



THE *scout* ASSOCIATION
OF MALTA

Xghajra Scout Group

xghajrascouts.org

2.01. Cook

- (a) Know the basic rules of safety and hygiene in the kitchen.
- (b) Show that you understand food labelling, including:
 - Nutritional value
 - Expiry date
 - Best before date
- (c) Choose a traditional Maltese dish and do it by explaining to the cubs.
- (d) Make an international dish and share how to do it with the cubs.
- (e) Make one of the following traditional items:
 - Ġulepp
 - Bigilla
 - Tadam imqadded
- (f) Name 5 healthy ingredients and explain why they're good for you.
- (g) Discuss where food comes from:
 - Talk about farming, local food, or food miles.