

Simple Meals

Complete the five steps to earn your Simple Meals Badge.

1. **Set up your skills with a pro:** Watch the attached video and explore a restaurant style kitchen.

2. **Whip up a great breakfast:** Breakfast is the most important meal of the day. Challenge yourself to make a quick breakfast every day during the school week or make two big breakfasts on the weekend. Here are some cool breakfast recipes. Or ask your family for their favorite breakfast recipes.
 - a. [Breakfast Banana Split](#)
 - b. [Breakfast Apple Nachos](#)
 - c. [French Toast Fries](#)
 - d. [Banana Sushi](#)
 - e. [Scrambled Eggs](#)
 - f. [Pancakes](#)
 - g. [Banana Pancakes](#)
 - h. [French Toast](#)
 - i. [Fruit Parfait](#)

3. **Fix a healthy lunch or dinner:** Think of one of your favorite meals. Once you have your favorite meal in mind think about how you could make it into a wrap, pocket sandwich, a Panini, or even a flatbread pizza. For example, If you like chicken and mac and cheese, think about making a chicken and mac and cheese flatbread. Or If you really like pizza think about how to incorporate all those toppings, sauce and cheese, into a wrap or pocket sandwich. Get creative and make sure your meal has grains, protein, and vegetables.

4. **Create a delicious dessert:** Watch the attached video to learn how to take a classic dessert and put a twist on it.
5. **Make your own meal:** Play this short [game](#) to better understand how to make a complete meal. Then either adapt the meals you already made or make a new meal and share with your family.