

Make it, Eat it



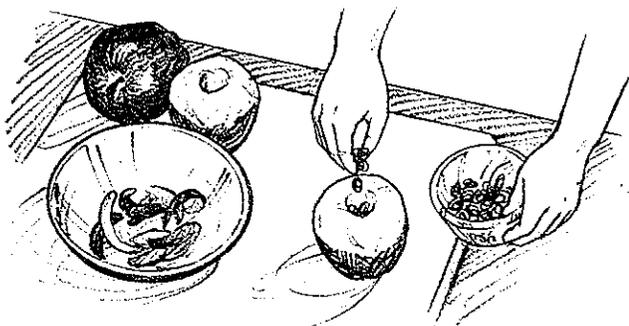
While the most important reason to eat is because you need energy, food can also be a lot of fun to grow, prepare, and especially to eat.

1. Baked Apples

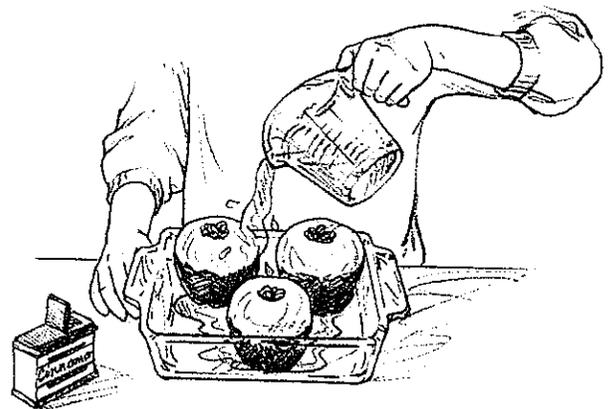
You will need:

- 1 baking apple for each person.
- 1/4 cup unsweetened apple juice for each apple.
- 2 tablespoons of raisins for each apple.
- 1 marshmallow for each apple.
- 1 teaspoon of ground cinnamon.
- A knife.

1. Have an adult help you peel the apple halfway down. Core the apple almost to its bottom.
2. Stuff the apple core with raisins.



3. Put the apple in a baking dish and pour the juice over it.
4. Sprinkle the apple with a little cinnamon.



5. Bake the apple in a 375°F oven for 40-45 minutes. Put a marshmallow on top of the apple and let it melt.
6. Check that the apple is tender but not mushy.
7. Enjoy this treat hot or cold!



2. Fruit Fun

Prepare these recipes to serve at a get-together.

Fruit Juice Fizz

You will need:

- 1 orange or lemon.
- Orange juice.
- Pineapple juice.
- Cranberry juice.
- Seltzer or club soda.
- A pitcher.
- A knife.

1. Cut the orange or lemon into slices.
2. Put 1 or 2 cups of each juice into the pitcher.
3. For every 3 cups of juice, add 1 cup of seltzer. If you have 6 cups of juice, you need 2 cups of seltzer.
4. Add the slices of fruit.
5. Chill the juice.
6. Serve.

Fruit Salad

Take different types of fruit and cut them up into little pieces. Place all the fruit in a large bowl. Mix up the fruit. Serve the fruit in small cups with a topping of whipped cream.



3. Sloppy Joes

Make this recipe with your Girl Scout friends or your family. It is especially good when you make it outdoors! The recipe will serve 4-6 people. Ask an adult to help you.

You will need:

- 1 pound of ground beef or chicken.
- 1 can of tomato soup.
- Ketchup.
- Prepared mustard.
- Hamburger buns.
- Skillet.
- Container to hold excess fat.
- Strainer.
- Stove top, hot plate, or outdoor oven.

1. Brown the meat in the skillet.
2. Hold the strainer over the container for fat. Pour everything in the skillet into the strainer. It will catch the meat and let the fat run through.
3. Put the meat back in the skillet. Add the soup, ketchup, and mustard. Heat until thoroughly cooked.
4. Serve on the buns.

Try It!

4. Green Thumb

Food does not just appear in the grocery store. Many of the products you eat have natural ingredients. Try this activity to see how fruits, vegetables, and herbs grow.

You will need:

- Seeds.
 - Clay pots or other containers with holes in the bottom.
 - Soil.
 - Water.
 - Spray bottle.
 - Watering can.
 - Plates.
 - Masking tape.
1. Find a seed of a plant that you want to grow. Herbs and salad greens are the best for beginners.
 2. Add soil to a clay pot (or other container) until it is almost full.
 3. Push a seed under the soil with your finger. Read the back of the package to learn how deep to bury the seed. A seed that is buried too deep may not grow.

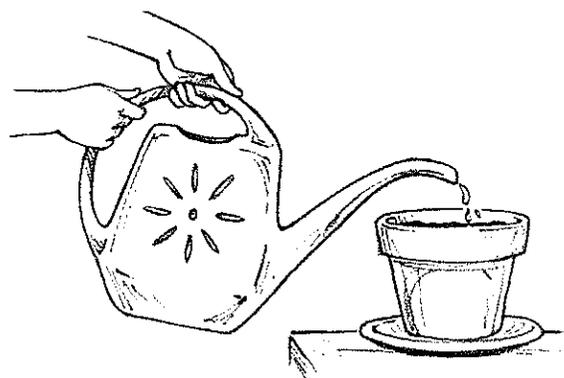


4. Do the same with four or five more seeds. Be sure there is some space between the seeds.

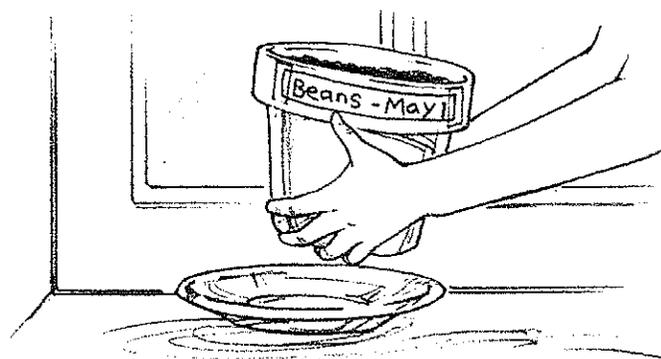
5. After you have planted the seeds, gently pat down the soil.



6. Place the pot on a plate. Carefully water the soil.



7. Write the name of the seeds you planted and the date, and tape the information on each pot.
8. Place the pot in an area that receives sunlight.
9. Check the soil every day. You need to keep the soil moist for the seeds to grow.

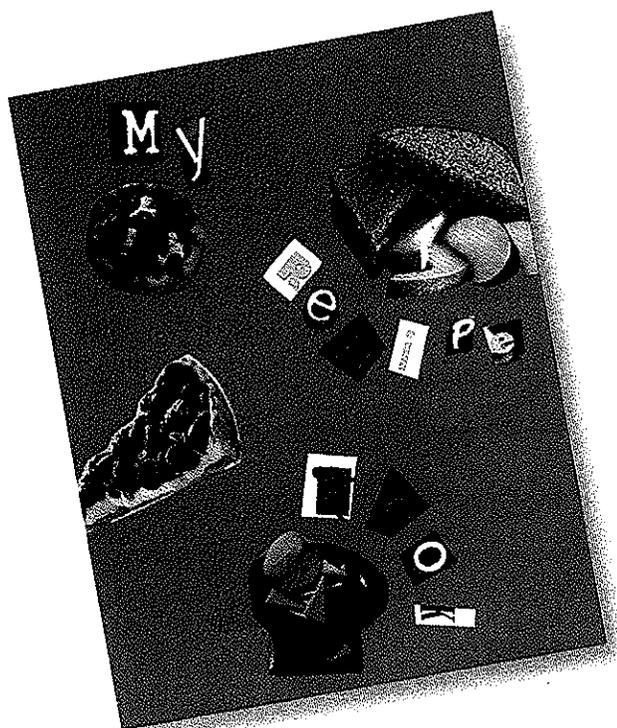


5. Recipe Book

You will need:

- A notebook.
- Magazines.
- Newspapers.
- Scissors.
- Glue.

1. Cut out pictures from magazines of different food products. Cut out letters from a newspaper that spell out the words "My Recipe Book." Glue the spelled-out words and the pictures onto the cover. Create any design you like.
2. Cover the book with a clear book cover or contact paper.
3. Divide the book into three sections: "Family Recipes," "Girl Scout Recipes," and "My Creations." Write the title on a blank page at the start of each new section. Decorate the section titles.
4. Add recipes that your friends and family have shared with you.

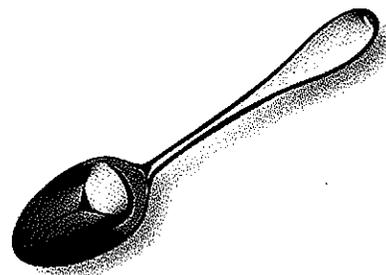


6. Brownie Soup

A Brownie Girl Scout needs her Brownie soup. Your Girl Scout friends can add their own ingredients to the basic recipe. Remember that an adult must be with you to be sure you're safe when cooking.

You will need:

- A can opener.
- A large spoon.
- A large pot.
- Bowls.
- Spoons.
- Ladle.
- 4 cups of broth (low-sodium is best).
- 3 cups of different kinds of vegetables.
- 1 cup of beans.
- 1/2 cup of rice.

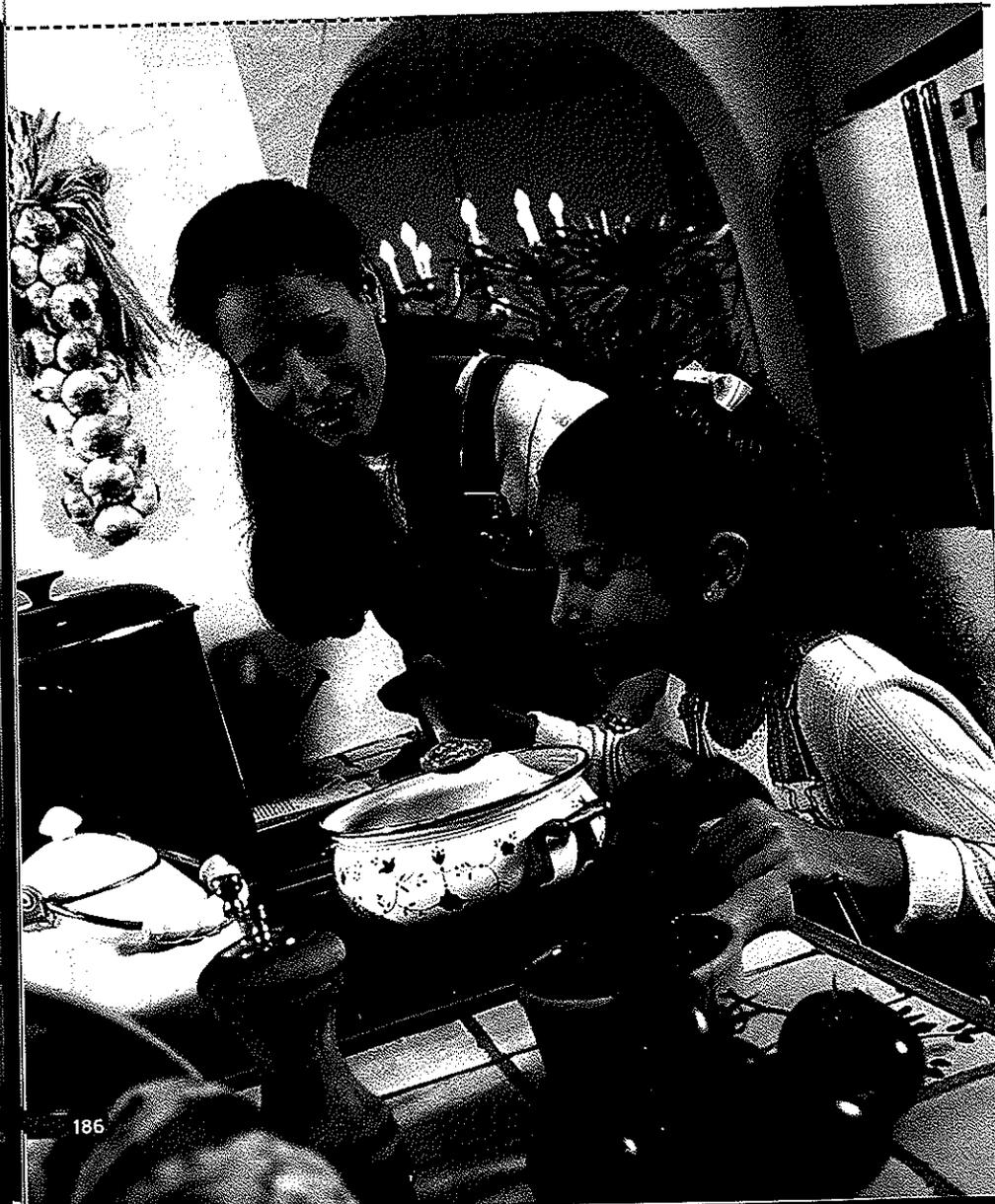


1. Put the rice and 1 cup of water in the pot. Heat and stir.
2. When the rice is soft, add the vegetables, beans, and broth.
3. Heat until the soup is hot.
4. Serve.
5. Clean up.

Try It!

Let's Get Cooking

Making your own meals can be lots of fun. Stirring, beating, mixing, baking—learn safe ways to prepare delicious, healthy meals with these fun activities.



1. Keeping It Clean

When preparing and eating food, keep your hands squeaky-clean! Believe it or not, bacteria can cling to the natural oil on your hands. Want to see? Take two apple pieces. Wash one apple piece and then wipe it with dirty hands and place it in a sealed jar. Label the jar "dirty hands." Now wash your hands. Take a second apple piece and wash it, then wipe it with your clean hands. Label this jar "squeaky-clean." After one week, look at both apple pieces. Are there any differences? How does this experiment demonstrate the importance of washing your hands?

2. When in Doubt, Throw It Out

Talk with a dietician, a health educator, or a restaurant owner and find out: How long can you keep different kinds of leftovers before they become dangerous to eat? How long can you keep a picnic lunch out of refrigeration? What actions can you take to keep your food safe?



3. Have It Your Way

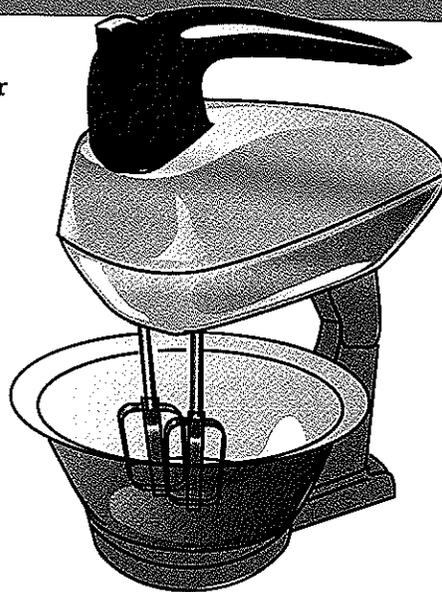
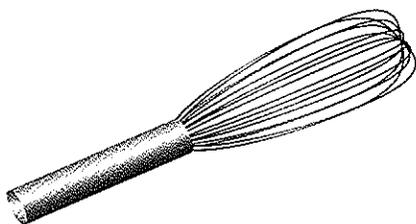
With a group of friends, create your own *healthy* fast-food restaurant. Develop a menu, set the prices, and design the look of the restaurant. Don't forget to give it a great name. Assign jobs like hostess, waitress, or chef. Decide where people will be able to find this restaurant. Then stage your "grand opening." Invite people to come to your "restaurant" and try some of your creative dishes.

4. Something for Everyone

Not everyone has the same access to healthy food. Tragically, more than one billion people worldwide are underfed. Collect food that can be donated to shelters or to another organization that could benefit from additional food. Make sure you include nutritious food that won't go bad, such as canned goods, juice boxes, dried fruit or fruit rolls, packaged cereals, and pastas.

5. The Perfect Egg

Eggs are a great source of protein and can be prepared in many different ways. Create a recipe in which eggs are used. Need inspiration? You might look at cookbooks with recipes from other countries. *Note:* Although eggs taste good and are good for you, they can be dangerous if you don't cook them properly. You can limit the threat of these harmful bacteria by making sure that eggs are fully cooked. Uncooked eggs are one reason not to taste cookie dough or cake batter before it's been baked!



6. New Wave Chef

Microwaves, electric grills, rotisseries, and other appliances help make cooking fast and fun. Select an appliance and, with an adult's help, try out a recipe that lets you use it.

7. Tasty Treats: Fruit Surprise

Here is a great way to make a tasty treat for you and your friends that doesn't involve cooking.

What You Need

- 1 cup* container of fruit-flavored yogurt
- 1 cup* of whipped cream or whipped cream substitute
- 4 mini pie crusts (pre-cooked)
- Fresh berries or other fruit

What You Do

1. In a bowl, mix the fruit-flavored yogurt and the whipped cream.
2. Scoop the mixture equally into each of the four pie crusts.
3. Decorate the pies with the fresh berries or other fruit.
4. Refrigerate for 15 minutes. Then, devour!

Now it's your turn: Create your own no-cook recipe.

8. Mix It Up

Blender drinks are fun, quick, and easy to make. When you use healthy ingredients, the drinks can also boost your energy. Hold a blender party. Invite each guest to bring a recipe for a vegetable or fruit drink and all the ingredients it requires. Be sure to plan ahead, so you'll have everything you need. Experiment with combinations of fruit, milk, yogurt, juice, honey, and natural flavorings to create a variety of drinks. Select fruits such as blueberries, strawberries, melon slices, peaches, pineapple, or bananas. Also try tropical fruits such as kiwi, mango, and papaya. For vegetable juices, try combining carrots, celery, and tomatoes.

9. Food Around the World

With your Girl Scout troop or group, eat your way around the world. Start in the U.S. and trace a path around the globe—in any direction. Each girl chooses a country on the "trip." She then finds a healthy recipe from that country to share with the troop. What can you learn about a culture from a recipe and its ingredients?

10. The Big Change

With the help of an adult, take a recipe that you find in a cookbook and make it healthier. For example, you can change the ground beef in a meat sauce to ground turkey or chicken. If you are baking, try substituting a half cup* of applesauce for a stick of butter. Try tofu in your cooking as a healthy source of protein. Be creative and have fun!

* See page 235 for the metric conversion chart.

Creative Cooking



Creative cooking is a great way to express yourself. Meals can be prepared to reflect the color, climate, and "flavor" of a place. If you can't visit a faraway place now, you can still take a "taste-full" journey by enjoying international cuisine right in your own kitchen. Here's your chance to be a creative cook.

Skill Builders

1 Become familiar with the United States Department of Agriculture's (USDA) Food Pyramid or Vegetarian Food Pyramid. You can write to the USDA in Washington, D.C., or find this information in a nutrition textbook. See also pages 60-62 in the *Cadette Girl Scout Handbook*. Compare your own daily diet to the dietary recommendations of the USDA models. Is your diet lacking in some nutrients? If so, what changes would you make?

2 Learn how to select the freshest and most healthful foods at the store—fruits, vegetables, meats, dairy, eggs, prepared foods, etc. Check the labels to find food that is low in salt, low in fat, and low in chemical additives. Look for color and firmness in fruits and vegetables.

3 Find a food, canned or fresh, that is *not* native to your area. Find out what region of the U.S. or other country it is from, and where and how it is produced. Use this food as an ingredient in the preparation of two different recipes.

4 Go to the cookware section of a store and familiarize yourself with the tools of the trade. When would you use such items as a mortar and pestle, peelers and choppers, mashers and ricers, spatulas and other "flip-

pers," knives, food processors, juicers, bread makers, pressure cookers, and various pots and pans? What is the difference in cost of items designed to do the same thing (knives, choppers, and food processors, for example)? Is the extra cost worth it?

5 Choose a recipe that can be easily prepared while camping or hiking. Review the information on this topic in *Outdoor Education in Girl Scouting*. Test the recipe while hiking or camping.

6 Pick a cuisine (Mexican, Caribbean, Indian, vegetarian, etc.) and prepare two meals using recipes that include appetizers, entrees, and desserts. Familiarize yourself with the basic ingredients and seasonings of the cuisine you choose.

7 Adapt a standard recipe for someone with special dietary needs: low fat, low salt, low sugar, lactose intolerant, vegetarian, etc.

Technology

1 Look at the technology used in cooking. Examine the advantages and disadvantages of different heat sources: electric, gas stoves, microwave ovens, pressure cookers, grills, crock pot, etc. Name two foods that cook best with each of these.

2 There is a lot of chemistry behind many cooking tips and recipe directions. Questions to consider: What items serve as thickeners in a recipe? As leavening? What would happen when baking a cake if you left out or changed one ingredient? For instance, lemon juice will curdle milk. Take a recipe and substitute similar ingredients such as currants instead of raisins, or walnuts instead of almonds. Does the substitution improve the recipe, or not? How about the texture?

3 Visit the Web site of a cooking school or food company. Compare the recipes that you find with those that appear in older cookbooks. What has changed? How do these changes reflect the eating and health habits of today's consumers?

4 New scientific discoveries have brought a lot of change to cooking, from how we create and store food to how we cook it. Investigate a new procedure that affects food in some way such as irradiated food, genetically engineered food, plants grown by hydroponics, or freeze drying. Describe the advantages and disadvantages of two such foods to your troop or group.

Service Projects

1 Volunteer at a soup kitchen for at least two weeks for several hours a week. Find out how food is prepared and served for a large number of people.

2 Organize a basic cooking class for a community center or homeless shelter with some friends.

3 Organize a food drive for a local shelter. Consult the proper nutritional guidelines or a professional dietitian for a list of recommended foods.

4 Work with a local service that helps provide nutritious meals to people who cannot leave home. Help prepare at least three different meals. Make sure your meal meets the dietary needs of these homebound people.

5 Using the Food Pyramid or other guidelines, evaluate the food service in a local facility you use (school, camp, or activity center). Discuss your evaluation with the personnel in charge. Offer alternative food suggestions and your reasons for them.

6 Plan a menu for a full, festive meal. Cook and serve it to a group as a celebration of a cultural heritage, a holiday, or other event.

Career Exploration

1 Interview a food critic at your local newspaper. Ask about her experience, education, and work history. Or read several newspaper restaurant reviews. Then, write two reviews of popular restaurants in your area.

2 Find out how institutional cooking differs from restaurant cuisine or home-cooked food. Take a poll in your school cafeteria and ask people

what they like/don't like about school lunches. See if you can come up with one or two suggestions based on the poll to improve the choices or quality of the school lunches. Share them with school personnel.

3 Visit a local cooking class or culinary school. Talk to an administrator or instructor about the types of jobs their students are prepared for.

4 Arrange to job-shadow a chef, baker, caterer, pizzemaker, etc. Write down the skills and techniques that you've observed, as well as lifestyle pros and cons: for example, flexible hours, late night hours, etc.

5 Get a part-time job in a restaurant or working for a caterer.

And Beyond

EXPLORE THE FANTASTIC WORLD OF FOOD with these related interest projects:

- The Food Connection
- Home Improvement
- From Fitness to Fashion
- Women's Health
- Travel
- A World of Understanding