



# Pathfinder Honour: Workbook

## Cooking 1



Name:

Club:

Date Started:

Date Completed:

Instructor Name:

Signature:

Club Director's Name:

Signature:

Please Award Patch:

Date:

To be signed by Authorised Person (ie District Director for Pathfinders) after satisfactory completion. Leaders, please see the Assessment Sheet for a checklist of practical requirements and a short test to check knowledge of honour.

Date Patch Presented

# Cooking 1 Honour

## INSTRUCTIONS FOR COMPLETING THIS WORKBOOK

This Workbook can be downloaded from the Net. It can be completed as a hard copy or an electronic copy. The Recipe Book Template (also included with the Cooking Honour documents) can be used to create your personalised Recipe Book

Please use brief notes. Insert pictures, if you would like to make it something really special!

**Requirement 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.**

The kind of stove at my home and how to operate it:

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How to put out an oil or grease fire on a stove:

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How to prevent an oil or grease fire on a stove:

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Safety precautions while cooking, incl. consideration of small children:

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**Requirement 2: Understand and adhere to the basic principles of preparing and cooking food that is safe for people to eat. Use the following headings:**

a. Selection and use of ingredients:

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b. Good hygiene practices:

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c. Food storage and transport:

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**Requirement 3: Understand the application and proper use of:**

a. Utensils used for measuring quantities of ingredients used for cooking:

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b. Basic utensils and appliances used for cooking:

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**Requirement 4: What is meant by boiling, broiling (ie grilling), frying, baking, simmering, waterless cooking, microwave cooking? Which are the most**

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**healthful ways of preparing common foods? Which are the most unhealthful?**

Boiling:	
Broiling (ie grilling):	
Frying:	
Baking:	
Simmering:	
Waterless cooking:	
Microwave cooking:	
Most healthful ways of preparing foods:	
Most unhealthful ways of preparing foods:	

**Requirement 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.** Briefly describe what you did.

Two different kinds of hot cereal:	
A healthful hot drink:	
Eggs (cooked) in 2 different ways other than frying:	

**Requirement 6: Prepare potatoes healthfully by two different methods. Cook three other vegetables in the most healthful way.** Briefly describe what you did.

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Prepare potatoes healthfully by two different methods:

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Cook three other vegetables in the most healthful way:

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**Requirement 7: Prepare a simple salad. Why do we need fresh salads in our diet?**  
Briefly describe what you did.

Prepare a simple salad:

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Why we need fresh salads in our diet:

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**Requirement 8: 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.**

How ‘good food’ groups contribute to a healthy body:

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## What I Ate over 7 Days

	Day of week	Breakfast	Lunch	Dinner (ie Tea)	Other ‘food’ consumed
1.					

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2.				
3.				
4.				
5.				
6.				
7.				
My comments:				

**Requirement 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. Briefly describe what you did.

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**Requirement 10:** Follow a recipe correctly in making a vegetarian entree or a vegetable casserole. Briefly describe what you did.

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**Requirement 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.

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Briefly describe what you did. You are welcome to use our Recipe Book Template which is included with the Cooking Honour documents on the SPD Honour Website

