



girl scouts
of eastern missouri



Health • Ambassador Badge Blueprint

Dinner Party Badge

Purpose: Chefs are on the cutting edge of entertainment and masters of building community at the table. For this badge, girls throw a great dinner party, bring people together and practice creating course after course with finesse and flair.

Step 1: Create a menu

Cooking allows you to be creative and think how your meal can come together. Practice and research helps a cook become a chef. During this step, collect a variety of recipes from various outlets such as cooking shows, websites, books, magazines and even family recipes. After doing some research, find five recipes each for: appetizers, main courses and desserts. Write them down on an index or recipe card. Take what you have and see what combinations you can make until you find your favorite.

Step 2: Make a budget and shopping list

Before you head out to the store, set a budget for yourself. Once you have your budget, visit a few different stores with a list of the ingredients you'll need and compare prices. You can compare prices from places like a regular supermarket, a specialty grocery and even a farmer's market. Write down what the cost is for each ingredient at each location and determine which one had the best selection and prices. Remember value is not always in cost—value can also be in the taste, healthfulness and the business you are supporting.

Step 3: Practice timing your courses

Once you have your recipes and have priced out and purchased your ingredients, you're ready to test out your creations. Every chef learns by doing and practice makes perfect. Many times we don't realize how fast or slow something might cook or you might want to alter a recipe to fit your taste buds a little better. During this step, write out a menu timeline and then host a test run by serving your family or friends the meal. Make sure you time how long it takes you to make each dish and note any hiccups that take place along the way. After you are done, review your notes and make any adjustments as needed to prepare you for step five.

Remember, girls gain confidence and leadership skills through girl-led activities. Whenever possible, let the girls take charge when completing activities. Adult help is necessary for guidance, support and safety.



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Step 4: Explore imaginative ways to present food

Get creative in the ways you present your food. If you have ever watched shows like *Master Chef* you will notice they present their dishes by adding garnishes like parsley, drizzling sauces over the dish and plating in a partial pattern or even using different serving plates or bowls to make the dish stand out. Have a little fun and think of ways you can put your own style into your presentation. Maybe you serve a soup in a mug or take carrot shavings and create a flower. The sky is the limit!

Step 5: Host your party

Put everything together and host a dinner party! You can invite some new friends, a fellow Girl Scout troop, or friends from different parts of your life so they can get to know each other. You can also host this party to celebrate someone's birthday, a holiday or a recent accomplishment. Don't be afraid to ask your guests how their meal was and invite them to provide constructive feedback.

Congratulations! You have now earned the Dinner Party Badge!

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