

SWEET SHOPPE COUNCIL PATCH (for Brownies)



Description

This is an exciting patch program that teaches girls the history, science, and health behind sweets! To earn this patch, complete 4 of the activities listed below.

Activities

1. Make ice cream in a bag by combining $\frac{1}{4}$ cup of milk & $\frac{1}{4}$ cup cream (or $\frac{1}{2}$ cup of half and half), 1 tablespoon of sugar, and $\frac{1}{4}$ teaspoon of vanilla extract in a sealed plastic pint-sized freezer bag. Carefully mix around in bag. Then add sealed bag to a larger gallon size freezer bag filled half way with ice and about $\frac{1}{4}$ cup rock salt. Seal the larger bag and then shake the two bags together for about 4 minutes. Enjoy your ice cream! Surf the internet or visit your library to learn other ways to make homemade ice cream.
2. Learn what fondue is. Make chocolate fondue in a crock-pot by melting chocolate chips. Try dipping several of your favorite fruits, bread, or pretzels into the chocolate and give it a taste. Note: Caramel may be used as a substitute for chocolate chips.
3. Learn what yeast is and why it is important. Then make a simple yeast dough recipe. Place dough into a bag to knead. Form the kneaded dough into different shapes (animals, hearts, etc.) Bake the formed dough and then add a sweet topping!
4. Make a batch of your favorite cookies from one of your family's recipes that represent your heritage. Share them with your troop.
5. Make a tasty sugar free recipe and donate to a nursing home, shelter or food pantry. Check with the organization ahead of time to make sure they accept homemade donations.
6. With your troop, make a simple butter cream icing (visit your library or surf the internet for recipes). Then, using pastry decorating bags and tips, pipe simple designs with at least four different tips. Practice on wax paper and then try to decorate a small cake or cupcake!
7. Use a family recipe to make a cake or pie. First find out what ingredients are needed, then make a trip to the grocery store and learn where they are and how much they cost.
8. Visit a bakery, bread or bagel shop, or pastry section of a restaurant. Watch while they make different types of sweets for dessert. Discuss what you saw and what you learned.
9. Compile several different recipes from troop members and then make a troop recipe book.
10. Make a candy bar. Start by melting chocolate chips. Spoon the melted chocolate into a rectangular mold. Add ingredients to create your favorite candy bar (e.g. peanut butter, caramel, Rice Krispies, etc.). Freeze it for 7 – 10 minutes to allow your candy bar to harden. Enjoy!