



Chef Tech

Cub Scouts · Elective · Bear rank

Name

Started

Completed

Chef Tech mixes cooking with technology. You'll pick a kitchen gadget, learn to use it safely, and make a recipe you found yourself. Then you'll dream up a way to make the appliance even better.

Requirements

Every official requirement, in plain language. Check the official wording when you sign off (scouting.org/cub-scout-adventures/chef-tech/). Tips and examples are ideas, not extra requirements.

- ☐ 1 Pick a kitchen appliance that uses technology to use for the rest of the requirements

Tip: Pick an appliance like an air fryer, slow cooker, or microwave.

Example: A microwave works great, and lots of homes have one. An air fryer, slow cooker, rice cooker, or pressure cooker works too. Pick the one your family uses most.

- ☐ 2 With an adult, go over the safety guidelines in the appliance's owner's manual, and follow all of them

Tip: Read the safety part of the manual with an adult and talk about the rules.

Example: Read the safety section together. For a microwave it might say: no metal inside, use oven mitts, stir food so it heats evenly, and open covers away from your face so steam escapes.

- ☐ 3 With adult supervision, find a recipe by downloading a cooking app or searching online

Tip: With an adult, search a cooking app or website for a simple recipe you want to try.

Example: With your adult, search for a recipe with five ingredients or fewer, like a microwave mug muffin or air-fryer apple chips. Check that it uses tools you have.

- ☐ **4** With adult supervision, follow the recipe you chose and make it

Tip: Cook with an adult beside you, and wash your hands before you start.

- ☐ **5** Think of a way technology could improve the appliance you used for your recipe

Tip: Think like an inventor. Could your appliance talk, beep, or show a picture to help cooks?

Example: Your invention might be an air fryer that reminds you to shake the basket, a microwave that reads the recipe out loud, or a timer that lights up a different color for each step.