



Cook

Cub badge

Demonstrate the following to the examiner:

1. Boil an egg for three minutes, remove the top from the egg and serve up the egg in an eggcup.
2. Prepare a sandwich for your school lunch, using your favourite filling. Wrap the sandwich up and put it in your lunch box.
3. Explain the benefit of including a piece of fruit with the lunch.
4. Wash, dry and put away the dishes you used.
5. Help prepare the evening meal for your family for a week

Youth name: _____

Parent/examiner: _____

