

First Class Cooking Specialty Week

Pre-requisite: An email from your Scoutmaster stating that the Scout has permission to complete these requirements in a virtual, backyard setting.

All requirements will be met, to the letter, with the proper adjustments for acknowledgement of the Covid-19 parameters for Scouting. Scouts will earn a number of rank advancement cooking requirements as well as the first 3 requirements towards cooking merit badge. Scouts can also choose other merit badges during the 12:00 and 1:00 time period. This cooking program will run from 2:00-4:00 Daily.

Requirements

Second Class Requirements:

1b - Explain the principles of Leave No Trace and tell how you practiced them on a campout or outing. This outing must be different from the one used for Tenderfoot requirement 1c

2a - Explain when it is appropriate to use a fire for cooking or other purposes and when it would not be appropriate to do so.

2c - At an approved outdoor location and time, use the tinder, kindling, and fuel wood from Second Class requirement 2b to demonstrate how to build a fire. Unless prohibited by local fire restrictions, light the fire. After allowing the flames to burn safely for at least two minutes, safely extinguish the flames with minimal impact to the fire site.

2d – Explain when it is appropriate to use a lightweight stove and when it is appropriate to use a propane stove. Set up a lightweight stove or propane stove. Light the stove, unless prohibited by local fire restrictions. Describe the safety procedures for using these types of stoves.

2e - On one campout, plan and cook one hot breakfast or lunch, selecting foods from MyPlate or the current USDA nutritional model. Explain the importance of good nutrition. Demonstrate how to transport, store, and prepare the foods you selected.

First Class Requirements:

1b - Explain each of the principles of Tread Lightly! and tell how you practiced them on a campout or outing.

2a - Help plan a menu for one of the above campouts that includes at least one breakfast, one lunch, and one dinner, and that requires cooking at least two of the meals. Tell how the menu includes the foods from MyPlate or the current USDA nutritional model and how it meets nutritional needs for the planned activity or campout

2b - Using the menu planned in First Class requirement 2a, make a list showing a budget and the food amounts needed to feed three or more youth. Secure the ingredients.

2c - Show which pans, utensils, and other gear will be needed to cook and serve these meals.

2d - Demonstrate the procedures to follow in the safe handling and storage of fresh meats, dairy products, eggs, vegetables, and other perishable food products. Show how to properly dispose of camp garbage, cans, plastic containers, and other rubbish

2e - On one campout, serve as cook. Supervise your assistant(s) in using a stove or building a cooking fire. Prepare the breakfast, lunch, and dinner planned in First Class requirement 2a. Supervise the cleanup

9c - On a Scouting or family outing, take note of the trash and garbage you produce. Before your next similar outing, decide how you can reduce, recycle, or repurpose what you take on that outing, and then put those plans into action. Compare your results.

Cooking Merit Badge Requirements:

1. Health and safety. Do the following:

- (a) Explain to your counselor the most likely hazards you may encounter while participating in cooking activities and what you should do to anticipate, help prevent, mitigate, and respond to these hazards.
- (b) Show that you know first aid for and how to prevent injuries or illnesses that could occur while preparing meals and eating, including burns and scalds, cuts, choking, and allergic reactions.
- (c) Describe how meat, fish, chicken, eggs, dairy products, and fresh vegetables should be stored, transported, and properly prepared for cooking. Explain how to prevent cross-contamination.
- (d) Discuss with your counselor food allergies, food intolerance, and food-related illnesses and 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.

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:
 - (1) Fruits
 - (2) Vegetables
 - (3) Grains
 - (4) Proteins
 - (5) Dairy
- (b) Explain why you should limit your intake of oils and sugars.

- (c) Determine your daily level of activity and your caloric need based on your activity level. Then, based on the MyPlate food guide, discuss with your counselor an appropriate meal plan for yourself for one day.
- (d) Discuss your current eating habits with your counselor and what you can do to eat healthier, based on the MyPlate food guide.
- (e) Discuss the following food label terms: calorie, fat, saturated fat, trans fat, cholesterol, sodium, carbohydrate, dietary fiber, sugar, protein. Explain how to calculate total carbohydrates and nutritional values for two servings, based on the serving size specified on the label.

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.
- (b) Discuss the benefits of using a camp stove on an outing vs. a charcoal or wood fire.
- (c) Describe for your counselor how to manage your time when preparing a meal so components for each course are ready to serve at the correct time.