

**Council's Own Junior Badge:****Baker**

Complete at least 5 activities and make sure to do at least one from each category.

## Discover

### 1. **Staff of Life**

An old saying claims that “Bread is the staff of life.” What do you think this means? Find out how something as basic as bread is so important in the cultures around the world. What are some examples of different kinds of breads? What are the main differences between yeast breads and “quick” breads? What was the main bread eaten by your ancestors?

### 2. **The Goods**

“Baked goods” can mean anything from simple breads to birthday cakes to specialty desserts or confections, which are more candy-like. Visit a bakery in your community that makes and sells a good variety of baked goods. Find out how a few items are made, which are the most popular, and where the bakers get their recipes - do they experiment and make up their own? Every family has old family recipes or holiday food traditions - find out what yours are.

### 3. **Bakin' Biz**

What does it take to bake? Learn about the baking business and what a baker's job includes. Interview a baker at a local cafe', or if there's a culinary school in your area, interview a pastry chef who has special training in baked goods and desserts. What kinds of things do they learn during their training? What was the hardest part? What did their training allow them to accomplish in the professional world of baking? Find out about different careers in baking and share what you've learned.

### 4. **Game On!**

Create a baking game or puzzle and teach it to others. For example: make a list of at least 5 baked goods that begin with each letter of the alphabet - the first one to get from A to Z the quickest wins Or choose a letter of the alphabet and write down as many baked goods as you can that start with that letter. Which letter has the most?

## Connect

### 5. **Ready, Set, Bake!**

Browse through some cookbooks, family recipes or magazines and choose something to bake - choose a recipe to bake that's new to you and that you've never baked before. If you like, you can work with a “baking buddy” and, with adult supervision, create your masterpiece together. Once you choose your recipe, make sure to review the list of ingredients, equipment, etc., and have everything ready before you begin. What was easy or hard or tricky about carrying out this recipe? Were the results what you expected? Would you do anything differently? Why or why not?

### 6. **Baking as Art**

Take a cake decorating class or invite a cake artist to give a talk about how s/he works and what it takes to create those masterpiece cakes.

### 7. **Baking as Science**

It's often been said that cooking is an art, but baking really is a *science*. Why do you think that is? What is the difference between art and science and how does this apply to baking? Discuss your ideas and what you learn with others in your group.

### 8. **It's a Girl Scout Tradition**

These days you can't think of Girl Scouts without thinking of cookies. Go online to [www.littlebrowniebakers.com](http://www.littlebrowniebakers.com). Find out about Girl Scout cookies (you can find help on answering these questions in the Girl Scout library also) - where they originated, when they were first made and what was this first kind of cookie? How does the company know which cookies are the best sellers? How many cookies are baked and distributed in your council? How do councils decide which cookies to sell to their communities?

## Take Action

### 9. **Create a Baking Book**

Submit 2 to 3 recipes to create your own troop baking book. These could be family recipes, something from a trendy cooking show, recipes from a different country, good camping recipes, etc. Bake at least 2 items from your book; then photograph the results to include in your book. Think of a name for your new baking book and make copies for everyone in your group. Make a few extra to give to friends or to sell as part of a fund raising project.

### 10. **At Your Service**

Host a bake sale featuring some of the recipes you've collected or practiced baking yourself. You may even want to decorate some inexpensive chef's aprons or paper chef's hats for your group to wear. How much will it cost for you to carry out the sale and how will you spend the money raised? What will you do with any leftover baked goods? Could a local food bank use them?

### 11. **Share Your Knowledge**

Teach younger girls how to bake a simple recipe from "scratch". Be sure to work with an adult to ensure safety at all times. To simplify the process:

- read over the recipe with the younger girls
- gather the ingredients and equipment
- work through your recipe one step at a time, making sure that each girl has a task or have them take turns adding ingredients, stirring, etc.
- eat what you bake! How did it turn out?

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