



Girl Scout Cooking Classes

(Cooking Canvas does not supply badges.)

Daisies

This class can help Daisies to perform activities towards earning the Daisies Health & Food Knowledge Patch. Daisies will learn why it is important to wash their hands to stay healthy and will prepare a healthy food snack to share with their troop and friends.

Choose from one of the following menu items:

- Magic Wand-Pretzel Sticks with Peanut Butter Rolled in Dried Fruit
- Fruit Cups- Assorted Fruit in an Ice Cream Cone with Yogurt
- Zoo Animals-Animal Crackers, Celery, Peanut Butter and Diced Fruit
- Funny Face Open Sandwiches-English Muffins, Hummus, and Assorted Vegetables

Brownies

We will teach the Brownie Troops how to make their own snacks as well as healthy choices. A discussion on safety, sanitation, and using manners will also take place in this class. This class can help troops to earn the Brownie Snack Try It badge.

Choose two of the following menu items:

- **Savory Snack** - Homemade Ranch Dressing with Veggies
- **Energy Snack** - No Bake Energy Bites
- **Slurp a Snack** - Strawberry Banana Smoothie
- **Sweet Snack** - Frosted Rice Krispy Treats

Juniors

There are lots of important skills to learn before you start cooking up a masterpiece. We will teach Junior Scouts about cooking tools, safety, and cleanliness; and how they present food to look nice on a plate. The Scout will then prepare and cook a simple meal using the basic kitchen skills, that can count towards achieving a Junior Simple Meals Badge.

Choose from one of the following meals:

Breakfast

- Scrambled Eggs
- Homemade Pancakes or French Toast Sticks
- Homemade Syrup

Lunch

- Fresh Garden Salad with Homemade Dressing
- Baked Chicken Tenders

Dinner

- Homemade Guacamole
- Beef or Chicken Tacos

Dessert

- Thin Mint Cupcakes
- Samoa Cookie Dip

Cadettes

Culinary possibilities are as diverse as the globe of people who cook them. Wherever you go in the world, a version of pocket bread holds something delicious, and your sweet tooth can be satisfied with everything from date syrup to lingonberry jam. In this class, Cadettes will cook up dishes from around the globe and can apply this class towards earning a Cadettes New Cuisines Badge.

Choose one of the following menus:

Japan

- Miso Soup
- Gyoza-Pan Fried Dumplings
- Chicken Yakitori-Chicken with Ginger, Garlic and Soy

Mexico

- Sopas-Masa Cakes
- Chicken Tinga

India

- Naan (Indian Flat Bread)
- Indian Rice
- Butter Chicken

Global Desserts

- Mexican Hot Chocolate Pudding
- Thai Mango with Coconut Sticky Rice



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Seniors

A locavore is someone who is committed to eating locally grown seasonal food. For this class we will ask the Troup to identify at least 10 foods that are locally grown and are in season. The Cooking Canvas staff will prepare a menu based on the foods identified by the troop. These activities can count towards earning a Locavore Badge.

Our definition of “local” product is:

- 50% of the product is grown within 100 miles of Illinois
- 37% of the product is grown in Illinois
- 4% of the product is grown in the USA