

# Cook Legacy Kit

This kit contains activities and related materials to help teach girls of all ages more about the history of Cooking in the Girl Scout world. This is one of the seven legacy topics that have been part of Girl Scouting since the movement started in 1912. The other legacy topics are Artist, Athlete, Citizen, First Aid, Girl Scout Way, and Naturalist.

The activity ideas included in this kit are taken directly from handbooks of the past or are modern interpretations inspired by skills Girl Scouts have learned through the years. Girls can choose to do as many or as few as they like, though leaders and advisors should help them choose ones that are appropriate for the girls' levels. Citations at the end of the activities provide a place to go to learn more about that activity or era.

Just as the legacy topics have been part of Girl Scouting for its first 100 years, they will continue to be part of its future. Girls who are interested in doing even more activities related to any of the legacy topics can earn the modern-day version of these badges. Age-appropriate requirements for legacy badges can be found in the Girl's Guide to Girl Scouting.



On April 30, 1940, Eleanor Roosevelt, who was honorary President of the Girl Scouts National Little House in Washington, DC, attended a luncheon in her honor to highlight Girl Scout participation in the observance of National Better Homes Week. Girl Scouts cooked and served the luncheon.

## **Introduction**

“There are few things that people appreciate more in their friends than their skill as cooks. Being a good cook also means that you know what foods are good to eat and economical to buy. A successful cook keeps in constant practice.” (Intermediate Program Girl Scout Handbook, 1946, p.284) Juliette Gordon Low, the founder of Girl Scouts, enjoyed cooking and had the talent for choosing the perfect combination of delicious dishes to make up a menu. Although kitchens and cooking are quite different then they were when Juliette Low was alive, many things about cooking and its preparations have not changed. Try some of the activities in this kit to get an idea of how cooking was like years ago.

## **Cook Legacy Kit Contents**

- Leader Guide
- “Centennial Receipt Book - Juliette Gordon Low 1860-1960” Recipes
- Sample Recipe Cards
- Cook Related Career Cards
- “Cooking Tips” Handout (Junior Girl Scout Handbook 1963)
- 1963 Junior Girl Scout Handbook
- Girl Scout Cook Photographs from the Past
- Historical Girl Scout canteen
- Historical Girl Scout mess kit
- Archival Gloves

Be sure to handle materials gently and return them to the kit when finished. Use the list above to make sure you have all of the kit items.

## Cook Activity Ideas

The first five activities meet badge requirements in the Girl's Guide to Girl Scouting.



- ❑ Make a savory snack from a different country. Kids from different parts of the world eat some amazing snacks. Try making a Japanese sushi roll, a Vietnamese lettuce roll or Mexican guacamole with baked tortilla chips. *This completes Step 1 of the Cook badge in the Brownie Girl's Guide.* (Similar to activity found in Girl Scout Handbook, Intermediate Program, 1946, p. 321)
- ❑ Tour a kitchen. With a knowledgeable adult, tour the kitchen of a friend or neighbor, or caterer, your school, or your very own kitchen. *This completes Step 1 of the Cook badge in the Junior Girl's Guide.* (Similar to activity found in Girl Scout Handbook, Intermediate Program, 1947, p. 416)
- ❑ Pick a piece of the past that excites you. Find a classic recipe from that time and place; it might be from the Renaissance, pirate lore, Juliette Low's time or the Wild West. Where and why was this recipe served? Maybe you can find out what it was supposed to taste like back then to know how your version compares. *This completes Step 3 of the Cook badge in the Cadette Girl's Guide.* (For an extension activity look at Juliette Gordon Low's favorite recipes packet and do the activity from below.)
- ❑ Create a simple, local-ingredients meal. This could be a pasta primavera with different local veggies, a chicken stew with local chicken and herbs, or a simple meat loaf with local ground meat and mashed potatoes. *This completes Step 5 of the Cook badge in the Senior Girl's Guide.* (Similar to activity found in Girl Scout Handbook, Intermediate Program, 1946, p. 321)
- ❑ Collect recipes from cooking shows, websites, books or magazines. Find five recipes each for appetizers, main courses and desserts. Write them on index or recipe cards, then play around with different combinations until you find your favorite nutritious, flavorful menu. *This completes Step 1 of the Cook badge in the Ambassador Girl's Guide.* (Similar to activity found in Girl Scout Handbook, Intermediate Program, 1946, p. 321)



- ❑ Learn the history of your favorite food or spice. (Junior Girl Scout Handbook, 1963, p. 324)
- ❑ Learn about the new food pyramid and submit a well-balanced food schedule for a day's meal for your family. (Girl Scout Handbook, 1929, p. 420)
- ❑ Make one of Juliette Gordon Low's favorite recipes from the recipe packet. (Centennial Receipt Book – Juliette Gordon Low Hostess and Homemaker, 1860-1960)
- ❑ Look at the vintage Girl Scout canteen and silverware and compare them to your outdoor mess kit. How are these outdoor cooking utensils different from the ones that Girl Scouts like you use today? How are they similar?
- ❑ Cooking isn't just done in the home. If you go on a camping trip, you'll still need to eat. Try making one of the "Meals for the Out-of-Doors" when your troop goes camping!
  - Cheese Toast (serves 4):
    - Ingredients: 8 slices of buttered toast,  $\frac{1}{4}$  teaspoon paprika,  $\frac{1}{2}$  pound of American cheese,  $\frac{1}{2}$  teaspoon Worcestershire sauce.
    - Instructions: Make a paste of the cheese, and add seasonings. Spread the toast generously with the cheese mixture and set before the fire to brown.
  - Blushing Bunny (serves 4):
    - Ingredients: 1 tablespoon butter, 1 tablespoon flour, 1 can tomato soup,  $\frac{1}{2}$  cup diced American cheese.
    - Instructions: Melt butter, blend flour. Add soup. When heated add cheese. Stir until melted. Serve over crackers or toast.
  - Some Mores (S'mores):
    - Ingredients: 4 squares of plain chocolate, 2 graham crackers, 1 marshmallow.

- Instructions: Toast marshmallow slowly over coals until brown, then put inside graham cracker and chocolate bar sandwich.
- Browse a cookbook and make a list of the names of 10 cooking and food terms that are new to you. Find out what the terms mean by asking a chef or looking them up and add the descriptions to your list. (Junior Girl Scout Handbook, 1963, p. 324)
- Using the recipe, make the original Girl Scout cookies:
  - Ingredients: 1 cup butter, 1 cup sugar plus additional amount for topping (optional) , 2 eggs, 2 tablespoons milk, 1 teaspoon vanilla, 2 cups flour, 1 teaspoon salt, 2 teaspoons baking powder.
  - Instructions: Cream butter and the cup of sugar; add well-beaten eggs, then milk, vanilla, flour, salt, and baking powder. Refrigerate for at least 1 hour. Roll dough, cut into trefoil shapes, and sprinkle sugar on top, if desired. Bake in a quick oven (375°) for approximately 8 to 10 minutes or until the edges begin to brown. Makes six- to seven-dozen cookies.
- Go to the grocery store or a local farmers market and learn how to select good fruits and vegetables. Select a fruit or vegetable to grow at home.
- Take a look at the historical photographs found in the kit. See if any of the cook- related activities girls did back then are similar to the ones you and your troop do today!
- See if any places in your neighborhood offer cooking classes. If there are, go take a class with your troop!
- Career exploration has long been part of Girl Scouting. Girls around the country have been encouraged to find out what jobs are available in fields and industries they are interested in, and to connect with people working in those areas to learn more about the profession. Check out the career cards in this kit. Read about different women who held these Cook-related positions in 1978. Do any of them interest you? Do some research to figure out a modern-day job that is similar to one of the career cards and interview a person who works or has worked in that position. What is the same and what is different about the job? Make a copy of the

blank career card and fill it out during or after your interview. Add this person to your personal network!

### **Wrap-Up**

These are just a few ideas inspired by Girl Scout publications of the first 100 years. Feel free to explore and dabble in other activities that you come across or think of, and teach others about what you've learned. Have fun!