

COOKING MB – SESSION TOPICS AND SUGGESTED RESEARCH

(Research suggestions are items that Scouts may want to be BEFORE each session indicated.)

Pre-Session Work - Intro to Nutrition, Recipe Research

Visit www.choosemyplate.gov and learn about the 5 Food Groups

Complete form: <https://247scouting.com/forms/form.php?OrgKey=BSA083&id=1336>

Do some internet searches for recipes!

Look on major sites (allrecipes.com, foodnetwork.com) but also just consider Google searching for recipes of things you like to eat! (Or look through a cookbook!!)

Complete this PREP FORM:

<https://forms.gle/MKD6D9DdnMRru9XT7>

Topic Session 1 - Risks/Hazards and First Aid while Cooking; Nutrition Information and Food Safety

SUGGESTED RESEARCH: Search for videos on FIRST AID topics or review basic First Aid in the Scouts BSA Handbook.

Topic Session 2 - Basic Techniques in the Kitchen; Cooking Breakfast

SUGGESTED RESEARCH: Search the web for recipes related to BREAKFAST or ask your parents/family for a cookbook to look through.

Topic Session 3 - Basic Techniques in the OUTDOOR Kitchen; Cooking Lunch

SUGGESTED RESEARCH: Search the web for recipes related to LUNCH or ask your parents/family for a cookbook to look through. Can you find a lunch that can be done OUTDOORS?

Topic Session 4 - Basic Techniques in the Kitchen; Cooking Dinner

SUGGESTED RESEARCH: Search the web for recipes related to DINNER or ask your parents/family for a cookbook to look through.

FINAL COMPLETION / VERIFICATION FORMS:

Worksheet Submission: <https://forms.gle/77q3WAaWmdyv8MnZ7>

Meal Preparation Submission: *(must submit a separate form for each meal)*

<https://forms.gle/35KzV2CkiKtUV1X88>