



March

Monthly Patch Program Girl Scouts of Central Illinois

Julia Child

“Find something you’re passionate about and keep tremendously interested in it.”

Julie Child was an American cooking teacher, author, and television personality. She is known for bringing French cuisine to the American public with her debut cookbook, *Mastering the Art of French Cooking*, and her subsequent television programs, the most notable of which was *The French Chef*. Child changed the way the public thought about home cooking forever.

Complete 3-Daisy, 4-Brownie, 5-Junior, 6-Cadette, and 7-Senior/Ambassador steps to earn your patch.

All monthly patches are custom designed patches. Once we get the final number of patches after the 15th of each month, we place an order. Patches take about a month to create and then we mail them to you.

Order patch on-line by April 15th at
www.getyourgirlpower.org





Monthly Patch Program

Girl Scouts of Central Illinois

Discover

- 1. Learn More about Julia Child.** With the help of an adult, read articles online, research at the library, or watch videos about Julia Child to learn more about who she was and why she was important. Here is a short biography video to get you started! <https://youtu.be/1K87Af7nXwc>
- 2. Watch Julia Child Cook.** Julia Child is most well-known for her career as a chef and for her groundbreaking cooking show *The French Chef*. Watch an episode or some clips from Julia Child's show. What do you think of it? Did you like watching it? Discuss your reaction with your troop, family, or friends. Here are a few links to get you started!
 - Boeuf Bourguignon full episodes –one of Julia Child's best-known specialties! https://youtu.be/nW_Tpken5cg
 - A compilation of funny Julia Child moments: <https://youtu.be/b0rOJmBx8rE>
 - Julia Child Makes Onion Soup: <https://youtu.be/uFsmCEVo3LQ>
- 3. Interview Someone About How Life Has Changed.** Life for women was different in some ways when Julia Child was young than it is today. Growing up, Julia's father expected her to get married, have children, and be a homemaker. However, Julia decided to go to college, joined the Office of Strategic Services to help the war effort World War II, and had a career as a chef. (Even so, Julia always thought being a homemaker was important, too.) Julia also changed the way people go about cooking food at home forever. Make a list of questions you have about living in the 1960s or earlier and find someone to ask about it. Maybe a grandparent, aunt or uncle, or family friend.
- 4. Discover Different Cuisines.** Julia Child was known for French cooking, but as a trained chef she had eaten and could cook many different types of food from different countries. In fact, she first fell in love with food eating Chinese food. Try a food from a different country—French, German, Italian, Chinese, Indian, or any other type you can think of!



Monthly Patch Program

Girl Scouts of Central Illinois

Connect

5. **Cook an Egg!** The first thing Julia Child ever cooked on television was a perfect French Omelet—a very popular breakfast dish made with eggs. Make an omelet or find another way to cook eggs and practice—Scrambled? Fried? Hard Boiled?
6. **Create a Cookbook!** Julia Child popularized cookbooks. Work together with your troop to create a cookbook of your own. You could have each troop member bring a family recipe, or brainstorm what you want to include. If you're feeling creative, you can decorate it and share!
7. **Be OK with Mistakes.** Julia Child was known for her positivity while cooking, even when making mistakes. One of her well-known quotes is "This is my invariable advice to people: Learn how to cook—try new recipes, learn from your mistakes, be fearless and above all have fun." Talk with your troop or family about what it feels like to make mistakes. Then, make a poster, picture, or other creative way to remind yourself that mistakes are OK. Maybe it will include a quote or saying, or something that makes you happy!

Take Action

8. **Stand Up For What You Believe In.** Julia Child was never afraid to be outspoken and stand up for what she believed in, even when many people disagreed with her. Child was also known for being a wonderful negotiator—meaning she was very good at talking with others and getting to an agreement. What is something you believe in strongly or that you are passionate about? Make a poster, write letters, or make a short video about your chosen topic and share with your troop.



Monthly Patch Program Girl Scouts of Central Illinois

9. **Service to Country.** Before beginning her career as a chef, Julia Child felt called to serve her country during World War II. Part of the Girl Scout Promise is to serve your country. With your troop, think of things you can do to help your country and why this is important. Make a list or do a skit about helping your country.

10. **Help Others With Food.** Food brings people together, and Julia Child believed feeding others was a way of showing your love. Sadly, there are many people in Central Illinois and the world who don't always have access to good food. Talk with your troop about ways to help those who experience food insecurity—meaning they don't always have enough to eat—and do something to help.