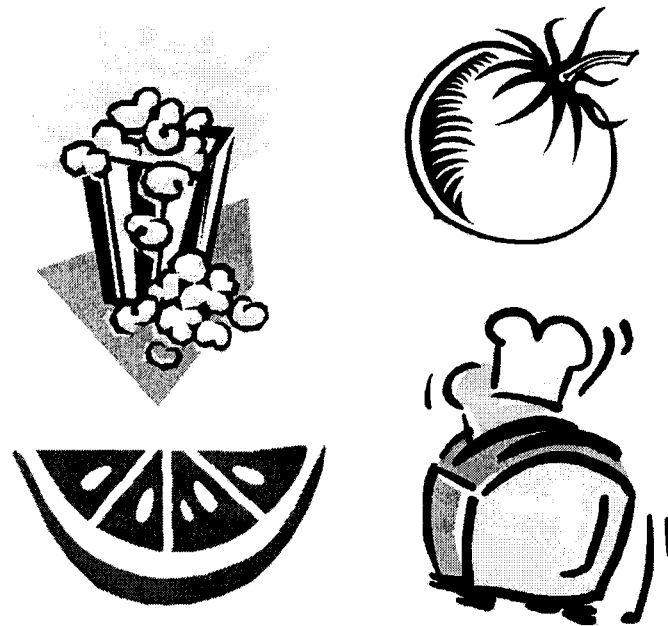


PLAY WITH YOUR FOOD

**Snack Activities for
Brownies and Juniors**



**POT OF GOLD
March 4, 2006**

Sharon Strite Hickey

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COURSE OUTLINE

Introductions

Make it: Recipe for a Girl Scout Troop (page 2)

Graces (page 17)

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Make it: Spoon Fudge (page 3)

Show and Tell: Edible Play Dough
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Make it: Chick and Spider (page 7), Spin-Art web (page 8)

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Show and Tell: Heat Required – Gingerbread Teddy Bears
Sample – Easy Oatmeal Cookies (page 9)

Clean up and pack up your goodies!



Acknowledgements: I'd like to thank all the wonderful women of the WAGGGS-L e-mail list, who have been sharing ideas with their sister leaders for year. Much of what is in these pages was borrowed, adapted from, or inspired by ideas originally posted to the list.

I hope you and your girls have fun playing with your food! If you have any questions, you are welcome to contact me:

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THE BASICS

Girl Scouts love to eat, and that's a great reason to include lots of food activities in your troop's calendar. Instead of letting snack time bring your meeting to a halt, you can help it become part of the program by trying some of the suggestions on the following pages. Many Brownie Try-Its, Junior badges, and handbook activities have food-related activities, which you can use as inspiration. (See list on page 19.)

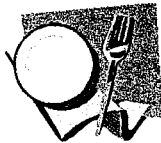
Health and Safety

Clean Hands - Start with thorough hand washing! See the Brownie Leader Guide, the Healthy Habits Try-It or the Highway to Health badge for hand washing activities. It's a good idea to have girls tie back their hair and roll up their sleeves as well.

Food Preparation and Storage - Follow *Safety-Wise* guidelines (pages 90-91) and use common sense in keeping your work areas and utensils clean, and perishables refrigerated.

Provide Good Supervision - For Brownies, most actual cooking will be done by adults. Assign an adult helper to take charge of the stove and handle hot pans. Make sure girls understand your safety rules about stoves, appliances, and sharp utensils. While older girls are able to handle more themselves, adult helpers must be paying close attention when girls are using heat and tools.

Food Allergies - Make sure you and all other adult helpers are aware of any food allergies (or juvenile diabetes) among your girls. Consult the girls' parents when you are planning food activities so that you can adapt ingredients for everyone, or, if that isn't possible, provide alternatives. Try to keep girls from feeling singled out (on the other hand, if they are comfortable with sharing, they could help educate the rest of the troop).



General Suggestions

Always try out a recipe or project at home first to make sure it works and will suit your girls. Then think about how to set up the area where the girls will work, and how to present the ingredients so that they all have access. For many activities, having the girls work around a table with the ingredients in the center is handy, while an assembly-line approach may work better for some. Giving each girl a plate or napkin to work on can help - write names on them if the snack is to be eaten later or taken home.

You may want to take a team approach for some things - for instance, the oatmeal cookies on page 9 could be made by two teams of 5 girls each. Let each team make half the recipe in their own bowl, with each girl adding one ingredient, and all taking turns mixing. Then they could each roll the cookies into a ball on a paper plate, transfer to the team's baking sheet, and flatten.

Think about how your adult helpers can distribute ingredients, help with cutting or other tricky parts, and provide supervision for the stove or other appliances.

Make sure all girls help with clean up! This is part of being responsible for food preparation.

GIRL SCOUT TREATS

Recipe for a Girl Scout Troop

Give each girl a baggie or a small bowl. Have bowls of the various ingredients ready, with a spoon or scoop in each, and start each bowl around the circle as you read the description. The girls take a scoop from each bowl (they can skip something - silently! - if they don't like it), and end up with a serving of trail mix.

1. We have a Girl Scout Promise and Law. We do our best to be fair and square, and try to show others how much we care. (CHEX CEREAL)
2. Girl Scouts come in all varieties. We're a rainbow of differences from all the world wide, but we always remember we're sisters inside. (M & M CANDIES)
3. Girl Scouts come in all sizes. Some of us are tall, and some of us are small, but when we get together, size doesn't matter at all. (PRETZEL THINS AND MINI MARSHMALLOWS)
4. Sometimes Girl Scouts are nutty. We love to joke and play, and we'd like to put a Girl Scout smile into everybody's day. (NUTS) OR

Girl Scouts like to raise things. We raise our hands to promise, our arms to show we're strong, And when we're around the campfire, you'll find us raisin' our voices in song. (RAISINS)

5. Girl Scouts are well-rounded because we're always making circles. We sit in circles when we meet, make circles when we play, and then we have our Friendship Circle before we go away. (CHEERIOS)
6. Girl Scouts respect all living things. Each creature and plant has its own special worth, so we try to live wisely on our planet Earth. (GOLDFISH CRACKERS)
7. New things are always popping up in Girl Scouts. Songs and crafts and service, too – we're always having fun, and no matter what we're doing, we keep popping 'til we're done. (POPCORN)
8. Girl Scouts are "chips off the old block". In 1912, Daisy started Girl Scouts in our nation, and ever since, we're proud to say, she's been our inspiration. (CHOCOLATE CHIPS)

Brownie Smile Snack

Peel a banana, cut it lengthwise, and place half on a big paper plate. That's your "great big Brownie smile!" Now use other kinds of fruit to build a face around it. Suggestions:

Teeth – pumpkin or sunflower seeds

Eyes – dried apricots, banana or mandarin orange slices, with raisins for pupils

Eyebrows – sections of pineapple rings

Nose – grape, piece of apple or pear

Hair – coconut tinted with food coloring, raisins or dried cranberries (craisins)

(You may want to take a photo of the girls' creations before they eat them.)

Friendship Fruit Salad

Ask each girl to bring her favorite kind of fruit to a meeting. Let them help cut up and add the fruit to a big bowl. Talk about how each girl brings something special to the troop, and when we're all added together, we're even better! Add a little orange juice, stir up, and serve in cups or bowls.



SQUISHY FUN

Sand (or Dirt) in a Bag

Materials:

- sandwich size zip-lock bags
- vanilla (or chocolate) instant pudding mix, 1 box for every four servings
- dry milk powder
- crushed vanilla (or chocolate) wafers, 2 or 3 per girl (you can crush them in a big baggie)

Measure into each baggie:

- 2 1/2 Tbsp of pudding mix (1/4 box)
- 2 1/2 Tbsp dry milk powder
- 1/2 cup water

Squish, mash, and smoosh until it gets thick. Add wafer crumbs, and eat right out of the bag! You can also add gummy worms if you like.

Note: This can be messy eating, so if you prefer a neater approach, save 6-8 oz. yogurt containers with lids. Measure in the ingredients and shake instead of squishing. You can also (boring!) mix it with a spoon in a plastic or paper cup. Remember, if you aren't eating this right away it will need to be refrigerated. (Don't forget to write names on the bags or cups.)

Spoon Fudge

Put into a zip-lock bag: 1/2 cup powdered sugar, 1 Tbsp butter, 2 tsp (1/3 oz) cream cheese, a dash of vanilla, and 2 tsp cocoa. Close and squish till ready to eat (with a spoon, of course).

Baggie Ice Cream

Non-food materials:

- snack-size zip-lock bags, one per girl
- gallon size zip-lock bags, one for every two girls
- ice (small cubes or crushed)
- rock or table salt

Measure into each baggie, seal tightly, and shake to mix up:

- 1/4 cup milk (white or chocolate)
- 1 tsp sugar
- 1/8 tsp vanilla

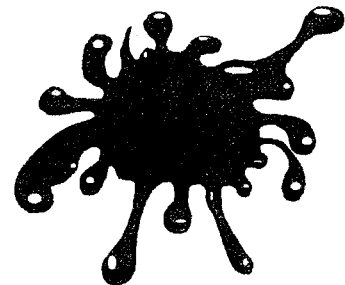
Pair girls up into buddies. Each pair puts their small bags into a gallon bag, then fills the big bag half full of ice with 6 Tbsp of rock or table salt mixed in. Then wrap the bag in a towel, or have the girls wear mittens, and take turns shaking the bag for 15 minutes, until ice cream is frozen. (Sing songs or dance while you're shaking!) When ready to eat, remove the small bags, wipe down carefully to remove salt, grab a spoon and dig in.

Hints: You can add mini-chocolate chips or other enhancements after ice cream is frozen.

If someone has a milk allergy, freeze fruit juice instead for "sherbet."

Don't economize, use Zip Lock or another name brand bags. Store brands might break!

If making ice cream for older girls or adults, recipe can be doubled and made in sandwich bags instead of snack bags.



Here's a different recipe from Winifred McGee of Hershey, PA, which you mix in a big bowl and divide into the smaller baggies.

Zip-Lock Bag Ice Cream

1 4 oz. pack instant pudding
2 cups milk
1/4 cup sugar
1 cup evaporated milk
2 8 lb. bags of ice
1 28 oz. box table salt

Make pudding according to directions (using the 2 cups milk). Stir in sugar and canned milk. Pour equally into several snack- or quart-sized zip-lock bags. Place two or three of these small filled bags into a 1-gallon zip-lock bag. Put 2 cups of ice cubes in the large bag and 1/4 cup of table salt. Let out as much air as possible, and seal. Wrap the bag in a towel (it gets cold quickly) and shake, shake, shake. If too much of the ice turns to water, empty water and add some more ice and salt. In ten to fifteen minutes, you will have ice cream!

Notes: Even the youngest girls can help measure, mix and take turns shaking. I have done this recipe with every age level, and it works well consistently. If the weather is especially warm, and the girls don't shake really hard, it still makes a "pudding shake" and the girls love it. This is good with cookies!!!!!!!!!!

Kick the Can Ice Cream

If the idea of all those plastic bags is making your ecological hackles rise, you can make the above recipe by this method. You will need rock salt instead of table salt. You really roll the can, not kick it.

Mix all ingredients in a small (1 lb.) coffee can. Duct tape the lid onto the can. Place the smaller coffee can into a larger (3 lb.) coffee can. Place small ice cubes into the bigger coffee can, surrounding the smaller can. Sprinkle rock salt between layers of ice. Tape the lid onto the larger coffee can. Then the girls can play circle games, do relay races, etc., anything to keep the can moving. It takes about 20 minutes to harden. The only disadvantage to the coffee can method is that you can't see how hard the ice cream is without untaping both cans. You may, however, tell the girls that you are putting the ice cream in the freezer (if one is available) to rest while you do another project, and then get it out once it has had a chance to freeze thoroughly.

More recipe variations:

From Barbara Cline, Maryland:

1 cup whole milk
1 cup whipping cream
1/2 cup sugar
1/2 tsp. vanilla

From Kathy Rugg, Massachusetts:

1 package instant pudding
2 cups milk
2 cups whipping cream
1/2 cup sugar
2 tsp. vanilla

From Margot Quinn, Texas:

1 package instant pudding
2 cups half and half
8 oz. Cool Whip (the small tub)

EDIBLE PLAY DOUGH

Start with very clean hands! Cover the table with a clean plastic tablecloth or use masking tape to fasten down a waxed paper work surface in front of each girl.

Peanut Butter Dough

Ingredients: One 18-oz jar creamy peanut butter
6 tablespoons honey
3/4 cup* non-fat dry milk

Directions: Mix ingredients together, using varying amounts of dry milk for desired consistencies (*your sample today had nearly twice that amount). Knead it with fingers, forming into desired shapes (animals? flowers? pinch or coiled pots?), adding other foods like M&Ms, peanuts or chocolate chips for eyes, mouths, decorations, etc.

Storage: When not using, must be stored in an airtight container.

Cream Cheese Dough

Ingredients:
8 oz. package of cream cheese
1/2 cup non-fat dry milk
1 tablespoon honey
Crackers or bread slices

Directions: Combine cream cheese, milk and honey in a bowl and mix until well blended. Mold sculptures on wax paper.

Storage: Unused portions must be stored in an airtight container and kept refrigerated. Because cream cheese is perishable, use the expiration date on the cream cheese package as your guide for how long you can keep this play dough. Note: The shapes can then be placed on crackers or bread slices, and decorated with edibles (celery or carrot slivers, raisins, dried fruit pieces, nuts, or seeds).

Find more edible dough recipes at the ChildFun website:
<http://www.childfun.com/>

Peanut Butter Balls

1 cup creamy or chunky style peanut butter

1 cup powdered milk
1 1/4 cups confectioners' sugar
1 cup honey
Optional: shredded coconut or chopped peanuts

Mix first four ingredients together. Form balls or other shapes and roll in coconut or chopped peanuts if desired.

KITCHEN SCIENCE

Colorful Celery

Use celery stalks with leaves at the top. Fill several glasses with water, and add enough food coloring to make a fairly dark color, a different color in each glass. Cut off the bottom 1/2" of the celery (sharp knives work best because they don't crush the "veins," so let an adult do this for younger girls), and let each girl choose which color to put her celery stalk into. This would be a good sleepover project, as it takes awhile to absorb. Then you can eat it - with dip, filled with cream cheese or cheddar - however you like! Be aware that the color may temporarily stain mouths and lips.

Why it works: Just like a straw, the "strings" in the celery are hollow. Also like a straw, they carry water from the ground (or cup) to the tips of the stems. But this is not all. The same way a tall tree has vascular pressure due to the giving off of oxygen, the celery does too. As the leaves at the top of the celery stalk carry out photosynthesis, the water in the "strings" is used up, there is a vacuum formed at the top, forcing the colorful water through the celery stalk.

Explanation from Kitchen Safe Science:

<http://www.angelfire.com/electronic/teacher/>

Plant Parts Salad

Plan and make a salad together, but first talk about all the plant parts you'll be using. A diagram of a plant with the parts labeled might be useful. Here are suggestions for ingredients, and how they fit in:

Leaf: lettuce, spinach, cabbage

Root: carrots, onions

Stem: asparagus, rhubarb

Flower: broccoli, cauliflower, pansies, nasturtiums

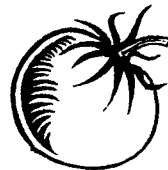
Fruit: tomatoes, cucumbers, yellow or green summer squash (zucchini)

Seeds and Nuts: peanuts, pumpkin seeds, sunflower seeds, peas, pine nuts

Whole plant: bean sprouts

From: Cool Science for Curious Kids:

<http://www.hhmi.org/coolscience/index.html>



More ideas:

Activities for the science of cooking:

<http://www.exploratorium.com/cooking/>

Lesson plans for Cell Cookies, Gumdrops DNA, Oreo Sensory Test, and more:

<http://www.umaine.edu/NSFGK-12/lessons.html>

Here is a links page for many more sites:

http://www.foodscience.psu.edu/Outreach/Fun_Food_Science.html

CRITTERS

This assortment of animal snacks can be used to accompany a nature Try-It or badge, or to celebrate a holiday. When dealing with holidays, be careful to be sensitive to the religious or ethnic beliefs in your troop.

Baby Chick

Take a Nutter Butter or another oblong cookie like Vienna Fingers, ice it with yellow frosting. Use a candy corn piece for the beak and mini-chocolate chips for eyes.



Bunny Salad

A pear half with ears made of apple slices, a raisin or cinnamon candy nose, mini-M & Ms or mini-chocolate chips for the eyes, and a cream cheese blob or a mini-marshmallow for a tail, sitting on green-tinted coconut, shredded lettuce or chopped-up green jello for grass.

Mouse version: Almond slices for ears, carrot shreds for whiskers, and licorice for the tail.



Butterfly

Frost a cupcake or large cookie. Make a butterfly with a gummy worm for the body, two semi-circular gummy fruit slices (cut in half) for wings, and shoestring licorice pieces for antennae.

Going Fishing

Drop some blue food coloring into whipped cream cheese and mix well.

Serve by taking a pretzel stick, dipping into the cream cheese, then picking up a goldfish cracker with the gooey end. You're fishing for your snack!

Spider

Spread peanut butter or squeeze cheese on a Ritz-type cracker, arrange eight thin pretzel sticks for legs, top with second cracker and add eyes (raisins, chocolate chips, M & Ms) stuck on with dabs of cheese or peanut butter.



Turkey

Materials: Oreo, malted milk ball, chocolate chip, red-hot candy, candy corn, chocolate icing.

Take the cookie apart, with all of the filling on the bottom cookie (this is your base). Take the top cookie, spread chocolate icing on it and put candy corn around 3/4 of the edge, points toward the center (tail feathers). Use chocolate icing to "glue" the malted milk ball (body) to the base and the tail cookie at right angles, stuck onto the back of the malted milk ball. Then stick on a chocolate chip (drip point down, like a beak) for a head, with the red-hot below for the wattle.



Reindeer

Cut slices of square sandwich-style whole wheat bread in half diagonally to make triangles.

Place triangle point down on plate for head. Spread with a little peanut butter. Add two raisins for eyes, small pretzel twists for antlers, and a half maraschino cherry at the point for a nose, a la Rudolph (use another raisin if you want a regular deer instead of a red-nosed reindeer).

MORE THEMES

Food Pyramid Snack

Learn about the food pyramid, then build your own and eat it! Here are a few suggestions for the layers - work out your own favorite combinations with your troop:

Bread/cereal/rice/pasta group: whole-grain cracker, rye crisp, slice of whole grain bread

Vegetable group: shredded carrot or lettuce, cucumber slice

Fruit group: apple slice, a few raisins, olive slices

Milk/yogurt/cheese group: slice of favorite cheese

Meat/poultry/fish/dry beans/eggs/nuts group: turkey cube, dab of tuna salad or peanut butter, hard-boiled egg slice, chick peas or hummus

Fats/oils/sweets group: dab of salad dressing, mayo in tuna salad, oil and sugar in peanut butter

Ants on a Log

Classic camping snack! Fill celery sticks with cream cheese or peanut butter and add a row of raisins. Variation for the not-easily-grossed-out: Ticks on a Toilet Seat (core an apple and cut cross-section slices for the seat, same toppings).

Traffic Light Snack

To go with a safety try-it or badge - start with a graham cracker rectangle. The red light is a strawberry slice or red grape, the yellow is a banana slice, and the green is a kiwi slice or green grape, all stuck on with honey, cream cheese or whipped cream. You could also make a veggie version with a savory cracker and circles of three colors of peppers stuck on with squeeze cheese. Be sure to talk about what the colors mean while you make them.

Hamburger Cookie

Two vanilla wafers are the bun, and a peppermint patty (or thin mint?) is the burger. Tint some coconut green for lettuce, and use red and yellow icing (in tubes) as ketchup and mustard to hold it all together. For total verisimilitude, brush tops with a little honey or corn syrup, and sprinkle with sesame seeds.

Tic Tac Toe Snack

Start with a cupcake or large cookie. Add frosting in white or a pastel color. Make a grid with four 2" pieces of shoestring licorice, and use two different colors of M&Ms or skittles instead of Xs and Os. If your girls are literal-minded, use lifesavers for the Os and small snips of licorice to make Xs.

Spin-Art or Tie-Dye Snack

Start with a cupcake or large cookie. Add a smooth layer of white frosting. Use four or five colors of gel icing in tubes to make concentric circles. Use a toothpick to drag through the colors, from the center outward, to make the desired effect. *Variation:* If you use one dark-colored gel (black or purple), you'll have a spider web design.

Adapted from Family Fun Magazine

Bacon and Egg Snack

Lay three thin pretzel sticks side by side. Drop a blob of white frosting on top, and top with a yellow M&M or skittle candy. Let frosting set until firm. (All-one-color M&Ms are available by weight at Mr. Bulky's in King of Prussia Mall or at the Sweet Factory in Exton Square Mall.)

HEAT REQUIRED

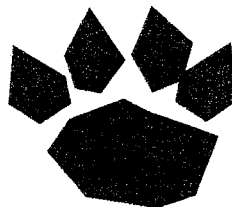
These recipes require either a microwave, burner (or hot plate), toaster, or oven. They were chosen because their preparation includes lots of hands-on activity for the girls.

Gingerbread Teddy Bears

Combine in pan: 1 cup butter or margarine
2/3 cup packed brown sugar
2/3 cup corn syrup or molasses

Cook and stir over medium heat until butter is melted and sugar is dissolved. Pour into large mixing bowl and cool 5 minutes.

Mix and set aside: 4 cups flour
1 1/2 tsp cinnamon
1 tsp ginger
1/2 tsp cloves
3/4 tsp baking soda



Add to first bowl: 1 beaten egg
1 1/2 tsp vanilla

Mix well. Add in flour mixture, beat until well mixed. Chill dough 2 hours or overnight. For each bear shape dough into one 1" ball, one 3/4" ball, six 1/2" balls, and five 1/4" balls. (You will probably want to make up samples for the girls to see the sizes and the number of each.) On an ungreased cookie sheet, flatten the 1" ball to 1/2" thick for the body. Attach the 3/4" ball for the head, and flatten to 1/2" thick. Attach the 1/2" balls for arms, legs, and ears. Place 1/4" balls on top of arms, legs and head for paws and nose. Press in mini-chocolate chips for eyes and belly-button. Bake for 8-10 minutes at 350 degrees. Makes 18 big bears.

Note: Try to find a roll of parchment paper (sold in kitchen stores), cut a 4"x6" piece for each girl and write her name in pencil in one corner. They can assemble their bears on the paper, which can then be transferred to the cookie sheets and baked right on the paper.

Easy Oatmeal Cookies

Mix by hand in a big bowl: 1 cup flour
1/2 tsp baking soda
2 cups oatmeal
1 cup brown sugar
1 cup very soft margarine

Roll into 1" balls, place on ungreased cookie sheet, flatten with bottom of a glass dipped in granulated sugar, and bake at 350 degrees for 10 minutes. *Makes 3 dozen big cookies.*

Make-Your-Own Pizzas

These can be made in many different combinations. A few suggestions:

Crust - English muffin halves, flour tortilla, bagel halves, split pita bread, French bread

Toppings - Pizza sauce, grated mozzarella, parmesan, feta cheese, pepperoni, sliced olives, red and green pepper slivers, mushrooms, zucchini slices, etc.

Put all the ingredients in the middle of the table, and let the girls be creative - they can make faces or other designs on their pizzas. When they're perfectly arranged, transfer to a baking sheet and bake at 450 degrees for 5 minutes or until cheese is bubbling. Be sure to let them cool a bit before eating.

Paint Your Sandwich

Materials: Food coloring
Paper cups, each filled with a few Tbsp of milk
New paintbrushes
White bread
Toaster

Directions: Add a few drops of food coloring to each cup of milk.
Using the colored milk and new paintbrushes, have kids paint pictures and designs on the bread. Toast lightly and use the slices to make their favorite sandwiches.

Originally published in FamilyFun magazine

Apple Crisp Bars

Start with an 8-oz tube of refrigerated crescent rolls. Unroll dough into two long rectangles and place in ungreased 13"x9" pan. Gently press dough to seal perforations, cover bottom of pan, and extend 1/2" up the sides.

Mix 1 1/2 cups applesauce with 1 tsp cinnamon, and spread over crust.

In small bowl, mix: 1/3 cup flour
1/2 cup brown sugar
1 cup oatmeal
1/3 cup melted butter or margarine

Sprinkle over applesauce, bake at 375 degrees for 25-35 minutes, until crust is golden brown.
Makes 24 bars.



Shared by Debbie (Blaine, MN) on the WAGGGS-L Leaders' e-mail list:

When my troop was in 2nd grade, everyone brought her favorite holiday treat to share at our holiday party. My daughter and I made our favorite marshmallow treats. When my co-leader's daughter saw them, she said they looked like the dust bunnies that lived under her mom's bed. Of course everyone thought it was funny and the girls made up all sorts of stories about those dust bunnies. My co-leader will never live it down, because we have to have dust bunnies every year as the treat for our holiday party!

"Dust Bunnies"

Start with: 1 bag regular (not mini) marshmallows

Insert a toothpick into each marshmallow and place in freezer for about 5 minutes.

Melt in a double boiler or microwave:

1 bag of caramels
1/2 cup (1 stick) butter
1 can condensed milk

Place in bowl: 2 cups Rice Krispies

Dip marshmallow in caramel mixture, then roll in Rice Krispies. Remove toothpick after marshmallow thaws. (These may be frozen if you don't eat them all right away!)

NO-KITCHEN COOKING

If your meeting place doesn't have a kitchen, it's still possible to do some creative cooking with an electric skillet or wok. All you need is electricity and a safe place to set up the skillet (and proper supervision, of course). These ideas were sent to the WAGGGS-L leaders' list by Dale Rosecrans, a leader who also teaches nursery school, and uses this technique with her classes. It sounds wild, but you can actually bake individual muffins or cakes in 5-oz wax-coated Dixie-type cups in an electric skillet (no, the cups don't burn). The recipes are set up for each girl to mix her own treat right in the cup.

Dixie Cup Molasses Muffins

Put in cup and mix well: 1 Tbsp flour
 1/16 tsp baking soda
 1 pinch salt
 2 Tbsp bran

Add and mix in: 1 Tbsp milk
 1 1/2 tsp molasses

Add and stir in: 10 raisins

Place cups in skillet (close, but not touching), cover, and bake at 375 degrees for 30-40 minutes.

Gingerbread

Put in cup and mix well: 3 Tbsp boxed gingerbread mix
 1 Tbsp water

Place cups in skillet (close, but not touching), bake at 400 degrees for 15 minutes or until done.

Pineapple Upside-Down Gingerbread

Pour in cup: 1 tsp salad oil
Sprinkle over: 1 tsp brown sugar
Spread on top: 1 Tbsp drained crushed pineapple

In separate cup, prepare gingerbread as above, then pour over pineapple (do not mix up). Bake as above.



The cookbook Dale uses is *Cup Cooking*, by Barbara Johnson. It is distributed by Gryphon House, Inc. (PO Box 207 Beltsville, Maryland 20704-0207 1-800-638-0928)

She suggests using an electric skillet for other simple cooking projects such as soup, oatmeal, macaroni (or anything else that boils), baked apples, corn cakes, pancakes, french toast, grilled cheese, cooking fresh cranberries to make cranberry salad at Thanksgiving, and even boiling whole clams for clam chowder (the kids loved seeing the shells pop open).

Dale's complete idea list may be found at The GuideZone website:
<http://guidezone.e-guiding.com/jbdixie.htm>

LIQUID REFRESHMENT

Strawberry Fizz

In a large pitcher or punch bowl, stir together two 10-oz packages of frozen strawberries (partially thawed) and one 6-oz can of frozen pink lemonade. Slowly pour in one 28-oz bottle of chilled ginger ale and stir gently to mix thoroughly. Pour over crushed ice in glasses. *Serves 8.*

Banana Smoothie

1 cup milk 1 banana (in chunks)
1/2 tsp vanilla 1 to 3 ice cubes

Put in blender, blend for 20 seconds. *Serves 1.*

Orange Juice Shake

1/2 cup milk 1/2 cup orange juice
2 cups vanilla ice cream 1/2 tsp vanilla extract
1/2 tsp finely grated orange peel (optional)



Put in blender and mix until smooth. Pour into glasses and enjoy! *Makes 3 servings.*

Orange "Julius"

1 cup milk 1 6-oz can frozen orange juice concentrate
1 cup water 1/4 cup sugar
1 tsp vanilla 10-15 ice cubes

Put in blender, blend until like an "Icee." *Makes 6 cups.*

"Slurpee"

2 cups cold club soda
1/2 cup sugar
1/2 teaspoon any flavor unsweetened Kool-aid mix (more to taste)
2 1/2 cups crushed ice

Pour 1 cup of the club soda into a blender with the sugar and Kool-aid mix. Blend this until all of the sugar is dissolved. Add the crushed ice and blend at high speed until the drink is a slushy, smooth consistency, with no remaining chunks of ice. Add the remaining club soda and blend briefly until mixed. You may have to stop the blender and use a long spoon to stir it up. If necessary, put the blender into your freezer for 1/2 hour to thicken it. Remove from freezer and again blend briefly to mix. *Makes 4 cups.*

Note: You may replace the club soda and Kool-aid mix with 2 cups of root beer or other soda to make a soft drink slurpee.

Real Hot Chocolate

Mix in pan: 1/3 cup sugar
 1/3 cup unsweetened cocoa
 1/4 tsp salt
 1/2 tsp cinnamon (optional)

Add: 1 1/2 cups half-and-half (replace with more milk if you prefer)
 4 1/2 cups milk



Stir and heat thoroughly over low heat. For Mexican hot chocolate, include the cinnamon, and use a rotary beater or portable electric mixer to whip it until foamy. Pour into mugs and use a cinnamon stick to stir, if you like. *Makes 6 one-cup servings.*

EAT YOUR WAY AROUND THE WORLD



Sharing food from different cultures can add a lot to your troop's program. Thinking Day (February 22) is the traditional time to add an international focus to your activities, but any time you're doing a Try-It or badge with a global or cultural heritage aspect, food can be part of it! See the list on page 19 for ideas, and then decide how you want to eat.

Tasting Party

You might ask each girl to bring a food from her own family's heritage for everyone to share. It could go with a theme like holiday celebrations, healthy snacks, or foods made with grains or fruits. A simple version could just involve tasting pieces of several unfamiliar fruits like mangoes, persimmons, plantains, guavas, kumquats, star-fruit, or pomegranates, and talking about where they are grown.

Cookie Exchange

Do some research on cookies in different countries or cultures, look up recipes or local specialty bakeries, and decide how girls will bring in cookies to share at a party or to take home an assortment to their families.

Theme Meetings

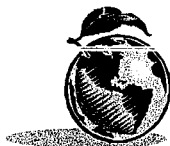
Choose several different countries you're interested in, and use one for each meeting leading up to Thinking Day. Learn games, songs, stories, or crafts from that country, and either ask the snack provider for that meeting to bring something from that country, or make snack preparation part of the meeting's activities.

Culture Cooks

Pick one country or culture to specialize in, find out as much as you can about its cuisine, and build up to preparing a simple meal for the whole troop to share.

International Fair

Get together with a few other troops or your whole Service Unit, and let each troop set up a table for their chosen country with posters, an activity like a craft or game, and a snack to try.



There are many sources for recipes. Visit your library for international cookbooks, or use the online resources on page 20 to find recipes and other information for your food travels.

Bon Voyage!

THE GREAT OUTDOORS

Portable Snacks

Here are a few ideas for quick snacks to take along on an outing. The Crispy Treats require cooking, but are fairly fast - our fourth-graders made them, along with a big thermos of cocoa, before we left for ice skating (one of the outings for the Outdoor Fun badge).

Walking Salad

Core an apple, not quite the whole way through.

Stuff cavity with whatever combination of ingredients appeals to girls:

peanut butter, raisins or other dried fruit, chocolate chips, mini-marshmallows, nuts

Gorp or Trail Mix

10 cups Cheerios

18 oz canister raisins

4 cups unsalted roasted peanuts

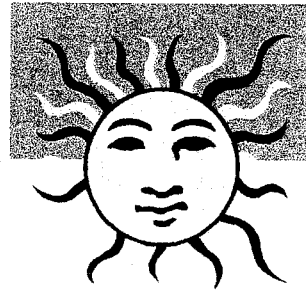
10 oz canister chopped dates

10 oz chopped apricots

3 cups chocolate chips

3 cups sunflower seeds (shelled)

Mix together. *Makes about 25 1-cup servings*



Crispy Treats

Melt in large pot over low heat on stove: 1/4 cup (1/2 stick) margarine or butter.

Add 1 10-oz bag of marshmallows, stir constantly until completely melted.

Remove from heat and add 6 cups Rice Krispie-type cereal, stir until well-coated.

Spread into greased 9"x13" pan (use a sheet of waxed paper to press it into pan).

Cut into squares when cool - makes 24 squares.

Variation: add 1 cup of chocolate chips with cereal

Outdoor Cooking

Going camping is the ultimate play-with-your-food opportunity! If that's what your troop enjoys, you can spend a whole weekend cooking and eating, without ever using the same technique twice. From box ovens to stick cooking, from foil packets to buddy burners, from solar ovens to mountain pie irons, from one-pot meals to dutch ovens, the possibilities are endless. When your troop is ready for this, the council Resource Center has many recipe books to borrow, as well as some special cooking equipment like dutch ovens and mountain pie irons. Don't forget that a leader or parent in your troop must take the Cook Out outdoor training course before you start cooking outdoors.

If you can't have a fire, try a little **solar cooking**, with one of these ideas:

Brownie Try-Its - Outdoor Adventurer, #4 toast marshmallows in a solar bowl cooker

Junior Badge Book - Outdoors in the City, #6 make sun tea or sun jam

Junior Handbook (page 139) - fruit dessert in a solar oven, solar noodle cookies

For more ideas:

<http://www.solarnow.org/pizzabx.htm> (Make a solar oven from a pizza box)

<http://home.earthlink.net/~drduggee/recipes.htm> (Lots more info plus recipes)

If your troop is building its way up to a day outing or camping trip, maybe by spending a few meetings working on the Outdoor Adventurer Try-It or the Outdoor Fun badge, here's several versions of a fun snack that's a fire-building lesson. Feel free to substitute ingredients to suit your troop's tastes. Start by having girls tie back their hair or wear bandanas, and check their clothing for dangling strings or sleeves, as if they were building a real fire.

Edible Campfire

Materials: napkins
 small paper cups to fill with water or juice (fire bucket)
 cheerios (rocks)
 shredded coconut (tinder)
 potato sticks or thin pretzel sticks (kindling)
 pretzel logs (fuel)
 cinnamon hearts/red hots or candy corn (flames or coals)
 one toothpick per girl (match)

Method:

1. Each girl should unfold her napkin and lay it out smooth to represent the clearing that has to be done in an area to make it safe to build a fire. Here you may go into as much detail as you feel your girls are ready for. Discuss safe places to build fires.
2. Clean your fire site with a rake. Fill the fire bucket and place nearby.
3. Make a fire ring of cheerios. Explain the safety circle, a circle 5 feet out from the fire ring. Girls aren't allowed to play or move faster than a walk while inside this circle.
4. Next you make three piles of firewood: coconut for the tinder, potato sticks for the kindling and pretzels for logs.
5. Now you are ready to lay your fire: Lay an "A" of pretzel logs after you decide what direction the wind is blowing. The open end of the "A" faces the wind so the flame can get oxygen.
6. Lay your tinder against the crossbar of the A. As each girl is ready, she gets a toothpick for a match to hold in under the largest pile of tinder and you drop a few red hots on top to show that the fire is burning brightly, using just one match!
7. Then she places on more kindling and logs as the fire burns brighter.
8. Discuss how to put out clothing if it catches on fire (Stop, Drop and Roll), and how to put out a fire (sprinkling water, not pouring the whole bucket on it).
9. After her fire has been approved by the leader she eats it, leaving a clean fire site.

From the Eight Basic Outdoor Skills site: <http://www.kidslist.uc.edu/kidslist/gs/camping.html>

Junk Food Version

small cup of kool-aid (water bucket)
M & Ms (or jelly beans or mini-marshmallows) in a circle on paper plate (fire circle)
3 Kit Kat sticks in A shape (fuel)
licorice strings (kindling)
shaved coconut (tinder)

Salad Version

small cup of salad dressing (water bucket)
raisins or croutons in a circle on paper plate (fire circle)
3 carrot, celery or cucumber sticks in A shape (fuel)
thin strips of carrot, celery or cucumber (kindling)
shredded lettuce (tinder)
grated cheese (flames)

RECIPES

For those who want to make their own, here are a few basic recipes I've found useful.

Frosting

beat together: 1 3-oz package cream cheese, softened
 1 Tbsp butter or margarine
 1 tsp vanilla

Add in: 4 cups confectioners sugar
 enough milk to produce good spreading consistency

An electric mixer makes this easier, but it can be done by hand. Divide into smaller bowls and tint with liquid or paste food coloring. For brown, melt some chocolate chips or baking chocolate in the microwave and mix in. Girls love to help mix the colors in, and you can turn it into a color activity, making your own secondary colors by combining red, blue, and yellow.

Adapted from Better Homes and Gardens Cookbook, 1976 edition

Fudge Cupcakes

combine in pan: 2/3 cup brown sugar
 1/3 cup milk
 2 1-oz squares unsweetened chocolate

Stir over very low heat until chocolate melts (or microwave about 2 minutes); cool.

Beat together: 2/3 cup brown sugar
 1/3 cup Crisco or margarine

Add and beat in: 1 tsp vanilla
 2 eggs (one at a time)

Mix together: 1 1/3 flour
 1 tsp baking soda
 1/2 tsp salt

Add to creamed mixture alternately with 1/2 cup milk. Stir in chocolate mixture. Fill paper bake cups set in muffin pans scant 1/2 full. Bake at 375 degrees about 20 minutes. Makes 2 dozen.
Better Homes and Gardens Cookbook, 1976 edition

Rolled Sugar Cookies

In electric mixer, cream together: 1/2 cup butter or margarine
 1 cup sugar

Add and beat well: 1 egg
 3 Tbsp milk
 1/2 tsp vanilla

Mix together, add gradually: 2 cups flour
 1/4 tsp salt
 1/2 tsp baking powder

Mix until well-blended. Wrap with plastic wrap and chill for at least 30 minutes. Roll out about 1/4" thick, 1/3 of dough at a time, on lightly floured surface and cut with cookie cutters. (If you just want a basic round cookie, use a 3" biscuit cutter or tuna can.) Transfer to greased baking sheets with spatula and bake at 400 degrees for 10 minutes.

Brownies

¾ cup fairly traded organic baking cocoa *
1 cup (2 sticks) organic butter
2 cups organic cane sugar
3 organic eggs
1 teaspoon organic vanilla
1 cup unbleached organic flour

Heat oven to 350°. Grease and flour a 13"x9" pan.

Microwave cocoa and butter in large microwave-safe bowl at high for 2 minutes (or until butter is melted). Stir until cocoa is blended in. Stir in sugar until well mixed. Beat in eggs and vanilla. Mix in flour until well blended. Pour into prepared pan and bake 23-25 minutes or until wooden pick inserted in center comes out almost clean. Do not overbake. Cool in pan, then cut into squares. Makes 24 brownies.

* Available from Equal Exchange, Canton, MA <http://www.equalexchange.com/>
Adapted from One Bowl Brownies recipe on Baker's Chocolate package

Cheese Spread

½ lb. cheddar cheese
½ lb. cottage cheese
¼ - ½ cup mayonnaise or plain yogurt

Process in food processor until smooth. Add garlic or Tabasco sauce if desired.

Biscuits for Good Dogs

BISCUITS:

1 egg, beaten	1/2 cup powdered skim milk
1 cup fresh grated parmesan cheese	1/2 cup cornmeal
2/3 cup uncooked oatmeal	2 cups whole wheat flour
1/4 cup vegetable oil	Dash of garlic powder
3/4 cup chicken broth	

GLAZE:

1 egg (or just a white or a yolk)
1-2 tablespoons of chicken broth or water

Heat oven to 375°. Mix biscuit ingredients to make a very stiff dough. Turn out on floured counter and knead a few times until it's well mixed and all sticks together. Roll out half at a time with rolling pin to ¼-½" thick. Cut with bone-shaped cookie cutter. Transfer to ungreased cookie sheet with spatula.

Mix glaze ingredients together in small bowl. Use pastry brush to brush biscuits with glaze, then sprinkle with more parmesan.

Bake for 25 minutes (less if very thin). Cool on wire rack and store in freezer, taking out a dozen or so at a time to keep on the counter for treats.

Makes about 7 dozen 2¾" long bone-shaped biscuits.

If you want to make these for a service project, make sure the ingredient list meets the approval of the shelter. This would make a nice extra with a collection of old towels and carpet pieces.

GRACES

Don't forget to give thanks for all the delicious food you make and eat! Here are some easy ones to get you started, sung to familiar tunes. Learn more from songbooks or the website listed on the resource page.

Alleluia, Amen (Happy Birthday)

Alleluia, Amen.
Alleluia, Amen.
Alleluia, Alleluia,
Alleluia, Amen.

Let's Join Hands (Mary Had a Little Lamb)

Let's join hands and give our thanks,
Give our thanks, give our thanks,
Let's join hands and give our thanks,
Give our thanks to God.

Bless Us Everyone (Jingle Bells)

Bless this day, bless this food,
Bless us everyone.
Guide us as we go our way
And fill our day with fun.

Sing, Sing, Sing Your Praise (Row Your Boat)

Sing, sing, sing your praise
To our Lord above
For the day and for the food
And for Your lasting love.

From My Heart (Heart and Soul)

From my heart
I give God thanks and praise.
From my heart
For all these happy days.
Thankful for all the gifts I hold (long pause)
Thanks from my heart and soul! (spoken)

We Gather (My Bonnie)

We gather to ask for your blessing
We gather to thank you in prayer
Please bless all this food we are sharing
And keep us in your tender care.

God Our Father (Are You Sleeping)

God our Father, God our Father
We give thanks, we give thanks
For our many blessings,
For our many blessings. Amen, Amen.

We Know, We Know (Hi, Ho)

We know, we know, from whom all blessings flow.
We thank Him, then we say Amen
We know, we know, we know....

Repeat until tired!

Grace (Are You Sleeping)

We are thankful, we are thankful
For our food, for our food.
And our many blessings,
And our many blessings
Thank you Lord, Thank you Lord.

Zip-A-Dee-Doo-Dah Grace

Zip a dee do dah, Zip a dee ay,
I am grateful for God's blessings today.
I've plenty to eat, to drink and to share,
I sit at God's table and see love everywhere.

TRY-ITS, BADGES, AND HANDBOOK ACTIVITIES

Brownie Try-Its

- ◇ Eat Right, Stay Healthy (page 26)
- ◇ Healthy Habits (page 32)
- ◇ Make It, Eat It (page 38)
- ◇ Manners (page 68)
- ◇ Outdoor Adventurer (page 118) #3 make a walking salad for snack (partial)
- ◇ Ready, Set, Go Camping (page 124) #3 camp stew
- ◇ Science Wonders (page 130) #1 grow sugar crystals

Brownie Handbook Activities

- ◇ Food Pyramid (page 48)
- ◇ Gorp Recipe (page 109)
- ◇ Rice Pudding Recipe from Morocco (page 121)

Brownie Leader Guide Activities

- ◇ Hand Washing (page 43)
- ◇ Salsa Recipe (page 41)

Junior Badges

- ◇ Caring for Children (page 42); #9 healthy snacks for kids
- ◇ Cookie Connection (page 8); #5 food-related jobs, #10 cookies across cultures
- ◇ Food Power (page 76)
- ◇ A Healthier You (page 80); #1 calcium-rich foods
- ◇ Highway to Health (page 82); #4 hand washing, #5 healthy snack recipes
- ◇ Humans and Habitats (page 16)
- ◇ Let's Get Cooking (page 186)
- ◇ On My Way (page 24); #4 regional/international recipe and tasting party
- ◇ Outdoor Cook (page 108); older girls, Cook Out required
- ◇ Outdoor Fun (page 112); #3 Eating Out (Cook Out required)
- ◇ Outdoors in the City (page 114); #6 sun tea, sun jam
- ◇ Plants and Animals (page 116); #1 market trip, #6 new fruit and vegetable recipes
- ◇ Science Sleuth (page 209); #3 make rock candy crystals (instead of Epsom salts)

Junior Handbook Activities

- ◇ Food Pyramid (page 114-116)
- ◇ Food Labels (page 122-123)
- ◇ Fire Building (page 140-141)
- ◇ Gorp Recipe (page 133)
- ◇ Healthy Snacks and Recipes (page 117-121)
- ◇ Popcorn Recipes (page 68)
- ◇ Pretzel Recipe (page 179)
- ◇ Solar Cooking (page 139)

RESOURCES

Council Resources

The council resource centers have a wide assortment of materials you can borrow, from recipe books to international information to specialized cooking equipment. Each Service Unit has a copy of the Volunteer Resource Center Guide listing what's available, and it's also available on the Freedom Valley website: <http://www.gsfvc.org/>

Internet Resources

ChildFun

<http://www.childfun.com>

Tons of crafts and activities, including recipes and songs, arranged by season or holiday theme.

Eight Basic Outdoor Skills

<http://www.kidslist.uc.edu/kidslist/gs/camping.html>

A plan for an entire outdoor skills day, including fire building and an edible campfire.

Family Fun

<http://familyfun.com/>

Lots of recipes plus activities, crafts, and party ideas.

Graces

<http://www.users.ms11.net/~gsong/Graces/menu.html>

A fantastic site for graces, with words, music scores and midi files (so you can listen to them).

The GuideZone

<http://guidezone.e-guiding.com>

Canadian Girl Guide site for everything, including recipes and cooking.

Helen's Internet Book of British Cooking

<http://www.hwatson.force9.co.uk/cookbook/recipes.htm>

Recipes from England, Scotland, Wales and Ireland. Has a "complete menus" area with a wonderful section on teas: afternoon, cream, high, Scottish high and Welsh!

International Recipes

http://gabyandandy.tripod.com/Internation_Recipes.html

Recipes arranged by region - shows each country's flag, too.

RecipeSource

<http://www.recipesource.com/>

International recipes, arranged by region and by type of food.

University of Kentucky Department of Entomology

<http://www.uky.edu/Agriculture/Entomology/ythfacts/bugfood/bugfood1.htm>

Insect-themed food (plus other insect info).

Wisdom Keepers

<http://www.wisdomkeepers.org/nativeway>

American Indian recipes, arranged by Nation/Tribe and by type of dish.