



# COOKING

## Merit Badge Requirements

1) Do the following:

- A) Review with your counselor the injuries that might arise from cooking, including burns, and scalds, and the proper treatment.
- B) Describe how meat, fish, chicken, eggs, dairy products, and fresh vegetables should be stored, transported, and properly prepared for cooking.
- C) Describe the following food-related illnesses and tell what you can do to help prevent each from happening:
  - 1) Salmonella enteritis
  - 2) Staphylococcal enteritis
  - 3) E. coli (Escherichia coli) enteritis
  - 4) Botulism
  - 5) Trichinosis
  - 6) Hepatitis

2) Do the following:

- A) Illustrate for your counselor the food pyramid. Label the pyramid, including:
  - 1) The food groups:
    - i) Milk, yogurt, and cheese group
    - ii) Vegetable group
    - iii) Meats, poultry, fish, dry beans, eggs, and nuts group
    - iv) Fruit Group
    - v) Bread, cereal, rice, and pasta group
  - 2) The item on the pyramid that is not considered part of a food group and tell why its use is discouraged
  - 3) The number of servings recommended per day from each group
- B) Give your counselor examples from each food group.
- C) Describe for your counselor the measurements of servings for each food group.
- D) Describe to your counselor food preparation techniques that result in more healthful and nutritious meals.

3) Plan a menu for two straight days (six meals) of camping. Include the following:

- A) A camp dinner with soup; meat, fish, poultry, or an appropriate substitute; two fresh vegetables; drink; and dessert. All are to be properly prepared. When preparing your menu, follow the nutritional guidelines set by the food pyramid.
- B) A one-pot dinner. Use foods other than canned.
- C) Using the menu planned for requirement 3, make a food list showing cost and amount needed to feed three or more boys.
- D) List the utensils needed to cook and serve these meals.

4) Using the menu planned for requirement 3, do the following and discuss the process with your merit badge counselor:

- A) Prepare and serve for yourself and two others, the two dinners, one lunch, and one breakfast. Time you cooking so that each course will be ready to serve at the proper time.
  - \*The meals for this requirement may be prepared for different trips. They need not be prepared consecutively.*
  - Scouts earning this badge in summer camp should plan for food they can get at the camp commissary.*
- B) For meals prepared in requirement 4A, for which a fire is needed, use a lightweight stove or build a low-impact fire. Include a support for your cooking utensils from rocks, logs, or like material. The same fireplace may be used for more than one meal. Use a backpacking stove to cook at least one meal. (Where local regulations do not allow you to do this, the counselor may change the requirement to meet the law.)
- C) For each meal prepared in requirement 4A, use safe food-handling practices. Dispose of garbage, cans, foil, paper, and other rubbish by packing them out and depositing them in a proper container. After each meal, clean up the site thoroughly.

- 5) Plan a menu for one day (three meals) or for four meals over a two-day period of trail hiking or backpacking. Include the following:**
- A) A breakfast, lunch, and dinner for a trail or backpacking trip where light weight is important. You should be able to store all foods used for several days without refrigeration. When preparing your menu, follow the nutritional guidelines set by the food pyramid.**
    - \*The meals for this requirement may be prepared for different trips. They need not be prepared consecutively.*
    - Scouts earning this badge in summer camp should plan for food they can get at the camp commissary.*
  - B) Using the menu planned for requirement 5, make a food list showing cost and amount needed to feed three or more boys.**
  - C) List the utensils needed to cook and serve these meals.**
  - D) Figure the weight of the foods in requirement 5A.**
- 6) Using the menu planned for requirement 5A, do the following:**
- A) Prepare and serve for yourself and two others, the trail breakfast and dinner. Time your cooking so that each course will be ready to serve at the proper time.**
    - \*The meals for this requirement may be prepared for different trips. They need not be prepared consecutively.*
    - Scouts earning this badge in summer camp should plan for food they can get at the camp commissary.*
  - B) Use an approved trail stove (with proper supervision) or charcoal to prepare your meals.**
  - C) For each meal prepared in requirement 6a, use safe food-handling practices. Dispose of garbage, cans, foil, paper, and other rubbish by packing them out and depositing them in a proper container. After each meal, clean up the site thoroughly.**
- 7) Plan a menu for three full days of meals (breakfast, lunch, and dinner) to be cooked at home.**
- A) When preparing your menu, follow the nutritional guidelines set by the food pyramid. All meals are to be cooked or properly prepared.**
  - B) Using the menu planned for requirement 7, make a food list, showing cost and amount needed to feed yourself and at least one adult (parent, family member, guardian, or other responsible adult).**
  - C) Tell what utensils were needed to cook and serve these meals.**
  - D) Prepare and serve a breakfast, lunch, and dinner from the menu you planned for requirement 7. Time your cooking to have each course ready to serve at the proper time. Have an adult verify the preparation of the meal to your counselor.**
- 8) Do the following:**
- A) Find out what opportunities are available for a career in food service management. Find out what high school courses might help you prepare for a career in cooking, and about special training you might need and where to obtain such training. Discuss what you learned with your counselor.**
  - B) Visit a professional cook, chef, food service manager, or Registered Dietician and learn what this professional's duties are. Discuss the person's education and training, techniques, and means used in professional food preparation, and local health regulations and licensing requirements that must be followed. Report to your counselor your findings.**

### Requirement 1

Describe first aid for the following:

Burns: \_\_\_\_\_  
\_\_\_\_\_

Scalds: \_\_\_\_\_  
\_\_\_\_\_

What other types of injuries or concerns could occur while cooking and how would you treat or prevent them? Have you considered the possibilities of someone being allergic to any of the food items? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Describe how MEAT should be stored, transported, and properly prepared for cooking: \_\_\_\_\_  
\_\_\_\_\_

Describe how FISH should be stored, transported, and properly prepared for cooking: \_\_\_\_\_  
\_\_\_\_\_

Describe how CHICKEN should be stored, transported, and properly prepared for cooking: \_\_\_\_\_  
\_\_\_\_\_

Describe how EGGS should be stored, transported, and properly prepared for cooking: \_\_\_\_\_  
\_\_\_\_\_

Describe how DAIRY PRODUCTS should be stored, transported, and properly prepared for cooking: \_\_\_\_\_  
\_\_\_\_\_

Describe how FRESH VEGETABLES should be stored, transported, and properly prepared for cooking: \_\_\_\_\_  
\_\_\_\_\_

Describe the following, food-related illnesses and tell what you can do to help prevent each from happening:

Salmonella Enteritis: \_\_\_\_\_  
\_\_\_\_\_

Staphylococcal Enteritis: \_\_\_\_\_  
\_\_\_\_\_

E. Coli (Escherichia Coli) Enteritis: \_\_\_\_\_  
\_\_\_\_\_

Botulism: \_\_\_\_\_  
\_\_\_\_\_

Trichinosis: \_\_\_\_\_  
\_\_\_\_\_

Hepatitis: \_\_\_\_\_  
\_\_\_\_\_

## Requirement 2

In the following area draw the food pyramid.



Label the pyramid with the food groups: 1) Milk, yogurt, and cheese group 2) Vegetable Group 3) Meats, poultry, fish, dry beans, eggs, and nuts group 4) Fruit Group 5) Bread, cereal, rice, and pasta group.

Label the item on the pyramid that is not considered part of a food group. What is it: \_\_\_\_\_

Tell why the use of this item of the food pyramid is discouraged: \_\_\_\_\_

On your food pyramid label the number of servings recommended per day from each group.

List examples of foods found in each food group:

- 1) Milk, yogurt, and cheese group: \_\_\_\_\_
- 2) Vegetable Group: \_\_\_\_\_
- 3) Meats, poultry, fish, dry beans, eggs, and nuts group: \_\_\_\_\_
- 4) Fruit Group: \_\_\_\_\_
- 5) Bread, cereal, rice, and pasta group: \_\_\_\_\_

Describe the measurements of servings for each food group:

- 1) Milk, yogurt, and cheese group: \_\_\_\_\_
- 2) Vegetable Group: \_\_\_\_\_
- 3) Meats, poultry, fish, dry beans, eggs, and nuts group: \_\_\_\_\_
- 4) Fruit Group: \_\_\_\_\_
- 5) Bread, cereal, rice, and pasta group: \_\_\_\_\_

Describe food preparation techniques that result in more healthful and nutritious meals: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

### Requirement 3

Use the area below to plan menus for 2 straight days (six meals). Follow the instructions listed in the requirements.

Use the following Menu Planning Guides to plan your menus:

#### DAY ONE MENU

	Bread/Grain	Main Course	Dairy	Fruit	Drink	Dessert
<b>BREAKFAST</b>						
		Main Course	Vegetable	Fruit	Drink	Dessert
<b>LUNCH</b>						
	Soup/Salad	Main Course	Vegetable	Vegetable	Drink	Dessert
<b>DINNER</b> Requirement 3A. A camp dinner with soup; meat, fish or poultry, fresh vegetables, drink, and dessert. All must be cooked.						

#### DAY TWO MENU

	Bread/Grain	Main Course	Dairy	Fruit	Drink	Dessert
<b>BREAKFAST</b>						
		Main Course	Vegetable	Fruit	Drink	Dessert
<b>LUNCH</b> For in camp or on the trail.						
	Soup/Salad	Main Course	Vegetable	Fruit	Drink	Dessert
<b>DINNER</b> Requirement 3B. A one-pot dinner using foods other than canned.						

Scout Name: \_\_\_\_\_ Unit #: \_\_\_\_\_ Date: \_\_\_\_\_

Make a food list that shows the cost and amount needed to feed three or more boys using the 6 menus planned in requirement 3.

**Breakfast Day 1**

<b>Food Item</b>	<b>Amount Needed</b>	<b>Cost</b>
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

**Breakfast Day 2**

<b>Food Item</b>	<b>Amount Needed</b>	<b>Cost</b>
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

**Lunch Day 1**

<b>Food Item</b>	<b>Amount Needed</b>	<b>Cost</b>
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

**Lunch Day 2**

<b>Food Item</b>	<b>Amount Needed</b>	<b>Cost</b>
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

**Dinner Day 1 - Requirement 3A.** A camp dinner with soup; meat, fish or chicken, two vegetables, drink, and dessert. All must be cooked.

<b>Food Item</b>	<b>Amount Needed</b>	<b>Cost</b>
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____



For meals prepared in requirement 4a for which a fire is needed, use a lightweight stove or build a low-impact fire. Include support for your cooking utensils from rocks, logs, or like material. The same fireplace may be used for more than one meal. Use a backpacking stove to cook at least one meal.

Describe the area you picked to build your cooking fireplace and how you built it. Why did you select the area? Did you have to do a lot of preparation of the area before building your fire? \_\_\_\_\_

---



---



---



---



---

For each of the meals you prepared you are asked and required to use safe food-handling practices. Use the area below to describe the safe food-handling practices you used and also describe the correct way to get rid of garbage, cans, foil, paper, and other rubbish: \_\_\_\_\_

---



---



---



---



---



---

After each meal make sure that you have cleaned up the site thoroughly. Have your counselor or adult leader check your work.

### Requirement 5

*The meals for this requirement may be prepared for different trips. They need not be prepared consecutively. Scouts working on this badge at summer camp should plan around food they can get at the camp commissary.*

Plan a menu for one day (3 meals) or for four meals over a two-day period of trail hiking or backpacking. Include the following:

A breakfast, lunch, and dinner for a trail or backpack trip where light weight is important. You should be able to store all foods used for several days without refrigeration. When preparing your menu, follow the nutritional guidelines set by the food pyramid.

TRAIL HIKING OR BACKPACKING MEALS						
Food Group						
<b>BREAKFAST</b>						
Food Group						
<b>LUNCH</b>						
Food Group						
<b>DINNER</b>						





### Requirement 7

Plan a menu for three full days of meals (breakfast, lunch, and dinner) to be cooked at home. **Remember:** When preparing your menu, follow the nutritional guidelines set by the food pyramid. All meals are to be cooked and properly prepared.

#### DAY ONE MENU

<i>Food Group</i>						
<b>BREAKFAST</b>						
<i>Food Group</i>						
<b>LUNCH</b>						
<i>Food Group</i>						
<b>DINNER</b>						

#### DAY TWO MENU

<i>Food Group</i>						
<b>BREAKFAST</b>						
<i>Food Group</i>						
<b>LUNCH</b>						
<i>Food Group</i>						
<b>DINNER</b>						







### Requirement 8

Find out and list some of the opportunities that are available for a career in food service management:

Opportunity: _____	Opportunity: _____
Opportunity: _____	Opportunity: _____
Opportunity: _____	Opportunity: _____
Opportunity: _____	Opportunity: _____

What high school courses might help you prepare for a career in cooking:

Course: _____	Course: _____
Course: _____	Course: _____

What kind of special training might you need for a career in cooking and where can you get that training?

Training: _____	Where: _____
Training: _____	Where: _____
Training: _____	Where: _____
Training: _____	Where: _____

Visit with a professional cook, chef, food service manager, or Registered Dietician and learn what this professionals duties are.

Who did you visit? \_\_\_\_\_

What are their duties? \_\_\_\_\_  
\_\_\_\_\_

Discuss the person's education and training, techniques, and means used in professional food preparation, and local health regulations and licensing requirements that must be followed: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**\*\*\*Although it is not a requirement to earn this merit badge, every Boy Scout should know The Outdoor Code\*\*\***

#### **THE OUTDOOR CODE**

*As an American, I will do my best to -*

- *BE CLEAN IN MY OUTDOOR MANNERS. I will treat the outdoors as a heritage to be improved for our greater enjoyment. I will keep my trash and garbage out of America's waters, fields, woods, and roadways.*
- *BE CAREFUL WITH FIRE. I will prevent wildfire. I will build my fire in a safe place and be sure it is out before I leave.*
- *BE CONSIDERATE IN THE OUTDOORS. I will treat public and private property with respect. I will remember that use of the outdoors is a privilege I can loose by abuse.*
- *BE CONSERVATION-MINDED. I will learn how to practice good conservation of soil, waters, forests, minerals, energy, grasslands, and wildlife; and will urge others to do the same. I will use sportsmanlike methods in all my outdoor activities.*