - Taco shells (hard or soft)
 - 1 pound ground beef (or cooked chicken if you prefer)
 - 1 taco seasoning packet

- ¼ cup water (only if using beef; your taco seasoning packet may say a different amount, if it does, use what the seasoning packet says!)
- Taco toppings that your family likes (for example: tomatoes, chopped lettuce, avocado, shredded cheese, salsa, sour cream)
- If you are using chicken, cook one pound of chicken with an adult's help. Cut into small pieces and sprinkle with the taco seasoning until all pieces are evenly coated. Add 1 tablespoon hot water and stir well.
- If you are using ground beef, cook the ground beef in a large skillet with an adult's help over medium heat until the beef is brown all the way through. Carefully push the meat to one side of your pan, and drain the fat (this will be extremely hot, please make sure an adult is helping). Then follow the directions on your taco seasoning packet and stir well.
- Warm your taco shells by placing them in the microwave for 40-60 seconds. Once the shells are warm, place on a plate to serve.
- The meat and various toppings can be placed in bowls and set out for everyone to build their own tacos! Tacos can be served with chips and salsa, fruit, veggies, or even rice to create a balanced meal.

5. Dessert – Apple Blossoms

- This dessert is very simple, but tastes delicious! If you like apple pie, you will love Apple Blossoms!
 - You will need 2 granny smith apples (peeled and diced)
 - 4 tablespoons of melted butter, plus 2 tablespoons set aside for the filling
 - 4 tablespoons brown sugar
 - 1 teaspoon cinnamon
 - 1 container crescent dough
 - 2 teaspoons cinnamon
 - 2 tablespoons granulated sugar
 - Baking sheet
 - Cooking spray
 - Mixing spoon
 - Pastry brush
 - Oven
 - Mixing bowl
- First, you will want to preheat the oven according to the crescent dough container. Then spray a baking sheet with cooking spray and set to the side.
- In a bowl, mix the apples, 4 tablespoons of melted butter, 4 tablespoons of brown sugar, and 1 teaspoon cinnamon together.
- Peel the crescent dough apart, tearing them into triangles at the dotted line. Scoop 1 tablespoon of the mixture onto each triangle, and then roll from the wide side to the pointed end. Pinch the edges together so the apples don't come out while cooking.
- Brush the dough with the leftover melted butter, and sprinkle cinnamon and granulated sugar on the outside.

- Bake according to the dough package instructions. Let them cool for one minute before serving warm. For an extra fun addition to this dessert, you can serve them with your favorite ice cream!

6. Presenting Your Meal to Family and Friends

- To present your dinner and dessert to your family, create a menu using paper and markers, or using a computer! To make a fun family meal, you could even set the table nicely and decorate the room, or have everyone dress up for the occasion!

Congratulations, you have completed the steps needed to earn your Simple Meals badge! You now know how to create a balanced plate, you have recipes to create a breakfast, lunch, dinner and a dessert. You've also learned how cooking might not always go as expected, and it might have been more challenging than you thought. This is what makes cooking fun, and it is always a different experience with each new recipe.

The Simple Meals badge can be purchased online at the [Girl Scout store](#).