



# Cooking

## Merit Badge Workbook

This workbook is not required but is designed to help you with this merit badge. No one can add or subtract from the Boy Scout Requirements #33215. Use page backs & add pages as needed. Please send comments to: [craig@craiglincoln.com](mailto:craig@craiglincoln.com). Requirements revised: 2005, Workbook updated: January 2005.

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.

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b) Describe how meat, fish, chicken, eggs, dairy products, and fresh vegetables should be stored, transported, and properly prepared for cooking. \_\_\_\_\_

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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. Label the pyramid, including:

1) The food groups

i) Milk, yogurt, and cheese group

iv) Fruit group

ii) Vegetable group

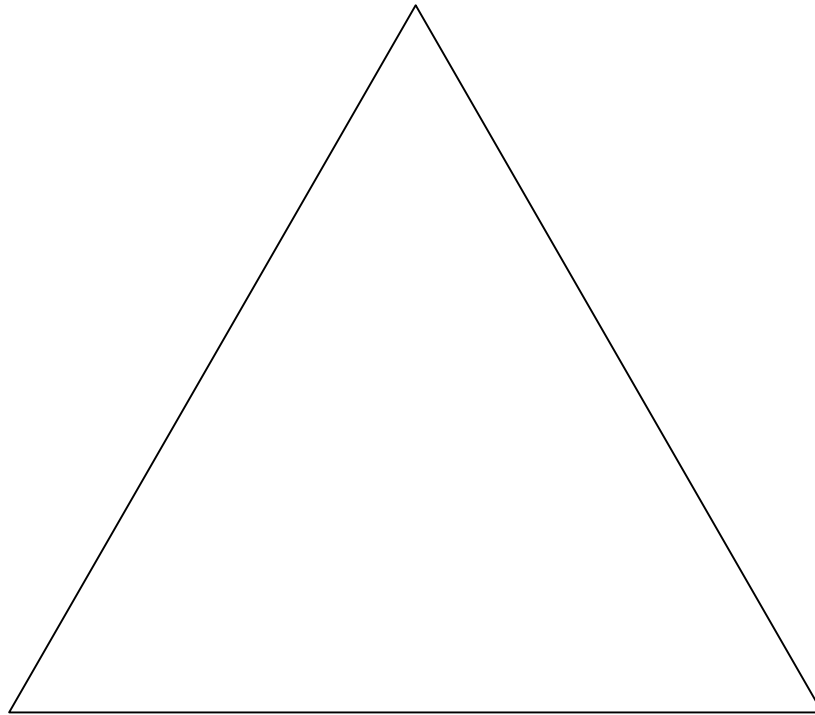
v) Bread, cereal, rice, and pasta group

iii) Meats, poultry, fish, dry beans, eggs, and nuts 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 *(Hint: You can use the pyramid below.)*



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
<b>BREAKFAST</b> For in camp or on the trail.						
		Main Course	Vegetable	Fruit	Drink	Dessert
<b>LUNCH</b> For in camp or on the trail.						
	Soup/Salad	Main Course	Vegetable	Vegetable	Drink	Dessert
<b>DINNER</b>						

**DAY TWO MENU**

	Bread/Grain	Main Course	Dairy	Fruit	Drink	Dessert
<b>BREAKFAST</b> For in camp or on the trail.						
		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 - Requirement 3B.</b> A one-pot dinner using 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.

**Breakfast Day 1**

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

**Breakfast Day 2**

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

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

Dinner 1			Optional Additional Meal		
Food Item	Amount	Cost	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 ONE MENU**

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

**DAY 2 MENU**

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

**DAY 3 MENU**

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**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) 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. \_\_\_\_\_

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