

Cooking



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. 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.

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

No c		om the official requirements found in Boy Scout Requirements (Pub. 33216 – SKU 637685). last issued or revised in 2017 • This workbook was updated in May 2017.
Scout's Name) :	Unit:
Counselor's N	lame:	Counselor's Phone No.:
	http:/	//www.USScouts.Org • http://www.MeritBadge.Org
		ssions, comments or suggestions about this <u>workbook</u> to: <u>Workbooks@USScouts.Org</u> anges to the <u>requirements</u> for the <u>merit badge</u> should be sent to: <u>Merit.Badge@Scouting.Org</u>
1. <u>Health a</u>	nd Safety. Do the follow	
		or the most likely hazards you may encounter while participating in cooking activities and nticipate, help prevent, mitigate, and respond to these hazards.
	Hazard	How to anticipate, help prevent, mitigate, and respond

Workbook © Copyright 2017 - U.S. Scouting Service Project, Inc. - All Rights Reserved Requirements © Copyright, Boy Scouts of America (Used with permission.)

This workbook may be reproduced and used locally by Scouts and Scouters for purposes consistent with the programs of the Boy Scouts of America (BSA), the World Organization of the Scout Movement (WOSM) or other Scouting and Guiding Organizations.

However it may NOT be used or reproduced for electronic redistribution or for commercial or other non-Scouting purposes without the express permission of the U. S. Scouting Service Project, Inc. (USSSP).

Cooking		Scout's Name:
h	Chay that you know	w first sid for and how to provent injuries or illegaces that could appur while proporing mode and
U.	eating, including bu	w first aid for and how to prevent injuries or illnesses that could occur while preparing meals and urns and scalds, cuts, choking, and allergic reactions.
	Burns and scalds	
	Cuts	
	Choking	
	Choking	
	Allergic reactions	

C.	Describe how me properly prepared	eat, fish, chicken, eggs, dairy products, and fresh vegetables should be stored, transported, and d for cooking.
	Meat	
	Fish	
	Chicken	
	Eggs	
	Dairy Products	
	Fresh Vegetables	
	Explain how to pr	revent cross-contamination.
d.	Discuss with you	r counselor food allergies, food intolerance, and food-related illnesses and diseases.
	Food allergies	
	Food-related	
	illnesses	

Scout's Name:

	Scout's Name:
ood ntolerance	
ood-related	
iseases	
xplain why son	neone who handles or prepares food needs to be aware of these concerns.
iscuss with you	ur counselor why reading food labels is important.
iscuss with you	ır counselor why reading food labels is important.
iscuss with you	ır counselor why reading food labels is important.
iscuss with you	ır counselor why reading food labels is important.
iscuss with you	ır counselor why reading food labels is important.
iscuss with you	ır counselor why reading food labels is important.
iscuss with you	Ir counselor why reading food labels is important.
iscuss with you	ir counselor why reading food labels is important.
iscuss with you	ur counselor why reading food labels is important.
iscuss with you	Ir counselor why reading food labels is important.
xplain how to i	dentify common allergens such as peanuts, tree nuts, milk, eggs, wheat, soy, and shellfish.
xplain how to ic	
xplain how to ic Peanuts	
xplain how to in Peanuts Tree nuts Milk	
Explain how to ice Peanuts Tree nuts Milk Eggs	

- 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			
•				
2.	Vegetables			
3.	Grains			
٥.	Grain G			
4.	Proteins			
5.	Dairy			
_				
Exp	lain why you s	hould limit your intake of oils an	d sugars.	

b.

	ur daily level of activity a					
	on the MyPlate food guid	le, discuss with	your counselor an	appropriate meal	plan for yourself	for
day.						
Discuss your food guide.	current eating habits with	h your counseloi	r and what you ca	n do to eat healthid	er, based on the	My
Discuss your food guide.	current eating habits with	h your counseloi	r and what you ca	n do to eat healthid	er, based on the	My
Discuss your food guide.	current eating habits with	h your counselor	r and what you ca	n do to eat healthi	er, based on the	My
Discuss your food guide.	current eating habits with	h your counselor	r and what you ca	n do to eat healthid	er, based on the	My
Discuss your food guide.	current eating habits with	h your counseloi	r and what you ca	n do to eat healthi	er, based on the	My
Discuss your food guide.	current eating habits with	h your counseloi	r and what you ca	n do to eat healthi	er, based on the	My
Discuss your food guide.	current eating habits witl	h your counselor	r and what you ca	n do to eat healthi	er, based on the	My
Discuss your food guide.	current eating habits witl	h your counselor	r and what you ca	n do to eat healthi	er, based on the	My
Discuss your food guide.	current eating habits witl	h your counselor	r and what you ca	n do to eat healthi	er, based on the	Myl
Discuss your food guide.	current eating habits witl	h your counselor	r and what you ca	n do to eat healthi	er, based on the	Myl
Discuss your food guide.	current eating habits witl	h your counselor	r and what you ca	n do to eat healthi	er, based on the	My

Scout's Name: _____

Cooking	Scout's Name:

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 size specified on the label

,	
	1

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			
Boiling			
Broiling			

Scout's Name: _ Pan frying Simmering Steaming Microwaving Grilling Foil cooking Use of a Dutch oven

ing	Scout's Name:
b.	Discuss the benefits of using a camp stove on an outing vs. a charcoal or wood fire.
	Describefor your counselor how to manage your time when preparing a meal so components for each course a ready to serve at the correct time.

Scout's Name:

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. Meals prepared for rank advancement 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.

4. **Cooking at home.** 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 kept your foods safe and free from cross-contamination. List the equipment and utensils needed to prepare and serve these meals.

Day 1		Menu	Quantity	Calories	Equipment	Utensils
BREAKFAST	Fruits					
	Vegetables					
	Grains					
	Proteins					
	Dairy					
LUNCH	Fruits					
	Vegetables					
	Grains					
	Proteins					
	Dairy					
DINNER	Fruits					
	Vegetables					
	Grains					
	Proteins					
	Dairy					

Day 2		Menu	Quantity	Calories	Equipment	Utensils
BREAKFAST	Fruits					
	Vegetables					
	Grains					
	Proteins					
	Dairy					
LUNCH	Fruits					
	Vegetables					
	Grains					
	Proteins					
	Dairy					
DINNER	Fruits					
	Vegetables					
	Grains					
	Proteins					
	Dairy					

Day 3		Menu	Quantity	Calories	Equipment	Utensils
BREAKFAST	Fruits					
	Vegetables					
	Grains					
	Proteins					
	Dairy					
LUNCH	Fruits					
	Vegetables					
	Grains					
	Proteins					
	Dairy					
DINNER	Fruits					
	Vegetables					
	Grains					
	Proteins					
	Dairy					
DESSERT						

ng	Scout's Name:						
	en do the following:						
a.	 Create a shopping list for your meals showing the amount of food needed to prepare and se cost for each meal. 						
	Menu Item	Components to purchase	Quantity	Cost			
	Breakfast 1		Total Cost				
	Menu Item	Components to purchase	Quantity	Cost			
	Breakfast 2		Total Cost				
	Menu Item	Components to purchase	Quantity	Cost			
			,				

Breakfast 3

Total Cost

Scout's Name: __ Components to purchase Quantity Cost Menu Item Lunch 1 **Total Cost** Menu Item Components to purchase Quantity Cost Lunch 2 **Total Cost** Components to purchase Quantity Cost Menu Item

Lunch 3

Cooking

Total Cost

Cooking Scout's Name: __ Cost Components to purchase Quantity Menu Item Dinner 1 **Total Cost** Menu Item Components to purchase Quantity Cost

Dinner 2 Total Cost

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

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 better planning and preparation help ensure a successful meal.

Scout's Name:

*The meals for requirement 4 may be prepared on different days, and they need not be prepared consecutively. The requirement calls for Scouts to plan, prepare, and serve one breakfast, one lunch, and one dinner to at least one adult; those served need not be the same for all meals.

5. **Camp Cooking**. Do the following.

Cooking

a. Using the MyPlate food guide or the current USDA nutrition model, planfive meals for your patrol or a similar size group of up to eight youth, including you) for a camping trip 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. These five meals must include at least one breakfast, one lunch, one dinner, AND at least one snack OR one dessert. List the equipment and utensils needed to prepare and serve these meals.

Meal 1

Menu	Quantity	Calories	Equipment	Utensils
Fruits				
Vegetables				
Grains				
Proteins				
Dairy				
Fruits				
Vegetables				
Grains				
Proteins				
Dairy				

M	leal	13

Menu		Quantity	Calories	Equipment	Utensils
Fruits					
Vegetables					
Grains					
Proteins					
Dairy					
Fruits					
Vegetables					
Grains					
Proteins					
Dairy					
	1	1	1		1

	Menu	Quantity	Calories	Equipment	Utensils
Meal 5	Fruits				
	Vegetables				
	Grains				
	Proteins				
	Dairy				
Desert or					
Snack					

Then do the following:

b. Create a shopping list for your meals showing the amount of food needed to prepare and serve each meal, and the cost for each meal.

Menu Item	Components to purchase	Quantity	Cost
Meal 1		Total Cost	

Cooking Scout's Name:

Menu Item	Components to purchase	Quantity	Cost
Meal 2		Total Cost	
Menu Item	Components to purchase	Quantity	Cost
	Components to purchase	Quantity	Cost
	Components to purchase	Quantity	Cost
	Components to purchase	Quantity	Cost
	Components to purchase	Quantity	Cost
	Components to purchase	Quantity	Cost
	Components to purchase	Quantity	Cost
	Components to purchase	Quantity	Cost
	Components to purchase	Quantity	Cost
	Components to purchase	Quantity	Cost
	Components to purchase	Quantity	Cost
	Components to purchase	Quantity	Cost
	Components to purchase	Quantity	Cost

		Scout's Name:	
Menu Item	Components to purchase	Quantity	Cost
Meal 4		Total Cost	
Menu Item	Components to purchase	Quantity	Cost
Meal 5		Total Cost	
Menu Item	Components to purchase	Quantity	Cost
nack or Dessert		Total Cost	

Cooking				Scout's Name:				
☐ C.	Share and discuss your meal plan and shopping list with your counselor.							
☐ d.	lightweight stove also cook a third or a group of you	or a low-impact fire. Use meal using either a Dutcl uth. **	a different cooking meth h oven OR a foil pack O	two of the five meals you nod from requirement 3 fo R kabobs. Serve all of the	r each meal. You must se meals to your patrol			
				ethod:ethod:				
				ethod:				
П е.				r patrol or a group of yout				
	•	•	•	Date:				
f.	After each meal, meal.	have those you served e	valuate the meal on pres	sentation and taste, and t	nen evaluate your own			
	Mool	Evaluation by those served Self Evaluation			aluation			
	Meal	Presentation	Taste	Presentation	Taste			
	Meal 1							
	Meal 2							

Meal 3 Meal 4 Meal 5 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: _

LXPIAIT HOW	our counselor how you cleaned the equipment, utensils, and the cooking site thoroughly after e you properly disposed of dishwater and of all garbage.
Explain how	you properly disposed of dishwater and of all garbage.
Discuss how	you followed the Outdoor Code and no-trace principles when preparing your meals.

Scout's Name:

- 6. <u>Trail and backpacking meals.</u> Do the following.
 - a. Using the MyPlate food guide or the current USDA nutrition model, plan a menu for trail hiking or backpacking that includes one breakfast, one lunch, one dinner, and one snack. These meals must not require refrigeration and are to be consumed by three to five people (including you). Be sure to keep in mind any special needs (such as food allergies) and how you will keep your foods safe and free from cross-contamination. List the equipment and utensils needed to prepare and serve these meals.

Breakfast

	Menu	Quantity	Calories	Equipment	Utensils
Fruits					
Vegetables					
Grains					
Proteins					
Dairy					

Lunch

	Menu	Quantity	Calories	Equipment	Utensils
Fruits					
Vegetables					
Grains					
Proteins					
Dairy					
		_			

Cooking

Scout's Name:

Dinner

	Menu	Quantity	Calories	Equipment	Utensils
Fruits					
Vegetables					
Grains					
Proteins					
Dairy					

Snack

	Menu	Quantity	Calories	Equipment	Utensils
_					

Create a shopping list		Scout's Name:					
Create a shopping list for your meals showing the amount of food needed to prepare and serve each me cost for each meal.							
Menu Item	Components to purchase	Quantity	Cos				
	•	,					
		T. 1.10					
Breakfast		Total Cost					
Menu Item	Components to purchase	Quantity	Cos				

Lunch

Total Cost

Menu Item Components to purchase Quantity Cost Dinner **Total Cost** 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).** Meal 1_____Heat Source: _____ Date: Meal 2____Heat Source: ____ Date: Snack Heat Source: Date:

Scout's Name:

ng				Scout's Name:			
] e.	After each meal, h meal.	nave those you served eva	those you served evaluate the meal on presentation and taste, and then evaluate your				
	MAGG!	Evaluation by the	Evaluation by those served		uation		
	Meal	Presentation	Taste	Presentation	Taste		
	Meal 1						
	Meal 2						
	Snack						
	-						
	_						
	Discuss what you	loorned with your counsel	or including any adju	estments that could have imr	round or enhance		
	Discuss what you your meals. Tell he	learned with your counsel ow planning and preparati	or, including any adju on help ensure succe	estments that could have impessful trail hiking or backpack	roved or enhance		
	Discuss what you your meals. Tell he	learned with your counsel ow planning and preparati	or, including any adju on help ensure succe	stments that could have impessful trail hiking or backpack	roved or enhance king meals.		
	Discuss what you your meals. Tell he	learned with your counsel ow planning and preparati	or, including any adju on help ensure succe	estments that could have impessful trail hiking or backpack	roved or enhance king meals.		
	Discuss what you your meals. Tell he	learned with your counsel ow planning and preparati	or, including any adju on help ensure succe	estments that could have impessful trail hiking or backpack	roved or enhance king meals.		
	Discuss what you your meals. Tell h	learned with your counsel ow planning and preparati	or, including any adju on help ensure succe	estments that could have impessful trail hiking or backpack	roved or enhance king meals.		
	Discuss what you your meals. Tell h	learned with your counsel ow planning and preparati	or, including any adju on help ensure succe	estments that could have impessful trail hiking or backpack	proved or enhance king meals.		
	Discuss what you your meals. Tell h	learned with your counsel ow planning and preparati	or, including any adju on help ensure succe	estments that could have impessful trail hiking or backpack	proved or enhance king meals.		
	Discuss what you your meals. Tell h	learned with your counsel ow planning and preparati	or, including any adju on help ensure succe	estments that could have impessful trail hiking or backpack	proved or enhance king meals.		
¬ f	your meals. Tell he	ow planning and preparati	on help ensure succe	essful trail hiking or backpack	roved or enhance king meals.		
] f	your meals. Tell he	learned with your counsel ow planning and preparati	on help ensure succe	essful trail hiking or backpack	roved or enhance king meals.		
] f	your meals. Tell he	ow planning and preparati	on help ensure succe	essful trail hiking or backpack	proved or enhance		
] f	your meals. Tell he	ow planning and preparati	on help ensure succe	essful trail hiking or backpack	roved or enhance		
] f	your meals. Tell he	ow planning and preparati	on help ensure succe	essful trail hiking or backpack	roved or enhance		
] f	your meals. Tell he	ow planning and preparati	on help ensure succe	essful trail hiking or backpack	roved or enhance		

Cooking	Scout's Name:
	Explain to your counselor how you cleaned any equipment, utensils, and the cooking site after each meal.
	Explain how you properly disposed of any dishwater and packed out all garbage.
law. The Scouts	e local regulations do not allow you to build a fire, the counselor may adjust the requirement to meet the e meals in requirements 5 and 6 may be prepared for different trips and need not be prepared consecutively. working on this badge in summer camp should take into consideration foods that can be obtained at the ommissary.
7 <u>Fo</u>	od-related careers. Find out about three career opportunities in cooking.
1.	
2.	
3.	
Select	one and find out the education, training, and experience required for this profession.
Career	:
Educat	ion:

oking	Scout's Name:
Training:	
Experience:	
Discuss this w	ith your counselor, and explain why this profession might interest you.

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.