

## Girl Scouts Cook-In - Training

Girls Cook In training shows you how to help Girl Scouts plan and prepare healthy food indoors, plan indoor and outdoor activities, and incorporate the Girl Scouts principles of safety, inclusiveness, progression of skills, girl leadership, and girl planning. This self study takes approximately two hours but can take more time if you explore additional resources.

### Guide objective

After completing this planning guide, you will be able to:

- Identify a progression of food preparation skills
- Identify safety and sanitation procedures for food preparation
- Explain how to teach Girl Scouts about healthy eating and how to plan menus
- Explain how to teach Girl Scouts how to be inclusive of menu considerations
- Describe how to use kaper charts
- Develop a list of skills Girl Scouts need for indoor food preparation
- Start a collection of healthy recipes that require girls to develop their own skills

### Safety resources

Keeping the girls in your troop safe at all times is very important. It is one of the foundations of Girl Scouts. There are several resources to help guide you and your troop when planning activities, including Safety-Wise, and Volunteer Essentials. Always check Safety-Wise for guidance when participating in **any** activity with your troop. Basic safety information can be found in the Safety-Wise section of the Volunteer Essentials. There are also individual Safety Activity Checkpoints—each relating to different activities a troop may participate in, such as the *Outdoor Cooking Safety Activity Checkpoints*. Even though the title suggests safety checkpoints relate only to outdoor cooking, there are several tips and sections that relate to no-cook food preparation and indoor cooking. Take the time to review these documents and pay particular attention to how they can teach your troop about planning and preparing a no-cook snack or meal.

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## Progression in Food Preparation

### What is progression?

Girl Progression is the step-by-step development of skills and knowledge in a particular area. By following a progression of skills, the girls learn at a level that matches their abilities and needs. In order to have a positive outdoor cooking experience, it is good to have mastered these skills beforehand.

Certain topics that are common through all levels of progression are:

- skill development
- safety and standards
- program goals
- girl planning
- age appropriateness
- environmental protection
- fun

Progression in cooking starts with no-cook meals and cooking indoors (refer to the diagram on the following page). The outdoor methods shown on the diagram are included for reference—this training will only cover indoor cooking methods. Allow girls to move from step to step as fast as they are ready and able.

Food preparation skills also start with no-cook meals. Girls learn about preparation techniques and assembling dishes from various ingredients before moving on to actual cooking.

Washing fruits and vegetables, measuring ingredients, reading package labels, using a knife safely, assembling a sandwich or a salad, and reading recipes are all skills that can be developed with no-cook meals.

Skill progression in cooking

Follow this progression for successful, fun meals both indoors and outside. Try a new food or method on every cookout. The list below is a suggested progression by Girl Scout level, with Girl Scout Daisies starting at step 1—no-cook meals. The levels are assigned based on girls starting as Daisies and working their way up. Feel free to adjust to your girls’ grade level. If the girls in your troop are older and just starting the progressive levels, they should become familiar with each step but may move quickly.

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| Girl Scout Daisy—no-cook meals                               |
| Girl Scout Brownie—one-pot, stick, or fork cooking           |
| Girl Scout Junior—stick or fork, box-oven, or ember cooking  |
| Girl Scout Cadettes and higher—Dutch-Oven or skillet cooking |



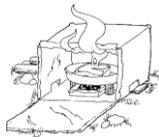
**1 No-Cook Meals:**  
(Bag meals) No cooking, or just heating one item like cocoa or soup. Can be prepared indoors or outside.



**2 One-Pot Cooking:**  
Main course is kept simple and cooked in one pot. Try stew or chili.



**3 Stick or Fork Cooking:**  
Individual cooking with hot dogs and marshmallows on a fork over a fire. Keep it simple.



**4 Box Oven Cooking:**  
Coals contained in a box. Bake quick breads, cakes, pizza, or cookies. Then move on to meats or pies.



**5 Ember Cooking:**  
Cook over coals, foil cooking, or more advanced pie iron cooking.



**6 Dutch Oven Cooking:**  
Broil, stew, fry or bake in one pot over hot coals.



**7 Skillet Cooking:**  
Cook for groups on a stove or grate. Older girls may cook on individual skillets.

Skill progression is important for building comfort and confidence in girls. As they progress from Step 1 to Step 7, girls learn the following skills:

- To balance menu and variety
- Proper food care
- Clean up procedures
- Conservation (alternatives to cutting sticks)
- Safety, taking turns
- Fire building and fire safety
- Use of camp stove and different fuels
- Planning menus
- Food preparation
- Starting charcoal without liquid starter
- Making a box oven
- Handling hot coals
- Use of spatula, tongs
- Maintaining even heat for cooking
- Increased fire building skills
- Patience
- Lifting a heavy pot
- Different ways to use coals
- Creativity

Attend Girls Cook Out training to continue learning how to teach girls about outdoor cooking methods and for additional outdoor cooking recipes.



## Checking In

Why is it important for girls to learn how to cook indoors before cooking outside?

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What food preparation skills can your troop learn and practice as they assemble simple snacks at a troop meeting?

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## Safety & Sanitation

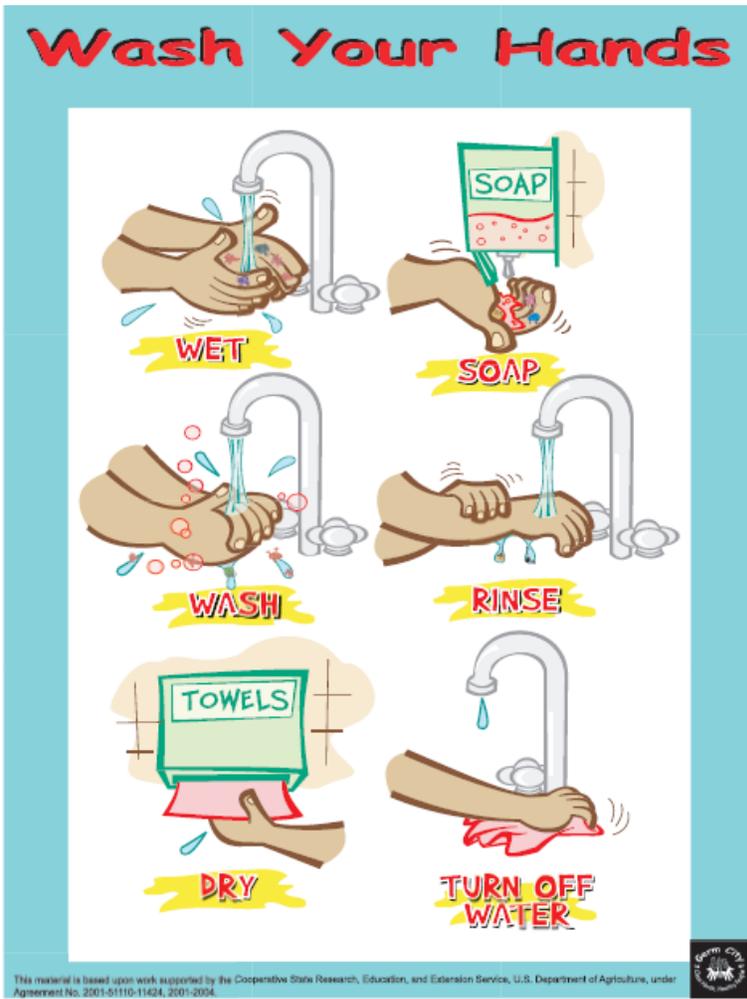
### Proper hygiene

To prevent spreading illnesses from person to person, start with good hygiene whenever the girls prepare food for snacks or meals. Make sure everyone in the group starts with clean hands. You can use the chart on the next page to reinforce the “Wash Your Hands” steps. Singing a short song is a great way to wash hands for an appropriate length of time. Have the girls sing the birthday song or the Brownie Smile song a couple of times while washing hands. Using paper towels instead of cloth will also help ensure that germs aren’t redeposited on clean hands or dishware.

Make sure the girls tie their hair back while working with food. For a troop activity, the girls may enjoy making or decorating their own aprons to wear.

Are gloves necessary when preparing food?

- Use gloves if preparing food for others to eat (plastic or vinyl—not latex)
- Use good hand washing if preparing food for self, or food to be cooked



**Checking In**

How can you make hygiene fun for your troop?

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## Safe food handling/storage

Following good food handling practices at all times—leading up to the meeting, during the food preparation, and following the end of the snack or meal—helps keep food at its best and prevents cross-contamination of foods.

The Minnesota Department of Health has these recommendations to follow for safe food handling:

- **Keep your food at the appropriate temperatures**
  - Defrost food in the refrigerator, in cold water, or in the microwave
  - Food should be stored in a refrigerator that is 40°F or cooler, or a freezer that is 0°F or cooler
  - Cook food thoroughly
  - Chill leftovers promptly
- **Keep foods separate**
  - Don't cross-contaminate from one food to another
- **Keep your food and preparation areas clean**
  - Don't prepare food if you are ill
  - Wash your hands with soap and water before preparing food
  - Wash your fruits and vegetables thoroughly

**Cross-contamination** is the physical movement or transfer of harmful bacteria from one person, object, or place to another. Preventing cross-contamination is a key factor in preventing food borne illness. Following are tips from the Minnesota Department of Health to help prevent cross-contamination.

### *When shopping*

- Separate raw meat, poultry, and seafood from other foods in your grocery cart.
- Place these foods in plastic bags to prevent juices from dripping onto other foods.
- Separate these foods from other foods at check out and in your grocery bags.

### *When refrigerating food*

- Place raw meat, poultry, and seafood in containers or sealed plastic bags to prevent juices from dripping onto other foods. Raw juices often contain harmful bacteria.
- Store eggs in their original carton and refrigerate as soon as possible.

### *When preparing food*

#### **Keep it clean:**

- Wash hands and surfaces often. Harmful bacteria can spread throughout the kitchen and get onto cutting boards, utensils, and counter tops.
- Wash hands with soap and hot water before and after handling food, using the bathroom, changing diapers, and handling pets.
- Use hot, soapy water and paper towels, or clean cloths, to wipe kitchen surfaces or spills. Wash cloths often in the hot cycle of your washing machine.
- 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.

### **Cutting boards:**

- Always use a clean cutting board.
- If possible, use one cutting board for fresh produce and a separate one for raw meat, poultry, and seafood.
- Once cutting boards become excessively worn or develop hard-to-clean grooves, you should replace them.

### **Marinating food:**

- Always marinate food in the refrigerator, not on the counter.
- Sauce that is used to marinate raw meat, poultry, or seafood should not be used on cooked foods, unless it is boiled just before using.

### **Fruits and vegetables:**

- Rinse fresh fruits and vegetables in running tap water to remove visible dirt and grime.
- Remove and discard the outermost leaves of a head of lettuce or cabbage.
- Because bacteria can grow on the cut surface of fruits or vegetables, be careful not to contaminate these foods while slicing and avoid leaving cut produce at room temperature for too long.

### *When serving food*

- Always use a clean plate.
- Never place cooked food back on the same plate or cutting board that previously held raw food.



### Checking In

Thinking about the location where your troop meets, how can you ensure that food brought to the meeting site will be kept at the appropriate temperature?

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How can you prepare the area to work with food at your troop meeting?

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### Checking In

Though it may be easier to use disposable plates and utensils, or to just take home dirty dishes and clean them there, why is it important for the girls in your troop to learn the dishwashing and bleach-sanitizing method?

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What does dishwashing mean if you meet in a school? How will you teach this skill and make sure the girls have mastered it?

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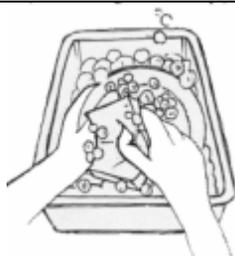
## Dishwashing

Girls should wash their own dishes. Use the same dishwashing procedure for an indoor or outdoor kitchen. You can set up three dishpans on a counter or table to give the girls room to wash their dishes. If you are using a double sink, set up a dishpan for your sanitizing solution. Air dry indoors on a dish rack to prevent recontamination from cloth towels.



### Scrape

Off excess food and grease into the trash.  
(Sometimes large groups add a pre-rinse dishpan after scraping to help remove food particles.)



### Wash

In warm, soapy water with bio-degradable soap.



### Rinse

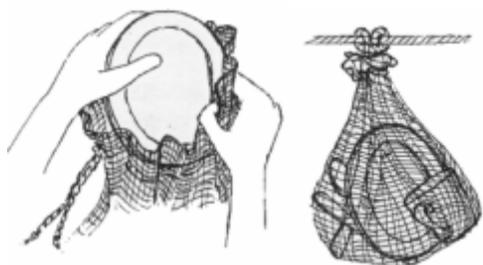
In clear water. Water can be warm or cool but needs to be capable of removing soap residue.



### Sanitize

For one minute in solution of one tablespoon regular bleach (one capful) to one gallon cold water. Only adults prepare the bleach-water solution.

If girls put their dishes in their dunk bag before sanitizing, they won't need to put their hands in the bleach water. Just hold the bag by the string. However, be careful about spilling cupfuls of bleach water when removing the bag.



### Air dry

All dishes and utensils by hanging the dunk bags on a line. Using a dish towel spreads germs. Paper towels can be used, if time is an issue.

Each girl's personal dishes go in her personal dunk bag. Shared pots, pans, and utensils are put in large dunk bags.

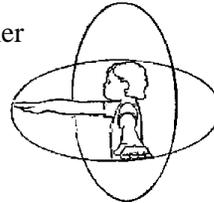
In an indoor kitchen, put dishes on a dish rack or clean surface to air dry.

## Kitchen knife safety

Many cooking tasks involve chopping food. Girls should not be allowed to use sharp tools until they have been instructed by a trained adult. You should always supervise the girls if they are using sharp knives, graters, peelers, etc.

Teaching knife safety is extremely important. Never assume girls understand good safety practices just because they've used a knife at home. Instead, establish expected safety rules under all conditions and expect each girl to follow them at all times. The use of kitchen knives should follow the same safety rules as jack knives.

- Always establish a “circle of safety.” Each girl should be able to swing her arms in front, back, and over her head and not be in touching distance of anyone else. This will help minimize the risk of accidental injury if a girl fumbles her knife.
- Use only a sharp knife—a dull knife is more likely to slip.
- Do not use a knife when you are alone.
- Hold a knife only by its handle—do not place your thumb or finger on the blade.
- Never walk or run with an open knife.
- If you must pass a knife that does not close, hold the dull edge of the blade with the sharp edge parallel to the ground. Offer the handle to the intended receiver. The receiver should acknowledge that she has received it and has a grip on it by saying “thank you.”
- Another option to safely pass a knife is by setting it down on a table, or other surface, and letting the other person pick it up.



### Correct first aid for cuts

- For severe bleeding, use direct pressure and elevation. Do not clean. Get help immediately.
- If the bleeding is not severe, clean cut thoroughly with soap and water. Blot dry. Apply sterile dressing.

### Practice using knives safely

Once you have provided training in knife safety and the girls understand the rules for using knives, you can have the girls use a table knife to cut up cheese, lunch meat, or other softer food items. Once they have mastered the skill of holding both food and knife securely, the girls can “graduate” to a sharper knife.



### Checking In

What are some food items your girls can practice their new knife skills on?

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## Healthy Diet

### What is a healthy diet?

Healthy living is an important part of the Girl Scouting experience. As a leader, you are a role model to the girls in your troop. Do not assume that all the girls in your troop have an equal understanding of this topic. Use snack planning and preparation time as an opportunity to build healthy living skills within your troop.

The USDA Dietary Guidelines describe a **healthy diet** as one that:

- Emphasizes fruits, vegetables, whole grains, and fat-free or low-fat milk and milk products
- Includes lean meats, poultry, fish, beans, eggs, and nuts
- Is low in saturated fats, *trans* fats, cholesterol, salt (sodium), and added sugars

### Nutrition

The food you select for a Girl Scout event or overnight is a vital part of the preparation. At a group event, you and the girls may be exerting more energy and burning more calories than you would during normal everyday activity. Plan ahead for plenty of food with all the nutrients—carbohydrates, fats, proteins, vitamins, and minerals.



In 2011, the U.S. Department of Agriculture (USDA) decided that a chart shaped like a dinner plate would better serve as a dietary guide. "The new icon is simple and easy to understand, with more emphasis placed on fruits and vegetables," said Surgeon General Regina Benjamin. The plate-shaped diagram, essentially in the form of a pie chart, may give Americans an easier way to envision a mix of food groups on plates or in bowls. To help you make informed choices about your diet and long-term health, you need to go to the USDA website to explore the interactive tools. Check out <http://choosemyplate.gov> for more detailed guidance on the diet advice behind the chart and for downloadable documents and graphics.

To help the girls in your troop have a better understanding of the food they eat, they need to learn about nutrition and food components. One source of this information can be found on food nutrition labels. Have the girls bring in labels of some of their favorite foods and help them make connections between the foods they choose and *MyPlate*. Can they improve on their choices?

### The colors of a healthy diet

Fruits and vegetables with deep colors are beautiful and rich in flavor and also a vital part of a healthy diet. That's not only because dark green, deep red, purple, and bright orange or yellow foods tend to have the most vitamins and minerals, but also because the pigments—the stuff that makes carrots and pumpkins orange and plums purple—may protect against chronic diseases, such as heart disease and cancer.



Choose more vegetables and fruits. Go for color and variety—dark green, yellow, orange, and red—to give your body the mix of nutrients it needs.

It's hard to argue with the health benefits of a diet rich in vegetables and fruits—lower blood pressure, reduced risk of heart disease, stroke, and some cancers, lower risk of eye and digestive problems, and a mellowing effect on blood sugar that can help keep appetite in check.

Most people should aim for at least nine servings (4½ cups) of vegetables and fruits a day (not including potatoes).



### Checking In

Think about how your girls can incorporate fruits and vegetables into the snacks they prepare at meetings or events. When your girls are preparing fruits and vegetables, what safety and sanitation issues do you need to consider?

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How can you convey to your troop the variety of food choices in an activity that is fun and healthy?

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## Planning a Menu

Another skill for girls to develop is how to plan a menu. Be sure girls consider the following initial planning questions—who, what, where, when, why, and how.

- Who and how many girls will be doing the cooking?
- Will it be a meal or a snack?
- Are we cooking for someone else?
- Where will we be preparing the food?
- What kind of kitchen is it? Residential or commercial?
- Do we need kitchen training if we're using a commercial kitchen?
- How much time do we have for preparation and eating?
- Will we have other activities going on that we need to plan around?
- If we are earning a badge, what specific things do we need to complete?
- Is this for fun or a special occasion?
- Do we have a set budget?
- Are there any dietary restrictions to consider?

Can you think of other planning questions?

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## Inclusiveness

Being inclusive in food choices and menu planning means considering all of the troop members and incorporating all of their needs. There are several aspects to consider, including medical issues and food allergies. In addition, the role of food in cultural practices and religious beliefs is complex and varies among individuals and communities. Be sure to have an open discussion with your Girl Scout families.

Remember, being inclusive does not necessarily mean having a separate snack for one person in order to accommodate their needs. Being inclusive means that everyone participates together, with no one feeling singled out.

Here are examples of food choices in different cultures and faiths:

- Mormons and Seventh Day Adventists avoid caffeinated beverages. Many Seventh Day Adventists don't eat meat or dairy products. Those who do eat meat, don't eat pork.
- Judaism can be Liberal or Orthodox depending on how strictly people follow the Jewish laws. Some food, such as pork and shellfish, are strictly forbidden and foods must be prepared in the right way to be Kosher.
- Muslims don't eat pork or any products that contain emulsifiers made from animal fats, particularly margarines. Bread products fermented by yeast may possibly contain traces of alcohol and may be prohibited. Gelatin made from pork or any other animal that is not permitted is avoided, as well as caffeinated drinks.
- Many Hindus are vegetarian but this is not compulsory. In many cases, beef is forbidden while pork is sometimes restricted or avoided. Prohibited animal products tend to vary between countries and regions. Most Hindus do not eat beef or beef products. Dairy products, including milk, butter, and yogurt, are allowed. Foodstuffs, such as alcohol, onions, and garlic, are avoided or restricted.
- Some Buddhists avoid meat and dairy products, while others only avoid beef. This is based on cultural, geographical, and dietary influences.
- If a girl is vegetarian, you need to clarify what this means for her. Some vegetarians will eat eggs and dairy products. Generally, vegan refers to a more restrictive diet.
- Girls who have diabetes, allergies, or autism may have dietary restrictions. Ask their families to help clarify their needs.

## Taking it back to the troop

Once you have the basic framework for food, the girls need to decide on the menu. Think about how you can make the menu planning process **girl led**. Consider methods for making group decisions. Think about how to facilitate a consensus, which is not always a majority. Depending on the age and experience level, the girls can:

- Have a brainstorming session
- Look through cookbooks to gather ideas
- Pick from pictures of various dishes you've cut out ahead of time
- Ask family members for suggestions
- Go online to appropriate websites for ideas

Remind the girls that when they brainstorm, they do not criticize or make negative comments. As the leader, you are responsible for making sure the final choices take into consideration nutrition, inclusiveness, and appropriate skill development.



## Checking In

Your troop is in charge of the evening meal for a service unit event and there is a troop of Muslim girls. How do you ensure there will be something for everyone to eat?

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## Recipes & Ingredients

Learning to read a recipe is another skill development area for many Girl Scouts. Apply the concept of progression to the recipes the girls will use. Begin with no-cook recipes, moving on to quick-and-easy or microwave recipes, then simple recipes that may involve a trip to the store as the girls become comfortable with their skills.

What information can a recipe provide you?

- Ingredients
- Serving sizes
- Measurements
- Preparation methods
- Time
- Substitutions

Assist girls in discovering that from each recipe they can create a list of items they will need to buy or bring. They can create a list for each recipe, and then bring the lists together and create a master grocery list. The girls should consider if there are items someone could bring from home, such as small amounts of spices. They should also see if there are special tools or equipment needed, such as a blender or a special size pan.

How can you take this back as an activity for your girls?

- Bring measuring cups and spoons to a meeting and have the girls practice measurements
- Teach the girls the difference between dry and liquid measurements
- Bring in cooking utensils and play “what is this called?”
- Have the girls use math skills to calculate recipe changes



## Checking In

What are some questions you need to ask yourself when looking for recipes for your troop?

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**Food quantities for 16 girls and two adult volunteers**

This list is for approximates. It should not take the place of the girls learning to plan, list, shop, figure, decide, etc.

|                                 | <u>Brownies</u> | <u>Juniors</u> |                                    | <u>Brownies</u>          | <u>Juniors</u>           |
|---------------------------------|-----------------|----------------|------------------------------------|--------------------------|--------------------------|
| <b>Tuna Fish Sandwiches</b>     |                 |                | <b>Frito Pie</b>                   |                          |                          |
| Tuna Fish                       | 3 cans          | 6 cans         | Chili with Beans                   | 5 cans                   | 6 cans                   |
| Pickle Relish                   | 1 jar           | 1 jar          | Fritos                             | 3 bags                   | 4 bags                   |
| Mayonnaise                      | 1 jar           | 1 jar          | American Cheese                    | 1/2 lb.                  | 3/4 lb.                  |
| Bread                           | 2-1 lb. lvs.    | 3-1 lb. lvs.   | <b>Pineapple Salad</b>             |                          |                          |
| Margarine                       | 1/2 lb.         | 1/2 lb.        | Cabbage                            | 1 head                   | 1 head                   |
| Eggs, boiled                    | 1/2 dozen       | 1 dozen        | Pineapple                          | 1 can                    | 1 can                    |
| <b>American Chop Suey</b>       |                 |                | Marshmallows                       | 1 pkg.                   | 1 pkg.                   |
| Spaghetti                       | 6 cans          | 8 cans         | Mayonnaise                         | 1 jar                    | 1 jar                    |
| Hamburger                       | 3 lbs.          | 4 1/2 lbs.     | <b>Campfire Stew</b>               |                          |                          |
| Onions                          | 6               | 6              | Hamburger                          | 3 lbs.                   | 4 1/2 lbs.               |
| <b>Walking Salad</b>            |                 |                | Vegetables                         | 5 cans                   | 6 cans                   |
| Carrots                         | 1 pkg.          | 2 pkgs.        | Onions                             | 3                        | 3                        |
| Celery                          | 1 bunch         | 1 bunch        | Kidney Beans                       | 2 cans                   | 3 cans                   |
| <b>Bread and Butter</b>         |                 |                | <b>Upside Down Cake</b>            |                          |                          |
| French Bread                    | 2 loaves        | 2 loaves       | Cake Mix                           | 2 pkgs.                  | 3 pkgs.                  |
| Margarine                       | 1/2 lb.         | 1/2 lb.        | Pineapple                          | 2 cans                   | 3 cans                   |
| <b>Girl Scout Soda</b>          |                 |                | <b>Gingerbread Applesauce Cake</b> |                          |                          |
| Oranges                         | 18              | 18             | Gingerbread Mix                    | 2 pkgs.                  | 3 pkgs.                  |
| Candy Sticks                    | 24              | 24             | Applesauce                         | 2 cans                   | 3 cans                   |
| <b>Foil Dinner</b>              |                 |                | <b>Banana Boats</b>                |                          |                          |
| Hamburger                       | 4 lbs.          | 4 1/2 lbs.     | Bananas                            | 18                       | 18                       |
| Potatoes                        | 5 lbs.          | 5 lbs.         | Marshmallows                       | 1 pkg.                   | 2 pkgs.                  |
| Carrots                         | 2 pkgs.         | 2 pkgs.        | Chocolate Chips                    | 1 pkg.                   | 1 pkg.                   |
| Onions                          | 9               | 9              | <b>S'Mores</b>                     |                          |                          |
| <b>Peanut Butter Sandwiches</b> |                 |                | Hershey Bars                       | 18 bars                  | 18 bars                  |
| Bread                           | 2-1 lb. lvs.    | 3-1 lb. lvs.   | Graham Crackers                    | 1 box                    | 1 1/2 box                |
| Margarine                       | 1/2 lb.         | 1/2 lb.        | Marshmallows                       | 1 pkg.                   | 1 pkg.                   |
| Peanut Butter                   | 1 jar           | 2 jars         | <b>Pancakes</b>                    |                          |                          |
| Grape Jam                       | 1 jar           | 1 jar          | Pancake Mix                        | 1 pkg.                   | 2 pkgs.                  |
| <b>Cheese Sandwiches</b>        |                 |                | Milk                               | 1 quart                  | 1 quart                  |
| Sliced Cheese                   | 27              | 36             | Eggs                               | 1/2 dozen                | 1 dozen                  |
| Bread                           | 2-1 lb. lvs.    | 3-1 lb. lvs.   | Syrup                              | 2 bottles                | 2 bottles                |
| Mayonnaise                      | 1 jar.          | 1 jar.         | Margarine                          | 1 lb.                    | 1 1/2 lbs.               |
| Lettuce                         | 1 head          | 1 head         | <b>Orange Juice</b>                |                          |                          |
| <b>Bologna Sandwiches</b>       |                 |                | Orange Juice                       | 2-16 oz.<br>frozen conc. | 2-16 oz.<br>frozen conc. |
| Sliced Bologna                  | 27              | 36             | <b>Cereal</b>                      |                          |                          |
| Bread                           | 2-1 lb. lvs.    | 3-1 lb. lvs.   | Cereal                             | 2 lg. bxs.               | 2 lg. bxs.               |
| Mayonnaise                      | 1 jar           | 1 jar          | Sugar                              | 1 cup                    | 1 cup                    |
| <b>French Toast</b>             |                 |                | Milk                               | 2 quarts                 | 2 quarts                 |
| Bread                           | 2-1 lb. lvs.    | 3-1 lb. lvs.   | <b>Bacon and Eggs</b>              |                          |                          |
| Milk                            | 1 quart         | 1 quart        | Bacon                              | 2 lbs.                   | 2 lbs.                   |
| Eggs                            | 1/2 dozen       | 1 dozen        | Eggs                               | 2 dozen                  | 3 dozen                  |
| Syrup                           | 2 bottles       | 2 bottles      |                                    |                          |                          |
| Margarine                       | 1 lb.           | 1 1/2 lbs.     |                                    |                          |                          |

# Glossary of Equivalents

## Substitutions

- 1/2 tsp. soda with 1 cup sour milk = 1 1/2 tsp. baking powder  
This will leaven 1 1/2-2 cups flour. Soda is a dry ingredient and should be added with dry ingredients; some leavening power is lost when added with liquids.
- 1 cup milk with 1 1/2 Tbs. vinegar or lemon juice = 1 cup sour milk
- 1 cup granulated sugar = 1 1/3 cups brown sugar
- 3 1/2 Tbs. cocoa with 1/2 Tbs. butter = 1 oz., or 1 square chocolate
- 1 cup hydrogenated fat with 1/2 tsp. salt = 1 cup butter

## Dry Measure Volume Equivalents

- 1/4 lb. or 1 stick butter = 1/2 cup or 8 Tbs.
- 1 lb. butter or lard = 2 cups
- 1 lb. flour = 4 cups
- 1 lb. granulated sugar = 2 cups
- 1 lb. brown sugar = 2 2/3 cups
- 1 lb. grated cheese = 5 cups
- 1 lb. confectioner's sugar = 3 1/2 cups
- 1 lb. coffee = 5 1/2 cups
- 1 lb. tea = 6 1/2 cups
- 1 lb. raisins = 3 cups
- 1 lb. ground meat = 2 cups
- 1 lb. cocoa = 4 cups
- 1 quart = 2 pints
- 8 quarts = 1 peck
- 4 pecks = 1 bushel

## Liquid Measure Volume Equivalents

- 3 tsp. = 1 Tbs.
- 5 1/3 Tbs. = 1/3 cup
- 16 Tbs. = 1 cup or 8 oz.
- 2 cups = 1 pint
- 2 pints = 1 quart
- 4 cups = 1 quart
- 16 cups = 1 gallon
- 4 quarts = 1 gallon

## Can Size Equivalents

- #1 can = 2 cups or 1 lb.
- #2 can = 2 1/2 cups, or 1 lb. 4 oz.
- #2 1/2 can = 3 1/2 cups, or 1 lb. 13 oz.
- #3 can = 4 cups, or 2 lbs.
- #10 can = 13 cups, or 6 lbs. 8 oz.
- 5 1/2 oz. can = 2/3 cup (evaporated milk comes in this size can)
- 6 oz. can = 3/4 cup
- 8 oz. can = 1 cup
- 12 oz. can = 1 1/2 cups
- 13 oz. can = 1 2/3 cups (evaporated milk comes in this size can)

## Servings

- Meat = 1/4 lb. per person
- Lettuce = 1 head per 6-8 people
- Bacon = 1 lb. is 16- 20 slices
- Bread = 1 loaf is about 20 slices
- #10 can = 24 servings
- Cheese = 1 lb. block per 15-18 people  
(1 lb. = 20-24 machine slices)
- Coffee = 40 cups @ 1 Tbs. per cup
- Marshmallows, reg. = 1 lb.=64-70
- Macaroni = 1 cup uncooked per 6 people  
(1 cup = 1/4 lb. uncooked = 2 to 2 1/4 cups cooked)
- Peanut butter = 1 lb. per 24 sandwiches
- Potatoes = 1 lb. per 4 people  
(1 lb. = 3-4 potatoes)
- Syrup = 1 qt. per 12 people

## Metric Measurements

(approximate)

- Weight in ounces and pounds measured in grams and kilograms.
- 1 oz. = 28 grams
- 7 Tbs. = 100 grams
- 8 oz. = 227 grams
- 1 lb. = 454 grams
- 2.2 lbs = 1 kilogram

Dry measure volume equivalents:

- 1 pint = .55 liters
- 1 quart = 1.10 liters
- 1 peck = 8.81 liters
- 1 bushel = 35.24 liters

Liquid measure volume equivalents:

- 1 tsp. = 5 milliliters
- 1 Tbs. = 15 milliliters
- 1/2 cup = 125 milliliters
- 1 cup = 250 milliliters or 1/4 liter
- 1 pint = 480 milliliters or .47 liters
- 1 quart = 950 milliliters or .95 liters
- 1 gallon = 3.79 liters



## Checking In

The girls in your troop have planned a meal of pancakes, sausages, and orange juice. There are 12 girls and three adult volunteers. How will you present an activity to the girls to calculate how much of each food item will be needed? How will the girls decide what else they will need to bring? Can you help them find a way to bring additional color into this meal?

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## Kaper Charts

Kapers are what we call the various jobs that need to be done at an event or overnight and a kaper chart is a Girl Scout tradition for assigning jobs to girls. They can be simple or elaborate. You can rotate by meals, by days or by activities. The object is to share the responsibilities as well as the fun of an overnight. A few examples are shown here:

How can you include the girls in food planning and preparation? One key tool is using a kaper chart to identify and distribute the tasks. A kaper is a short-term job or activity that needs to be accomplished by an individual or a small group. A kaper chart is an easy way to distribute tasks equally among the group. Using kaper charts is a Girl Scout tradition in troop management. They can be used to distribute tasks at a troop meeting—attendance taking, collecting dues, handing out items, ceremony leader, clean up duties—and they can be used to distribute tasks associated with cooking. It is a great tool to make sure everyone is included in the food planning and preparation tasks, and it allows the girls to be involved in the process of planning and carrying out the tasks.

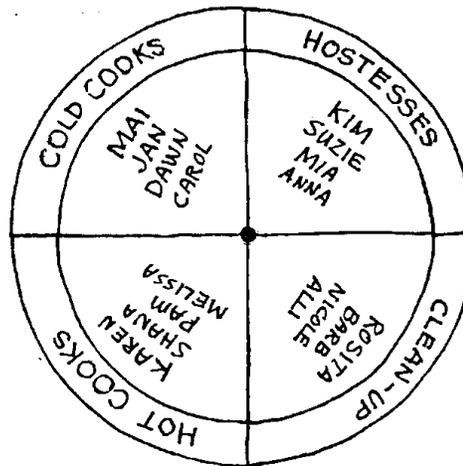
Consider these tips when developing a kaper chart:

- Have everyone participate in the planning of the kaper chart—not just adults.
- Make a list of all the tasks that need to be done.
- Determine how many individuals will be needed to accomplish each task in order to equally divide the workload.
- Establish a procedure for selecting the individuals or work groups—draw names from a hat, use current patrols.
- Establish a name or symbol for each group, or use individual names.
- Make the chart eye-catching and fun.
- Determine a way to rotate individuals or group members periodically so that everyone will work together at some point.

There are many ways to develop a kaper chart. Here are a few examples:

|            | Elena Sharon | Kristen Mary | Shana Joanna | Mia Dawn   |
|------------|--------------|--------------|--------------|------------|
| Sat. morn. | Bathroom     | GARBAGE      | COOKS        | Food Prep. |
| Sat. noon  | Food Prep.   | Bathroom     | GARBAGE      | COOKS      |
| Sat. eve   | COOKS        | Food Prep.   | Bathroom     | GARBAGE    |
| Sun morn.  | GARBAGE      | COOKS        | Food Prep.   | Bathroom   |

|            | Bathroom Clean up          | Site & Garbage             | Food                       | Unit Surprises             |
|------------|----------------------------|----------------------------|----------------------------|----------------------------|
| Fri eve    | Amy Susan Cheryl Ann       | Karen Barbi Michelle Jenny | Carrie Marie Elena Jo      | Laura Kristin Jeanna Shana |
| Sat. morn. | Laura Kristin Joanna Shana | Amy Susan Cheryl Ann       | Karen Barbi Michelle Jenny | Carrie Marie Elena Jo      |
| Sat. noon  | Carrie Marie Elena Jo      | Laura Kristin Joanna Shana | Amy Susan Cheryl Ann       | Karen Barbi Michelle Jenny |
| Sat. eve   | Karen Barbi Michelle Jenny | Carrie Marie Elena Jo      | Laura Kristin Joanna Shana | Amy Susan Cheryl Ann       |



Inner wheel turns.

To include all the steps in food planning and preparation, you may choose to use a kaper chart to identify who is doing the budgeting, the shopping (making sure to check out nutrition and cost), and the sanitation and clean-up.

Using kaper charts encourages girls to work together—be sure to rotate the tasks over time.

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## Grocery Shopping

There are a number of ways to get your food items to the meeting or event where you will be assembling them into a meal or snack. The easiest way is to buy and bring everything yourself. Here are some other options:

- Plan a troop shopping trip
- Have each patrol go shopping together with a parent
- Have each girl bring specific items from home
- Consider a troop visit to a Farmers' Market
- Arrange a grocery store tour for the troop

What are some lessons that can be learned when the girls do the shopping?

- Price comparison
- What foods are “in season” or “out of season”
- Nutrition labels
- Certified organic vs. natural
- Serving sizes
- Food safety and transportation
- Sales and coupons
- Generic or store-brand products vs. name brands
- Bringing your own bags
- Buying with the least amount of packaging



### Checking In

The Girl Scout Leadership Experience emphasizes cooperative learning. How can grocery shopping be a cooperative learning experience?

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## **Food Preparation**

### **Equipment for food preparation**

There are food preparation tools and equipment that may be new to the girls in your troop. Some involve safety issues—knives, peelers, blenders, etc. Others are skill issues—measuring cups for liquid vs. dry ingredients, plastic vs. metal spatulas, etc. Plan for time to explain the tools that will be used for your recipes and, if possible, provide an opportunity to practice the skills before your event. Use good judgment on when the girls are ready to use sharp knives or cook on a hot skillet. Younger girls should always have adult supervision when using tools or equipment that are a safety risk.

### **Make your own food**

One of the easiest ways to address differences in likes, needs, and wants when it comes to food is to plan dishes that can be prepared by each girl individually. If you make individual pizzas, each girl can put on her own topping. Lay out a variety of ingredients and let each girl make her own creation to suit her tastes. It works with salads, omelets, sandwiches, ice cream sundaes, pizzas, trail mix, and many other dishes.

### **What are the adult roles in teaching girls to cook?**

As with other Girl Scout activities, food preparation should be girl-led whenever possible. An adult does not have to be a super chef to give girls cooking lessons—teaching a few basics and some of the technical and safety aspects of the kitchen should be sufficient. It is very important for girls to be advised of safety rules in the kitchen, such as creating a safety circle when using a knife, and being aware of your surroundings and those of others around you.

### **When working with girls, remember these simple rules:**

Answer questions with words and not actions. Put your hands in your pockets and let the girls go to work!

It will be messy.

It won't look the same as when you do it.

It will take longer.

It is a process and they have to learn it and own it.

Coach adults chaperoning about letting the girls do things themselves.



### Checking In

How will you make the planning and preparation of food girl-led and still include all of the components you've learned?

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What are you most looking forward to when helping the girls in your troop learn about the planning and preparation of no-cook snacks and meals?

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