



# 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: 2007, Workbook updated: March 2007.

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 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

ii) Vegetables

iii) Fruits

iv) Milk, yogurt, cheese

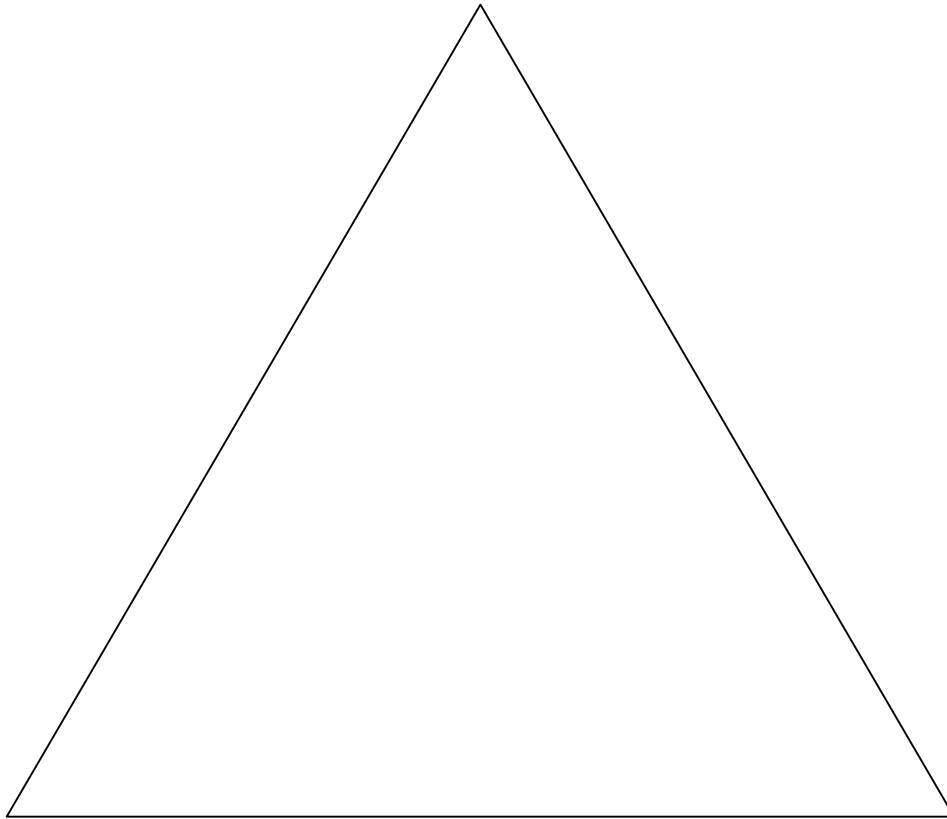
v) Meats, poultry, fish, beans, eggs, nuts

vi) Oils (fats) and sugars

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

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- 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. \_\_\_\_\_

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**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.						





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	

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>						



**Breakfast Day 3**

**Lunch Day 3**

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

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

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