



Food Badge Challenge

Share pictures of your challenge tasks to our social media platforms, we're @GSNYPENN.

POINTS REQUIRED PER GIRL SCOUT LEVEL					
DAISY	BROWNIE	JUNIOR	CADETTE	SENIOR	AMBASSADOR
40	50	55	60	65	70

1 point each: 11 available

- Put together a snack for your family that doesn't need to be cooked and make it look pretty
- Play with measuring cups—how many tablespoons in 1 cup, how many teaspoons in 1/4 cup?
- Name 3 proteins that are not meat and try at least one of them
- Try an egg from a grocery store and a farm-fresh egg—can you tell the difference? Use your 5 senses (1 point for each food you compare)
- Take a tour of your kitchen with an adult, have them show you common and unusual kitchen items and explain what they're used for, try one out
- Create a new recipe or write down a family recipe that has never been written down, make it for your family
- Research the words vitamins, fat, carbohydrates, and fiber; find out what it is and how your body uses it (1 point per word)
- Make an apron to wear while you cook

2 points each: 20 available

- Research the word vegan and explain what it means to someone
- Research the word vegetarian and explain what it means to someone
- Watch a cooking show with someone in your family and talk about the different techniques you see
- Make a salad without lettuce
- Make a breakfast that includes fruit
- Google a recipe for ice cream in a bag and try it out, add toppings to make it your own
- Make an appetizer and a drink to share with friends or family
- Create a milkshake, smoothie or party punch and serve to your family or friends
- Learn the term garnish and explore using 2 or more garnish items on 1 plate
- Create table decorations with a theme

3 points each: 45 available

- Practice making a recipe special to your family and learn why it's special
- Make a dessert you've never tried before—don't forget to decorate the plate!
- Cook an egg 3 ways—which way is your favorite?
- Make dessert for your family
- Make a dessert pizza
- Make a soup, stew or other one-pot meal
- Cook a meal using a grill
- Make a meal that features a flatbread
- Use a spice you have never tried before, how does it change the flavor of your meal?
- Learn the term food miles and figure out the food miles related to a food in your house—how far can a food travel and still be considered local?
- Eat at a restaurant that uses locally grown foods—did you notice a difference from other restaurants?
- Shop for the ingredients for an entire meal that you cook—what things do you need to consider?
- Use serving ware in an unusual way—soup in a mug, mashed potatoes served with an ice cream scoop, etc. What can you come up with?
- What is a locavore and why might this be important?
- Cook a meal using something you've grown yourself

5 points each: 75 available

- Make some changes to a recipe to make it healthier—does it taste any different? If so, how and which recipe do you prefer?
- Make lunch for your family, use at least 1 local ingredient
- Make dinner for your family—include a protein, a vegetable and a starch
- Try a meat substitute and write about your experience
- Make a recipe that comes from a different country
- Try making a recipe using a slow cooker or pressure cooker
- Look in your cabinets, cupboards and fridge at home and create a meal using the items you found
- Try a recipe for something you've never eaten before
- Make a cake, frost it and decorate it with a piping bag or however you want—take a picture to post before it's cut
- Make a meal with 3 dishes—a separate protein, vegetable and starch—pay special attention to how long things take to cook and try to get everything out at the same time
- Have a parent or sibling put together a 'blind box' of ingredients, try to make an edible meal using the ingredients in the box!
- Make a food that looks like something it's not
- Research and cook a regional specialty that's become a cultural phenomenon
- Ask 5 people if they buy meat or produce locally—why or why not? Is it easy or hard for them to obtain?
- Choose 5 foods you regularly buy and for 1 week replace them with local foods—what differences did you notice?

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