



# Cooking

## Merit Badge Workbook

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

The work space provided for each requirement should be used by the Scout to make notes for discussing the item with his counselor, not for providing the full and complete answers. Each Scout must do each requirement.

No one may add or subtract from the official requirements found in **Boy Scout Requirements** (Pub. 33216 – SKU 34765).

The requirements were last issued or revised in 2007 • This workbook was updated in April 2012.

Scout's Name: \_\_\_\_\_ Unit: \_\_\_\_\_

Counselor's Name: \_\_\_\_\_ Counselor's Phone No.: \_\_\_\_\_

<http://www.USScouts.Org> • <http://www.MeritBadge.Org>

Please submit errors, omissions, comments or suggestions about improving this workbook to: [Workbooks@USScouts.org](mailto:Workbooks@USScouts.org)

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. Grains \_\_\_\_\_

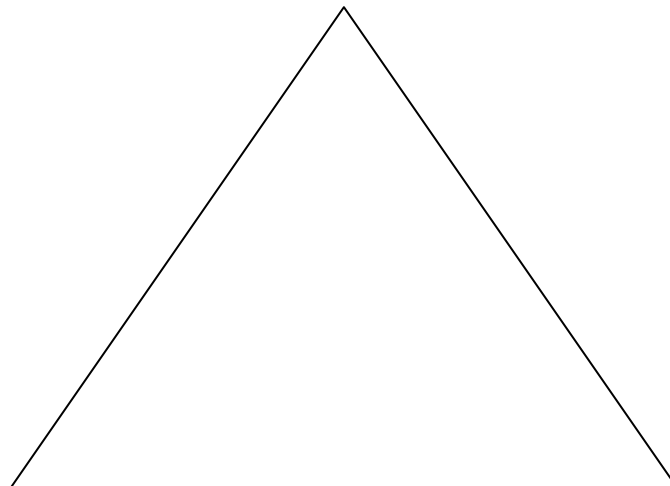
2. Vegetables \_\_\_\_\_

3. Fruits \_\_\_\_\_

4. Milk, yogurt, cheese \_\_\_\_\_

5. Meats, poultry, fish, beans, eggs, nuts \_\_\_\_\_

6. 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. \_\_\_\_\_

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d. Give your counselor examples from each food group. \_\_\_\_\_

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

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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
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
<p>BREAKFAST For in camp or on the trail.</p>						
		Main Course	Vegetable	Fruit	Drink	Dessert
<p>LUNCH For in camp or on the trail.</p>						
		Main Course	Vegetable	Fruit	Drink	Dessert
<p>DINNER - Requirement 3B. A one-pot dinner using foods other than canned.</p>	Soup/Salad	Main Course	Vegetable	Fruit	Drink	Dessert



- 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.

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

Dinner			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 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						

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			Breakfast Day 2		
Food Item	Amount	Cost	Food Item	Amount	Cost
_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____

Lunch Day 1			Lunch Day 2		
Food Item	Amount	Cost	Food Item	Amount	Cost
_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____

Dinner Day 1			Dinner Day 2		
Food Item	Amount	Cost	Food Item	Amount	Cost
_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____

Breakfast Day 3			Lunch Day 3		
Food Item	Amount	Cost	Food Item	Amount	Cost
Food Item	Amount	Cost	Food Item	Amount	Cost
_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____

Dinner Day 3			Dinner Day 3 (Continued)		
Food Item	Amount	Cost	Food Item	Amount	Cost
_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____

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. \_\_\_\_\_

Career: \_\_\_\_\_

Education: \_\_\_\_\_

Training: \_\_\_\_\_

Experience: \_\_\_\_\_

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

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

<p align="center"><b>Requirement resources can be found here:</b></p> <p align="center"><a href="http://www.meritbadge.org/wiki/index.php/Cooking#Requirement_resources">http://www.meritbadge.org/wiki/index.php/Cooking#Requirement_resources</a></p>
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## Important excerpts from the [‘Guide To Advancement’](#), No. 33088:

Effective January 1, 2012, the ‘Guide to Advancement’ (which replaced the publication ‘Advancement Committee Policies and Procedures’) is now the official Boy Scouts of America source on advancement policies and procedures.

- [ Inside front cover, and 5.0.1.4 ] — **Unauthorized Changes to Advancement Program**

**No council, committee, district, unit, or individual has the authority to add to, or subtract from, advancement requirements.** (There are limited exceptions relating only to youth members with disabilities. For details see section 10, “Advancement for Members With Special Needs”.)

- [ Inside front cover, and 7.0.1.1 ] — The [‘Guide to Safe Scouting’](#) Applies

Policies and procedures outlined in the ‘Guide to Safe Scouting’, No. 34416, apply to all BSA activities, including those related to advancement and Eagle Scout service projects. [Note: Always reference the online version, which is updated quarterly.]

- [ 7.0.3.1 ] — **The Buddy System and Certifying Completion**

Youth members must not meet one-on-one with adults. Sessions with counselors must take place where others can view the interaction, or the Scout must have a buddy: a friend, parent, guardian, brother, sister, or other relative—or better yet, another Scout working on the same badge—along with him attending the session. When the Scout meets with the counselor, he should bring any required projects. If these cannot be transported, he should present evidence, such as photographs or adult certification. His unit leader, for example, might state that a satisfactory bridge or tower has been built for the Pioneering merit badge, or that meals were prepared for Cooking. If there are questions that requirements were met, a counselor may confirm with adults involved. Once satisfied, the counselor signs the blue card using the date upon which the Scout completed the requirements, or in the case of partials, initials the individual requirements passed.

- [ 7.0.3.2 ] — **Group Instruction**

It is acceptable—and sometimes desirable—for merit badges to be taught in group settings. This often occurs at camp and merit badge midways or similar events. Interactive group discussions can support learning. The method can also be attractive to “guest experts” assisting registered and approved counselors. Slide shows, skits, demonstrations, panels, and various other techniques can also be employed, but as any teacher can attest, not everyone will learn all the material.

There must be attention to each individual’s projects and his fulfillment of *all* requirements. We must know that every Scout — actually and *personally*— completed them. If, for example, a requirement uses words like “show,” “demonstrate,” or “discuss,” then every Scout must do that. It is unacceptable to award badges on the basis of sitting in classrooms *watching* demonstrations, or remaining silent during discussions. Because of the importance of individual attention in the merit badge plan, group instruction should be limited to those scenarios where the benefits are compelling.

- [ 7.0.3.3 ] — **Partial Completions**

Scouts need not pass all requirements with one counselor. The Application for Merit Badge has a place to record what has been finished — a “partial.” In the center section on the reverse of the blue card, the counselor initials for each requirement passed. In the case of a partial completion, he or she does not retain the counselor’s portion of the card. A subsequent counselor may choose not to accept partial work, but this should be rare. A Scout, if he believes he is being treated unfairly, may work with his Scoutmaster to find another counselor. An example for the use of a signed partial would be to take it to camp as proof of prerequisites. Partials have no expiration except the 18th birthday.--