

Merit Badge Workbook

This workbook can help you, but you still need to read the merit badge pamphlet.

This Workbook can help you organize your thoughts as you prepare to meet with your merit badge counselor

Merit Badge Counselors may not require the use of this or any similar workbooks.

You still must satisfy your counselor that you can demonstrate each skill and have learned the information.

You should use the work space provided for each requirement to keep track of which requirements have been completed, and to make notes for discussing the item with your counselor, not for providing full and complete answers.

If a requirement says that you must take an action using words such as "discuss", "show",

"tell", "explain", "demonstrate", "identify", etc, that is what you must do.

No one may add or subtract from the official requirements found in Scouts BSA Requirements (Pub.# 33216) and/or on Scouting.org.

The requirements were last issued or revised in 2023.

This workbook was updated in February 2024.

| Scout's Name: | | | Unit: | | | | | |
|------------------------------|---|------------------------------------|--|--|--|--|--|--|
| Counselor's Name: Phone No.: | | Phone No.: | Email: | | | | | |
| | Please submit errors, om | ssions, comments or suggestions ab | out this workbook to: Workbooks@USScouts.Org | | | | | |
| Comi | • | · — — — | erit badge should be sent to: Merit.Badge@Scouting.Org | | | | | |
| 1. a. | Explain to your counselor the most likely hazards you may encounter while participating in cooking ac what you should do to anticipate, help prevent, mitigate, and respond to these hazards. | | | | | | | |
| | Hazard | How to anticip | ate, help prevent, mitigate, and respond | | | | | |
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| Cooking | | Scout's Name: |
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| D. | eating, including bu | w first aid for and how to prevent injuries or illnesses that could occur while preparing meals and irns and scalds, cuts, choking, and allergic reactions. |
| | Burns and scalds | |
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| | Cuts | |
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| | Choking | |
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| | Allergic reactions | |
| | / morgio reactions | |
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| C. | Describe how in properly preparation | meat, fish, chicken, eggs, dairy products, and fresh vegetables should be stored, transported, and red for cooking. |
|----|--------------------------------------|---|
| | Meat | |
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| | _ | |
| | Fish | |
| | | |
| | Chicken | |
| | Official | |
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| | Eggs | |
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| | Dairy Products | |
| | Troducts | |
| | Fresh | |
| | Vegetables | |
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| | Explain how to | prevent cross-contamination. |
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| | D: ''' | |
| d. | | our counselor food allergies, food intolerance, and food-related illnesses and diseases. |
| | Food allergies | |
| | | |
| | | |
| | Food-related | |
| | illnesses | |
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Cooking Scout's Name: Food intolerance Food-related diseases Explain why someone who handles or prepares food needs to be aware of these concerns. e. Discuss with your counselor why reading food labels is important. Explain how to identify common allergens such as peanuts, tree nuts, milk, eggs, wheat, soy, and shellfish. **Peanuts** Tree nuts Milk Eggs Wheat Soy Shellfish

- 2. **Nutrition**. Do the following:
 - a. Using the MyPlate food guide or the current USDA nutrition model, give five examples for EACH of the following food groups, the recommended number of daily servings, and the recommended serving size:

| | | Example | Daily servings | Serving Size |
|--------|---|-------------------------------------|----------------|--------------|
| 1. | Fruits | | | |
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| 2. | Vegetables | | | |
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| 3. | Grains | | | |
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| 4. | Proteins | | | |
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| 5. | Dairy | | | |
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| b. Exp | lain why you s | hould limit your intake of oils and | l sugars. | |
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| 1 | aily level of activity and your daily caloric need based on your activity for five days. |
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| There have d | the M. Diete food with all and the second se |
| day. | on the MyPlate food guide, discuss with your counselor an appropriate meal plan for yourself |
| uay. | |
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| he text of rec | quirement 2d which appears on Scouting.org duplicates the text of requirement 1d. The could be substituted: |
| following sh | ould be substituted: |
| following sh Discuss your | quirement 2d which appears on Scouting.org duplicates the text of requirement 1d. The could be substituted: current eating habits with your counselor and what you can do to eat healthier, based on the |
| following sh | ould be substituted: |
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Scout's Name: _____

| Cooking | Scout's Name: |
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e. Discuss the following food label terms: calorie, fat, saturated fat, trans fat, cholesterol, sodium, carbohydrate, dietary

fiber, sugar, protein. Calorie Fat Saturated fat Trans fat Cholesterol Sodium Carbohydrate Dietary fiber Sugar Protein

| Cooking | | Scout's Name: |
|---------|--|---------------|
| | Explain how to calculate total carbohydrates and nutritional values for two servings, based on the serving siz specified on the label. | |
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3. **Cooking Basics**. Do the following:

a. Discuss EACH of the following cooking methods. For each one, describe the equipment needed, how temperature control is maintained, and name at least one food that can be cooked using that method: baking, boiling, broiling, pan frying, simmering, steaming, microwaving, grilling, foil cooking, and use of a Dutch oven.

| Method | Food | Equipment needed | How is food cooked and temperature maintained? |
|----------|------|------------------|--|
| Baking | | | |
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| Boiling | | | |
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| Broiling | | | |
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Cooking Scout's Name: _ Pan frying Simmering Steaming Microwaving Grilling Foil cooking Use of a Dutch oven

| king | Scout's Name: |
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| b. | Discuss the benefits of using a camp stove on an outing vs. a charcoal or wood fire. |
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| C. | Describe for your counselor how to manage your time when preparing a meal so components for each course ready to serve at the correct time. |
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Note: The meals prepared for Cooking merit badge requirements 4, 5, and 6 will count only toward fulfilling those requirements and will not count toward rank advancement or other merit badges. Meals prepared for rank advancement or other merit badges may not count toward the Cooking merit badge. You must not repeat any menus for meals actually prepared or cooked in requirements 4, 5, and 6.

Cooking Scout's Name: _____

4. <u>Cooking at home.</u> Using the MyPlate food guide or the current USDA nutrition model, plan menus for three full days of meals (three breakfasts, three lunches, and three dinners) plus one dessert. Your menus should include enough to feed yourself and at least one adult, keeping in mind any special needs (such as food allergies) and how you keep your foods safe and free from cross-contamination. List the equipment and utensils needed to prepare and serve these meals.

| Day 1 | | Menu | Quantity | Equipment | Utensils |
|-----------|------------|------|----------|-----------|----------|
| BREAKFAST | Fruits | | | | |
| | Vegetables | | | | |
| | Grains | | | | |
| | Proteins | | | | |
| | Dairy | | | | |
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| LUNCH | Fruits | | | | |
| | Vegetables | | | | |
| | Grains | | | | |
| | Proteins | | | | |
| | Dairy | | | | |
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| DINNER | Fruits | | | | |
| | Vegetables | | | | |
| | Grains | | | | |
| | Proteins | | | | |
| | Dairy | | | | |
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Cooking Scout's Name: _____

| Day 2 | | Menu | Quantity | Equipment | Utensils |
|-----------|------------|------|----------|-----------|----------|
| BREAKFAST | Fruits | | | | |
| | Vegetables | | | | |
| | Grains | | | | |
| | Proteins | | | | |
| | Dairy | | | | |
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| | | | | | |
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| LUNCH | Fruits | | | | |
| | Vegetables | | | | |
| | Grains | | | | |
| | Proteins | | | | |
| | Dairy | | | | |
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| DINNER | Fruits | | | | |
| | Vegetables | | | | |
| | Grains | | | | |
| | Proteins | | | | |
| | Dairy | | | | |
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Cooking Scout's Name:

| Day 3 | | Menu | Quantity | Equipment | Utensils |
|-----------|------------|------|----------|-----------|----------|
| BREAKFAST | Fruits | | | | |
| | Vegetables | | | | |
| | Grains | | | | |
| | Proteins | | | | |
| | Dairy | | | | |
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| LUNCH | Fruits | | | | |
| | Vegetables | | | | |
| | Grains | | | | |
| | Proteins | | | | |
| | Dairy | | | | |
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| DINNER | Fruits | | | | |
| | Vegetables | | | | |
| | Grains | | | | |
| | Proteins | | | | |
| | Dairy | | | | |
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| DESSERT | | | | | |
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| ng | Scout's Name: | | | | | | | |
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| Then do the following: | | | | | | | | |
| a. Find recipes for each | Find recipes for each meal. Create a shopping list for your meals showing the amount of food needed to prepare for the number of people you will serve. Determine the cost for each meal. | | | | | | | |
| Breakfast 1 | Breakfast 1 | | | | | | | |
| Menu Item | Components to purchase | Quantity | Cost | | | | | |
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| | | Breakfast 1 Total Cost | | | | | | |
| Breakfast 2 | | Broaklast 1 Total Goot | | | | | | |
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| Menu Item | Components to purchase | Quantity | Cost | | | | | |
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| | | Breakfast 2 Total Cost | | | | | | |
| Breakfast 3 | | | | | | | | |
| Menu Item | Components to purchase | Quantity | Cost | | | | | |
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Breakfast 3Total Cost

| | | Scout's Name: | |
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| Lunch 1 | | | |
| Menu Item | Components to purchase | Quantity | Cos |
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| | | Lunch 1 Total Cost | |
| Lunch 2 | | | |
| Menu Item | Components to purchase | Quantity | Cos |
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| | | Lunch 2 Total Cost | |
| Lunch 3 | | | |
| Menu Item | Components to purchase | Quantity | Cos |
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Lunch 3 Total Cost

Cooking Scout's Name:

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| Menu Item | Components to purchase | Quantity | Cost |
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| 1 | | Dinner 1 Total Cost | |

Dinner 2

| Menu Item | Components to purchase | Quantity | Cost |
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| | | Dinner 2 Total Cost | |

Cooking Scout's Name: _____ Dinner 3 Components to purchase Quantity Menu Item Cost Dinner 3 Total Cost Dessert Menu Item Components to purchase Quantity Cost Dessert Total Cost □ b. Share and discuss your meal plan and shopping list with your counselor.

| | | Using at least five of the 10 cooking methods from requirement 3, prepare and serve yourself and at least one adult (parent, family member, guardian, or other responsible adult) one breakfast, one lunch, one dinner, and one dessert from the meals you planned.* Cooking methods used: |
|---|-----|---|
| | | <u> </u> |
| | | ☐ Baking ☐ Boiling ☐ Broiling ☐ Pan frying ☐ Simmering |
| | | ☐ Steaming ☐ Microwaving ☐ Grilling ☐ Foil Cooking ☐ Dutch oven |
| | d. | Time your cooking to have each meal ready to serve at the proper time. Have an adult verify the preparation of the meal to your counselor. |
| | | Breakfast No Date: Adult's verification: |
| | | Lunch No Date: Adult's verification: |
| | | Dinner No, Date: Adult's verification: |
| | | Dessert Date: Adult's verification: |
| | e. | After each meal, ask a person you served to evaluate the meal on presentation and taste, then evaluate your own meal. Discuss what you learned with your counselor, including any adjustments that could have improved or enhanced your meals. Tell how planning and preparation help ensure a successful meal. |
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| | *T! | he meals for requirement 4 may be prepared on different days, and they need not be prepared |

Scout's Name:

5. Camp Cooking. Do the following.

Cooking

a. Using the MyPlate food guide or the current USDA nutrition model, plan a menu that includes four meals, one snack, and one dessert for your patrol (or a similar size group of up to eight youth, including you) on a camping trip. These four meals must include two breakfasts, one lunch, and one dinner. Additionally, you must plan one snack and one dessert. Your menus should include enough food for each person, keeping in mind any special needs (such as food allergies) and how you keep your foods safe and free from cross-contamination. List the equipment and utensils needed to prepare and serve these meals.

consecutively. The requirement calls for Scouts to plan, prepare, and serve one breakfast, one lunch, one

dinner, and one dessert to at least one adult; those served need not be the same for all meals.

b. Find or create recipes for the four meals, the snack, and the dessert you have planned. Adjust menu items in the recipes for the number to be served. Create a shopping list and budget to determine the per-person cost.

Breakfast 1

Breakfast 2

| Menu | Quantity | Equipment | Utensils |
|------------|----------|-----------|----------|
| Fruits | | | |
| Vegetables | | | |
| Grains | | | |
| Proteins | | | |
| Dairy | | | |
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| Fruits | | | |
| Vegetables | | | |
| Grains | | | |
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Scout's Name:

Lunch

| Menu | Quantity | Equipment | Utensils |
|------------|----------|-----------|----------|
| Fruits | | | |
| Vegetables | | | |
| Grains | | | |
| Proteins | | | |
| Dairy | | | |
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Dinner

| Fruits | | |
|------------|--|--|
| Vegetables | | |
| Grains | | |
| Proteins | | |
| Dairy | | |
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Cooking Scout's Name: _____

| | Menu | Quantity | Equipment | Utensils |
|---------|------------|----------|-----------|----------|
| Snack | Fruits | | | |
| | Vegetables | | | |
| | Grains | | | |
| | Proteins | | | |
| | Dairy | | | |
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| | 1 | | | Т |
| Dessert | Fruits | | | |
| | Vegetables | | | |
| | Grains | | | |
| | Proteins | | | |
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Shopping Lists:

Breakfast 1

| Menu Item | Components to purchase | Quantity | Cost |
|-----------|------------------------|------------------------|------|
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| | | Breakfast 1 Total Cost | |

Cooking Scout's Name: _____

| Menu Item | Components to purchase | Quantity | Cost |
|-----------|------------------------|------------------------|------|
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| | | | |
| | | Breakfast 2 Total Cost | |

Lunch

| Menu Item | Components to purchase | Quantity | Cost |
|-----------|------------------------|------------------|------|
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| | | Lunch Total Cost | |

Cooking Scout's Name: _____ Dinner Menu Item Components to purchase Quantity Cost Dinner Total Cost Snack Components to purchase Quantity Menu Item Cost Snack Total Cost Dessert Quantity Menu Item Components to purchase Cost

Dessert Total Cost

| c. | Share and discus | s your meal plan and sh | opping list with your co | unselor. | |
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| ☐ d. | | | | irement, cook two of the for campfire coals OR a Dutc | |
| | | | | Il of these meals to your pa | |
| | Meal 1 | Heat Sour | ce:N | Nethod: | Date: |
| | | | | Nethod: | |
| | | | | Method: | |
| | | | | Method: | |
| <u> </u> | | ising your menu plans ar our patrol or a group of y | | irement, prepare one snacl | c and one dessert. Serve |
| | Dessert : | | | Date: | |
| | | | | Date: | |
| f. | After each meal, meal. | have those you served e | valuate the meal on pr | esentation and taste, and t | hen evaluate your own |
| | Meal | Evaluation by | those served | Self Ev | aluation |
| | IVIGAI | Presentation | Taste | Presentation | Taste |
| | Meal 1 | | | | |
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| | Meal 2 | | | | |
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Scout's Name: _____

Meal 3 Meal 4 Dessert Snack Discuss what you learned with your counselor, including any adjustments that could have improved or enhanced your meals. Tell how planning and preparation help ensure successful outdoor cooking.

Scout's Name: ___

Cooking

| Cooking | Scout's Name: |
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| g. | Lead the clean-up of the equipment, utensils, and the cooking site thoroughly after each meal. Properly store or dispose unused ingredients, leftover food, dishwater and garbage. |
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| | Explain how you properly disposed of dishwater and of all garbage. |
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| h. | Discuss how you followed the Outdoor Code and no-trace principles when preparing your meals. |
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| Cooking | 3 | | Scout's Name: | | | | |
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| 0 | - " | | | | | | |
| 6. | | nd backpacking meal ing the MyPlate food o | s. Do the following. Juide or the current USD | A nutrition mode | el nlan a meal | (sic – should be "i | menu") for trail |
| | hiki req | ing or backpacking tha | at includes one breakfas are to be consumed by t | t, one lunch, one | e dinner, and o | ne snack. These r | neals must not |
| | | Menu | | | Quantity | Equipment | Utensils |
| | Break | rfast Fruits | | | | | |
| | | Vegetables | | | | | |
| | | Grains | | | | | |
| | | Proteins | | | | | |
| | | Dairy | | | | | |
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| | Line | ch Menu | | | O a matita | Carriaga ant | l Hamaila |
| | Lun | | | | Quantity | Equipment | Utensils |
| | | Fruits | | | | | |
| | | Vegetables | | | | | |
| | | Grains | | | | | |
| | | Proteins | | | | | |
| | | Dairy | | | | | |
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| Cooking | Scout's Name: | | | | | |
|--------------------|---------------|--|--|----------|-----------|----------|
| Desert or Snack | | | | | | |
| | | | | | | |
| Dinner | Menu | | | Quantity | Equipment | Utensils |
| | Fruits | | | | | |
| | Vegetables | | | | | |
| | Grains | | | | | |
| | Proteins | | | | | |
| | Dairy | | | | | |
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| Desert or Snack | | | | | | |
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| Snack | Menu | | | Quantity | Equipment | Utensils |
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| Desert or Snack | | | | | | |
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| Menu Item | Components to purchase | Quantity | Cost |
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| Breakfast | | Total Cost | |
| Menu Item | Components to purchase | Quantity | Cost |
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Cooking Scout's Name: _____ Menu Item Components to purchase Quantity Cost **Total Cost** Dinner Menu Item Components to purchase Quantity Cost Snack **Total Cost** Share and discuss your meal plan and shopping list with your counselor. Your plan must include how to repackage foods for your hike or backpacking trip to eliminate as much bulk, weight, and garbage as possible. d. While on a trail hike or backpacking trip, prepare and serve two meals and a snack from the menu planned for this requirement. At least one of those meals must be cooked over a fire, or an approved trail stove (with proper supervision).**

> > Date:

Snack _____Heat Source: ____

| Maal | Evaluation by t | hose served | Self Eval | uation |
|---------------------|-----------------|---------------------------|--|--------|
| Meal | Presentation | Taste | Presentation | Taste |
| Meal 1 | | | | |
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| Meal 2 | | | | |
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| Snack | | | | |
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| Dia susa sub at usu | | lan inalisalian ansi adii | satura and a the et a sould be seed in sou | |
| | | | ustments that could have impessful trail hiking or backpack | |
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| | | | oking supplies among the pa re your food to protect it from | |
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| Cooking | Scout's Name: |
|---------|---------------|
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**Where local regulations do not allow you to build a fire, the counselor may adjust the requirement to meet the law. The meals in requirements 5 and 6 may be prepared for different trips and need not be prepared consecutively. Scouts working on this badge in summer camp should take into consideration foods that can be obtained at the camp commissary.

| 7 Food-rel | lated careers. Find out about three career opportunities in cooking. |
|----------------|---|
| 1. | |
| 2. | |
| 3. | |
| | nd find out the education, training, and experience required for this profession. |
| Career: | a mia out the outstanding and oxponence required for the profession. |
| Education: | |
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| Training: | |
| rraining. | |
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| Experience: | |
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| D: ". | |
| Discuss this v | with your counselor, and explain why this profession might interest you. |
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When working on merit badges, Scouts and Scouters should be aware of some vital information in the current edition of the *Guide to Advancement* (BSA publication 33088).Important excerpts from that publication can be downloaded from http://usscouts.org/advance/docs/GTA-Excerpts-meritbadges.pdf.

You can download a complete copy of the Guide to Advancement from http://www.scouting.org/filestore/pdf/33088.pdf.