

# JUNIOR SAINTS ACTIVITY PLAN

AGES 7–11

## COOKING

INTELLECTUAL CORE

Version 2026.1



## Clean Hands, Safe Snack

*Practice the first skills of a cook — wash up, prep food, and serve a friend.*

🕒 60 minutes · one session

### 🎯 WALK AWAY WITH

- Has washed his hands the right way with the group.
- Has named three kitchen tools and one kitchen rule.
- Has built a no-cook snack on a plate.
- Has served his snack to another Junior Saint.

### 📦 BRING / SET UP

- A sink with soap and paper towels, or a wash station with a pitcher
- Pre-washed fruit (banana, apple slices, grapes), soft bread, peanut butter or sun butter, plastic spreaders
- Paper plates, paper napkins, and a small cup of water for each Junior Saint
- A clean table with a wipe-down cloth and food-safe spray (the leader handles the spray)
- Three kitchen tools to show: a wooden spoon, a measuring cup, a child-safe spreader

### FOR THE LEADER

This is a Junior Saints preview of the **Cooking** badge. No advancement credit is earned here — the goal is to introduce these concepts to Junior Saints alongside the older Saints Global youth working the full BRC. The 4-session Saints Global arc lives under *Activity Plan (SG)* in the BRC builder.

## CLEAN HANDS, SAFE SNACK (PAGE 1 OF 2)

## THE HOUR

BLOCK 1 · DISCUSSION **Opener — Welcome circle**

⌚ 5 min

Stand in a circle. Each Junior Saint says his name. Then he names one food he likes to eat. Examples: pancakes, apples, mac and cheese, a turkey sandwich. The leader goes last. Keep each turn short.

BLOCK 2 · SKILL PRACTICE **Wash hands the right way**

⌚ 10 min

1. Line up at the sink one at a time. No pushing.
2. Wet your hands. Pump soap once.
3. Rub your palms, the backs of your hands, and between your fingers. Count to 20 out loud.
4. Rinse with warm water. Dry with a paper towel.
5. Use the paper towel to turn off the tap. Then throw it away.
6. Teaching point: cooks wash hands before food, after the bathroom, and after the trash. Every time.

BLOCK 3 · SKILL PRACTICE **Three tools, three rules**

⌚ 10 min

1. Sit at the table. The leader sets three tools in the middle: a wooden spoon, a measuring cup, a spreader.
2. Hold up each tool. Say its name and what it does.
3. Three kitchen rules: tie back long hair. Roll up loose sleeves. No running near hot food.
4. Each youth says one rule out loud.
5. Safety: a hot pan can stay hot for a long time. Ask before you touch any pan.

BLOCK 4 · PHYSICAL **Build a no-cook snack**

⌚ 18 min

1. Each Junior Saint gets one plate and one napkin.
2. Step 1: take one slice of bread. Set it on the plate.
3. Step 2: scoop a spoonful of peanut butter with the spreader. Spread it on the bread.
4. Step 3: lay three apple slices or some grapes on top.
5. Step 4: fold the bread in half. Pat it down gently.
6. Step 5: clean up your spot. Throw away any wrappers. Wipe the table with a clean cloth.

BLOCK 5 · ROLEPLAY **Serve a friend**

⌚ 10 min

1. Pair up with the youth next to you.
2. Stand and hand your plate to your partner with two hands. Say: 'I made this for you.'
3. Your partner says: 'Thank you.' He waits until both plates are passed.
4. Sit back down. Eat together. Drink your water.
5. Teaching point: serving food is service. A cook makes food someone else can enjoy.

## CLEAN HANDS, SAFE SNACK (PAGE 2 OF 2)

## THE HOUR — CONTINUED

BLOCK 6 · REFLECTION **Close — Stretch and cheer**

🕒 7 min

1. Stand in a circle. Reach up high. Touch your toes. Hold each for 10 seconds.
2. Drink the rest of your water.
3. Each Junior Saint says: 'I made \_\_ for \_\_.' Just the food and the name.
4. Group cheer: 'Clean hands, kind cook!' Three times.
5. Homework: help a parent in the kitchen this week. Wash your hands the way we did today before you start.

## 🗣️ AT THE CLOSE · DEBRIEF

1. How long did you count when washing your hands?
2. What did you put on your bread today?
3. Who did you hand your snack to? Say his name.

📋 *This is a Junior Saints preview session. No Cooking BRC requirements are earned here — the goal is to introduce the concepts the older Saints will work on.*

HANDOUT 1 OF 1

FROM SESSION — WASH HANDS THE RIGHT WAY

# Wash Hands the Right Way

Print and post by the sink. Read each step before the snack-build block.

## COOKING · JUNIOR SAINTS CARD

### Wash hands before you cook.

Every cook starts here. Count to twenty out loud — every time.

1

#### Wet

Turn on the water. Put both hands under the tap.  
*Warm water is best. Not too hot.*



2

#### Soap

Pump the soap one time. One pump is enough.  
*Bar soap is fine too. Use a small amount.*



3

#### Rub

Rub your palms together.  
Then the backs of your hands. Then between your fingers.  
*Count to twenty out loud while you rub.*



4

#### Rinse

Put your hands back under the water.  
*Rub them until all the soap is gone.*



5

#### Dry

Take one paper towel. Dry both hands.  
*Use the towel to turn off the tap. Then throw it away.*



**Wash hands before food, after the trash, after the bathroom. Every time.**

Print this handout for in-person reference during the session.