



Pathfinder Honour: Requirements & Framework

Cooking 1

Part of household Arts Category of Honours

Honour Patch



Part of Homemaking
Master Honour



Snapshot of Honour

The cooking honour is a favourite for hungry Pathfinders. You'll learn about operating your stove at home safely and the basics of preparing food that is safe for people to eat.

You'll know about cooking appliances and cooking utensils. Then there's cooking methods such as boiling, broiling, frying, baking, simmering, waterless cooking and microwave cooking.

There's plenty of opportunities to create your own culinary masterpieces - eggs, potatoes, cereals, drinks, vegetables, salads, vegetarian entrees (or a vegetable casserole). Of course, all of these are healthy! So, as they say 'start cooking!'

Honour History:

Original Honour: 1928 Author not known

General Conference: Reviewed 2001

South Pacific Division : Reviewed September 2009.

- Compiled: John Sommerfeld, South Queensland Conference
- Reviewed: Rod and Kath Hutton, South Queensland Conference

Cooking 1 Honour

Honour Framework: [Compulsory items are underlined. Others are for guidance]

#Skill Level:	Level 1
<u>Pre-requisites:</u>	Nil
Preparation Time:	Average (4-8 hrs)
Physical Requirements:	Minimal / Moderate
Equipment/Materials Required:	Cooking equipment and foods to cook
Location:	Indoors
Sabbath Appropriate:	Not likely
<u>Safety & Legal Requirements:</u>	Refer to and comply with Local, State and Country Requirements. All duty of care must be complied with.
Links to P/F Curriculum: (Cards, Speciality, Pursuits), or AO Modules	
Suggested Teaching / Presentation method(s):	Presentation and Discussion; Excursion; Practical application;
Recommended Assessment:	Workbook & Assessment Sheet which has a checklist of practical requirements and a short test to check knowledge of the honour.
List of Resources:	See Trainer's Notes

#Skill Level. A General Conference term which broadly describes typical physical and mental development. Level 1 (Friends, Companions); Level 2 (Explorers, Rangers); Level 3 (Voyagers, Guides)

Honour Components:

Requirements:	See following page
Trainer's Notes:	Cooking 1 Honour Trainer's Notes Cooking Measurements Guide
Student's Workbook:	Cooking 1 Honour Workbook Recipe Book Template (Optional to use)
Assessment Sheet:	Cooking 1 Honour Assessment (On SPD Honour Website but Leader's level access is required)

Cooking 1 Honour Requirements

Source: General Conference of SDA, 25 July 2009.

<http://gcyouthministries.org/Ministries/Pathfinders/Honors/tabid/85/agentType/View/PropertyID/25/Default.aspx>

Note: Any Additional South Pacific Division (SPD) Requirements are in italics

~~Strikethroughs~~ show parts not applicable to the SPD.

1. Know how to properly operate the kind of stove you have in your home. Know how to put out an oil or grease fire on your stove. Know how to prevent such a fire. Know safety precautions while cooking, including consideration of small children.
2. *Understand and adhere to the basic principles of preparing food that is safe for people to eat. Use following headings:*
 - a. *Selection and use of ingredients*
 - b. *Good hygiene practices*
 - c. *Food storage and transport*
3. ~~Know how to properly use measuring spoons, measuring cups, an egg beater, flour sifter, and if you have one, an electric mixer.~~
Understand the application and proper use of:
 - a. *Utensils used for measuring quantities of ingredients used for cooking*
 - b. *Basic utensils and appliances used for cooking*
4. What is meant by boiling, broiling (*ie grilling*), frying, baking, simmering, waterless cooking, *microwave cooking*? Which are the most healthful ways of preparing common foods? Which *are the* most unhealthful?
5. Demonstrate ability to properly prepare: two different kinds of hot cereal, a healthful hot drink, eggs (cooked) in two different ways other than frying.
6. Prepare potatoes healthfully by two different methods. Cook three other vegetables in the most healthful way.
7. Prepare a simple salad. Why do we need fresh salads in our diet?
8. ~~Know the food guide pyramid. Why is it so important that we follow this chart in our diet? Check your meals for a week to be sure you are eating what you should.~~
Understand how the various 'good food' groups contribute to a healthy body. Check your meals for a week to be sure you are eating what you should.
9. Set the table properly for your family for an evening meal. Serve a balanced meal that you have planned and prepare as much as possible by yourself. Include a main dish, vegetable, and salad.
10. Follow a recipe correctly in making a vegetarian entree or a vegetable casserole.
11. Start a recipe file (*minimum 10 recipes*) of your own. Put in it only recipes that you have tried and that you like. *Hint: Use recipes from Requirements 5 – 9.*

General Conference Reference No: YOU5360 Cooking