



Cooking

Merit Badge Workbook

This workbook can help you but you still need to read the merit badge pamphlet (book). No one can add or subtract from the Boy Scout Requirements #33216. Each Scout must do each requirement. Merit Badge Workbooks and more: [Online Resources](#). Send comments to the workbook developer: craig@craiglincoln.com. Requirements revised: 2007, Workbook updated: June 2009.

Scout's Name: _____ Unit: _____

Counselor's Name: _____ Counselor's Ph #: _____

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** _____

Prevention: _____

2) **Staphylococcal enteritis** _____

Prevention: _____

3) **E. coli (Escherichia coli) enteritis** _____

Prevention: _____

4) **Botulism** _____

Prevention: _____

5) **Trichinosis** _____

Prevention: _____

6) Hepatitis _____

Prevention: _____

2. Do the following:

a) Illustrate for your counselor the food pyramid that fits you. Label the following food groups in the pyramid and how much of each you should eat each day.

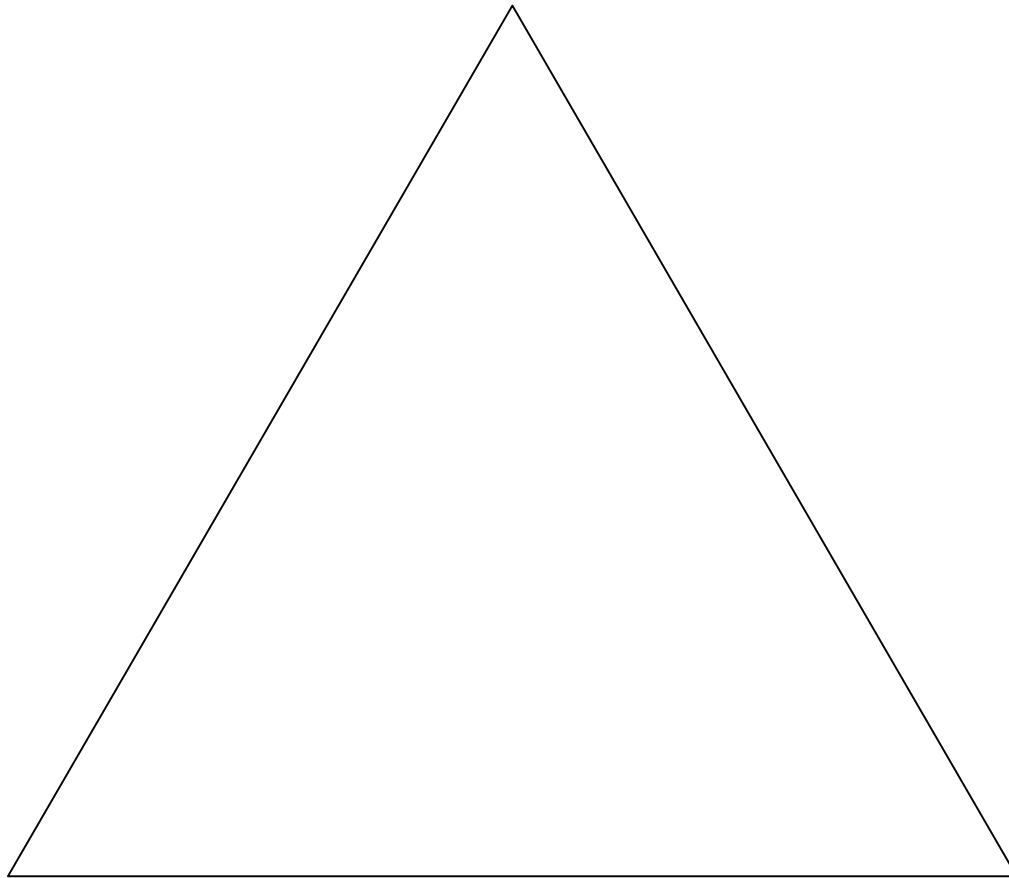
1) The food groups

i) Grains _____ iv) Milk, yogurt, cheese _____

ii) Vegetables _____ v) Meats, poultry, fish, beans, eggs, nuts _____

iii) Fruits _____ vi) Oils (fats) and sugars _____

b) Explain why you should limit your intake of oils and sugars. _____



c) Explain the number of servings recommended per day from each group.

d) Give your counselor examples from each food group.

e) Describe for your counselor the measurements of servings for each food group.

f) 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.

DAY ONE MENU

	Bread/Grain	Main Course	Dairy	Fruit	Drink	Dessert
BREAKFAST For in camp or on the trail.						
		Main Course	Vegetable	Fruit	Drink	Dessert
LUNCH For in camp or on the trail.						
	Soup/Salad	Main Course	Vegetable	Vegetable	Drink	Dessert
DINNER						

DAY TWO MENU

	Bread/Grain	Main Course	Dairy	Fruit	Drink	Dessert
BREAKFAST For in camp or on the trail.						
		Main Course	Vegetable	Fruit	Drink	Dessert
LUNCH For in camp or on the trail.						
	Soup/Salad	Main Course	Vegetable	Fruit	Drink	Dessert

DINNER - Requirement 3B. A one-pot dinner using foods other than canned.			
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c) Using the menu planned for requirement 3, make a food list showing cost and amount needed to feed three or more boys.

Breakfast Day 1			Breakfast Day 2		
Food Item	Amount	Cost	Food Item	Amount	Cost
Lunch Day 1			Lunch Day 2		
Dinner Day 1			Dinner Day 2		

Total Estimated cost for food: _____

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 server for yourself and two others, the two dinners, one lunch, and one breakfast. 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 working on this badge at summer camp should plan around 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 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 working on this badge at summer camp should plan around food they can get at the camp commissary.

3 (OR 4) TRAIL MEAL MENUS

	Bread/Grain	Main Course	Dairy	Fruit	Drink	Dessert
BREAKFAST						
		Main Course	Vegetable	Fruit	Drink	Dessert
LUNCH						
	Soup/Salad	Main Course	Vegetable	Fruit/Vegetable	Drink	Dessert
DINNER						
	Bread/Grain	Main Course	Dairy/Vegetable	Fruit/Vegetable	Drink	Dessert
Opt Meal 4						

b) Using the menu planned for requirement 5, make a food list showing cost and amount needed to feed three or more boys.

Breakfast 1		
Food Item	Amount	Cost
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

Lunch 1		
Food Item	Amount	Cost
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

Dinner 1		
Food Item	Amount	Cost
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

Optional Additional Meal		
Food Item	Amount	Cost
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

Total Estimated cost for food: _____

c) List the utensils needed to cook and serve these meals.

d) Figure the weight of the foods in requirement 5a.

Meal 1:		Meal 2:		Meal 3:		Meal 4: (if needed)	
Food Item	Weight	Food Item	Food Item	Weight	Food Item	Weight	Weight

Total Weight: _____

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 working on this badge at summer camp should plan around 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.

DAY 1 MENU

	Bread/Grain	Main Course	Dairy	Fruit	Drink	Dessert
BREAKFAST						
		Main Course	Vegetable	Fruit	Drink	Dessert
LUNCH						
	Soup/Salad	Main Course	Vegetable	Vegetable	Drink	Dessert
DINNER						

DAY 2 MENU

	Bread/Grain	Main Course	Dairy	Fruit	Drink	Dessert
BREAKFAST						
		Main Course	Vegetable	Fruit	Drink	Dessert
LUNCH						
	Soup/Salad	Main Course	Vegetable	Vegetable	Drink	Dessert

DINNER						
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DAY 3 MENU

	Bread/Grain	Main Course	Dairy	Fruit	Drink	Dessert
BREAKFAST						
		Main Course	Vegetable	Fruit	Drink	Dessert
LUNCH						
	Soup/Salad	Main Course	Vegetable	Vegetable	Drink	Dessert
DINNER						

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).

Breakfast Day 1

Food Item	Amount	Cost
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

Lunch Day 1

_____	_____	_____
_____	_____	_____
_____	_____	_____

Breakfast Day 2

Food Item	Amount	Cost
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

Lunch Day 2

_____	_____	_____
_____	_____	_____
_____	_____	_____

Dinner Day 1

Dinner Day 2

Breakfast Day 3		
Food Item	Amount	Cost

Lunch Day 3		
Food Item	Amount	Cost

Dinner Day 3

Dinner Day 3 (Continued)

Total Estimated cost for food: _____

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. Find out about three career opportunities in cooking. _____

Pick one _____

and find out the education, training, and experience required for this profession. _____

Discuss this with your counselor, and explain why this profession might interest you. _____

Online Resources: (Use any Internet resource with caution and only with your parent's or guardian's permission.)

Boy Scouts of America: ► scouting.org ► [Guide to Safe Scouting](#) ► [Age-Appropriate Guidelines](#) ► [Safe Swim Defense](#)
 ► [Scout](#) ► [Tenderfoot](#) ► [Second Class](#) ► [First Class](#) 📺 [Rank Videos](#) ► [Safety Afloat](#)

Boy Scout Merit Badge Workbooks: usscouts.org -or- meritbadge.org **Merit Badge Books:** www.scoutstuff.org

Requirement Resources

These resources and more are at: <http://meritbadge.org/wiki/index.php/Cooking>.

Cooking Skills has many instructional resource and video links covering these cooking topics.

1a. **First Aid:** [Burns](#) (A scald is a burn caused by a liquid or steam.)

- Your handbook is your primary reference. See [First Aid Skills](#) for step-by-step instructions and lesson video links.
- **See also:** [First Aid Merit Badge Pamphlet](#) - [First Aid Kit](#) - [Emergency Kit](#) - [Guide to Safe Scouting](#) - [Physcial](#)

1b. & 1c. [Food Safety Resources](#)

2. The blank Food Pyramid is in the [Cooking Worksheet](#). Do The Following:

3. The Meal Planning forms are in the [Cooking Worksheet](#).

3a. b, c, & d. [Meal Planning](#) includes Healthy Meals resources. Also see [Recipes](#).

3c. The Cost Estimating forms are in the [Cooking Worksheet](#).

3d. [Cooking Gear](#) has many resources.

4. See the [Outdoor Cooking](#) resources

4b. [Campfires](#) - [Campfire Building](#) - [Campfire Types](#) - [Campfire Starting](#) - [Campfire Safety](#) - [Backpacking Stoves](#) - [Leave No Trace](#)

4c. [Food Handling](#) - [Hygiene](#) - [Leave No Trace](#)

5. The Meal Planning forms are in the [Cooking Worksheet](#).

5a. [Meal Planning](#) includes the Food Pyramid - [Backpacking Food](#)

5b. The Cost Estimating forms are in the [Cooking Worksheet](#).

5c. [Cooking Gear](#) has many resources.

5d. The Weigh Estimating forms are in the [Cooking Worksheet](#).

6a. [Outdoor Cooking](#) has many resources videos.

6b. [Backpacking Stoves](#) has many resources and videos.

6c. [Food Handling](#) - [Hygiene](#) - [Leave No Trace](#)

7. The Meal Planning forms are in the [Cooking Worksheet](#).

7a. [Meal Planning](#) includes the Food Pyramid, [Food Handling](#)

7b. The Cost Estimating forms are in the [Cooking Worksheet](#).

7c. [Cooking Gear](#)

8. **Careers:** [Culinary Institute of America](#) - [Epicurious](#) - [Cooking Schools](#)

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