



## Green <sup>2</sup> Troops – Ambassador Dinner Party Badge

This badge prepares the girls to become more confident and successful in the culinary field, while also being environmentally aware. Each activity is designed to provide the girls with knowledge regarding the responsibilities and skills essential to become a thriving chef.

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### Activity 1: Create Your Menu

**Objective:** Promotes creativity and critical thinking skills. This activity helps the girls learn how to reduce food waste by creating a menu that includes items such as leftovers, seasonal produce, or any ingredients found at home.

**Materials Needed:**

Recycled paper                      Reusable markers, pens, and pencils

**Steps:**

1. **Starting Discussion:** Think about any leftover foods, seasonal produce, and untouched ingredients that you might have at home. Share with the group any items that come to mind. (EX: Fruit peels, dinner leftovers, spices, etc)
  2. **Create a List:** Using the recycled sheet of paper, have the girls list 5-10 items they thought of or heard during the discussion.
  3. **Plan Your Menu:** Create the menu including recipes that feature the ingredients listed in step 2. Be sure to come up with creative names and include a detailed list of all the ingredients and instructions needed for the creation of each dish. Selections could include small snacks, main course dishes, drinks, or others. Use reusable markers and pens to decorate the menu and make it unique.
  4. **Reflection:** What were some of the most common ingredients included in their recipes? What is a dish they would try at home?
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### Activity 2: Bring Your Recipe to Life

**Objective:** Provides the girls with an opportunity to create one of the dishes that they listed on their menu. This activity teaches the girls to cook with minimal food waste while also using smart kitchen habits.

**Materials Needed:**

- A recipe chosen from designed menu
- All ingredients listed for the recipe (All items must be already found at home; nothing purchased for badge.)
- Reusable cooking tools

**Steps:**

1. **Gather Ingredients:** Each girl is required to choose a recipe to replicate from the menu they created during Activity #1. Collect all the necessary ingredients without making any new purchases.
2. **Prepare the Dish:** Girls will follow the instructions shown on their menu to complete the dish.

3. **Present and Share:** Gather the girls back together as a group to take turns describing the dishes they prepared, along with the ingredients that were included in the making.
  4. **Reflection:** Discuss with the girls on how they think their dishes turned out. Is your recipe something you would follow again in the future?
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### Activity 3: Timing Your Courses

**Objective:** Provides the girls with a better understanding of the time required to prepare a dish. This activity will teach the girls how to complete tasks in a timely manner, ensuring that the dish can be prepared quickly enough to prevent dissatisfied customers. Promotes organization and time management skills.

**Materials Needed:**

Another menu recipe (different from Activity 2)  
Reusable cooking tools

Chosen recipe ingredients  
Digital device (for timer)

**Steps:**

1. **Choose a Recipe:** Using a different recipe from the previous activity, girls select another dish to prepare from their menu.
2. **Scatter Ingredients:** Girls gather the necessary ingredients for their dish. This time, rather than bringing all the ingredients in one place for close reach, distribute them throughout the room. Girls cannot grab them back together until the timer begins. This is to provide a more accurate timing experience as if this were the real situation.
3. **Begin Cooking:** Start a timer using the digital device. Girls begin preparing their chosen dish while also ensuring maintaining a good pace and keeping their workspace organized and tidy.
4. **Reflection:** Gather the girls together to discuss and compare the recorded times achieved while preparing their dishes. What strategies are there to help quicken the process while also ensuring their finished product does not seem rushed or messy?

**No Waste Aspect:** Everything used in this activity is either reusable or already found at home.

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### Activity 4: Explore Ways to Present Food

**Objective:** Teaches the girls how to neatly present and decorate a dish like a professional chef, while also being mindful about minimal food waste. Encourages creativity.

**Materials Needed:**

Reusable cooking prep tools (EX: knives, peelers)  
Reusable plates and utensils

Ingredients for small appetizer of your choosing  
Low-waste or compostable ingredients for decor  
(EX: Fresh herbs, fruits, veggies, homemade sauces)

**Steps:**

1. **Choose a Recipe:** Girls select a small dish to prepare as an appetizer. This does not have to be one that is featured on their menu. They can use a digital device to search for inspiration if needed. Examples include:
  - Fruit salad
  - Veggie plater
  - Grilled veggie skewers
  - Avocado toast
  - Zucchini roll ups

2. **Gather Ingredients:** Collect all the necessary ingredients without making any new purchases. Girls finish preparing the dish and are ready to begin decorating.
  3. **Decorate:** Each girl will carefully plate and garnish their dishes using any small, low-waste, or compostable ingredients. They will use reusable cooking prep tools to create unique shapes and balance of color.
  4. **Present and Share:** Girls take turns explaining their dish to the group. Be sure they share what ingredients were used and what inspired the presentation.
  5. **Reflection:** Have girls talk about why the presentation of a dish is so important. How did it affect how the food looked or tasted?
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### Activity 5: Host a Green Dinner Gathering

**Objective:** Boosts skills in leadership, event planning, and organization. During this activity, the girls will host a Green Dinner Gathering sharing their recipes and stylish foods with guests.

#### Materials Needed:

Digital device  
Reusable cooking tools

Recipe ingredients  
Compost bin for food scraps

Reusable plates, glasses, utensils

#### Steps:

1. **Plan the Menu:** Work together to design and create a new menu using the new knowledge acquired throughout the past activities. Include an appetizer, main course, and a dessert.
2. **Send Paperless Invitations:** Using a digital device, send out detailed invitations through emails, texts, and social media. Be sure to include the time, date, and location of the gathering.
3. **Prepare the Meals:** Girls use the skills they learned to properly prepare and garnish meals.
4. **Reflection:** Ask your guests about their thoughts on the dishes created for them. What was the most liked dish?

**No Waste Aspect:** No disposed items were used. All food was eaten, saved, or composed.

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#### Conclusion and Badge Completion:

Once all the activities are complete, gather the girls to discuss what they learned about being an eco-friendly chef. Ask them which activity contributed the most to their knowledge and understanding of the topic, and which skills they believe are most important to have when part of a culinary career. Encourage them to keep using the skills that they have learned about green culinary creation throughout their daily lives.

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#### Key Points For the Plan:

- **Focus on creativity, collaboration, and time management** to help the girls become more confident in culinary arts and eco-conscious kitchen practices.
- **All activities are 100% waste free** by using only reusable, recycled, nature found items, or no materials at all.
- Encourage the girls to **use their imagination, work in a timely manner, and reflect** on real-life situations chefs face throughout their daily lives.

This Green badge plan was created by virtual volunteer Leah M, Manfredonia, Italy. August 2025.