



Simple Meals Badge

We did a lot on our Facebook Live, but you have a few steps to take to finish the badge.

Requirement 1 was covered on the FB Live event.

Requirement 2 gives you options. We learned some ideas on the FB Live event. It says you have to come up with 5 weekday breakfasts. We covered a fruit smoothie, apple stackers and avocado toast. You need to add at least two additional easy, quick and nutritious breakfasts to that.

OR you can learn how to prepare eggs. An adult in your home can help with that. You can scramble eggs, boil them, fry them or poach them!

OR you can prepare a weekend breakfast. Ask your family members what they would like, and with the help of an adult if you are using a knife, the stove or oven, prepare a weekend breakfast for your household.

Requirement 3 is all about a sandwich!

You can prepare a sandwich with a flatbread, like a tortilla or a crepe or use blini.

OR You can prepare an international sandwich, like a panini from Italy or a Cubano from Cuba. Check the internet for more ideas.

OR You can make a sandwich in a pocket, like a gyro in pita bread or a meat pie.

Requirement 4 was covered in the FB Live event

Requirement 5 requires you to make a meal for your family, which we discussed.

To finish up, get after those additional breakfast ideas and sandwich ideas. Let us know how everything turns out!