

COOKING MERIT BADGE PREREQUISITES

PLEASE NOTE: I need to know of any food allergies or if a scout is vegetarian, vegan, lactose intolerant, gluten free diabetic or any other food requirement. Please send this information as soon as you read this to the email below so I can plan accordingly.

This is not a simple merit badge. It will take some time to do these prerequisites. I strongly advise you to talk to an adult in your house for support and guidance. If needed, reach out to me with questions on the requirements or the upcoming weekend.

NOTE: Repeating Meals or Menus: The meals prepared for the Cooking merit badge requirements 4, 5, and 6 will count only toward this merit badge and may not be used for rank advancement or any other merit badge. Meals prepared for rank advancement or other merit badges may not be counted toward the Cooking merit badge. Menus used for meals in requirements 4, 5, and 6 must not be repeated.

- Download the official merit badge pamphlet free [DOWNLOAD HERE](#), and **READ IT**
- Download the Cooking Merit Badge Worksheet [HERE](#), print two sided if you are able.
- Fill in worksheet and *bring with you*.
- **NOT A REQUIREMENT** however if available please bring a backpacking mess kit and backpacking cook kit.
- Take a picture of your favorite meal and email to me.

******* WATCH THE VIDEOS! *******

Yes, you will be asked questions and be tested.

1. Health and safety. Do the following and be prepared to answer questions:

- (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.
Resources: [6 Campfire Cooking Mistakes to Avoid *Do This Instead* \(video\)](#)
[5 Mistakes EVERY New Camper Makes COOKING \(video\)](#)
- (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.
Resources: [Treating Burns and Cuts \(video\)](#)
[Food Allergy with Anaphylaxis \(video\)](#)
[What to Do When an Adult is Choking \(Responsive\) \(video\)](#)
- (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.
Resource: [Basic Food Safety: Avoiding Cross Contamination \(video\)](#)

- (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.
Resources: [Food Allergy Awareness \(video\)](#)
[What's a Food Allergy—and What's Not? \(video\)](#)
- (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.
Resource: [10 Rules for Reading a Food Label \(video\)](#)

2. Nutrition. Do the following and **be prepared to answer questions:**

- (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
Resource: [MyPlate Food Groups \(website\)](#)
- (b) Explain why you should limit your intake of oils and sugars.
Resource: [Tips for Limiting Sugar in Your Diet \(video\)](#)
- (c) Track your daily level of activity and your daily caloric need based on your activity for five days. Then, based on the MyPlate food guide, discuss with your counselor an appropriate meal plan for yourself for one day. *Resource:* [MyPlate Food Plan \(website\)](#)
- (d) Discuss your current eating habits with your counselor and what you can do to eat healthier, based on the MyPlate food guide.
Resource: [Healthy Eating Tip Sheets \(website\)](#)
- (e) Discuss the following food label terms: calorie, fat, saturated fat, trans fat, cholesterol, sodium, carbohydrate, dietary fiber, sugar, and protein. Explain how to calculate total carbohydrates and nutritional values for two servings, based on the serving size specified on the label.
Resource: [How to Read Food Labels \(video\)](#)

3. Cooking Basics. Do the following: **be prepared to discuss your meals:**

- (a) Discuss 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, microwaving, air frying, grilling, foil cooking, and Dutch oven.
Resources: [Types of Cooking Techniques, Cooking Methods \(video\)](#)

[6 Tips to Master Foil Packet Cooking \(video\)](#)
[Dutch Oven Basics for Beginners \(video\)](#)

- (b) Discuss the benefits of using a camp stove on an outing vs. a charcoal or wood fire.
Resource: [Camp Stove vs Campfires \(website\)](#)
- (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.
Resource: [Timing Your Meals \(video\)](#)
- (d) Explain and give examples of how taste, texture, and smell impact what we eat.
Resource: [How Your Sense of Smell Helps You Savor Flavor \(video\)](#)

4. Cooking at Home. Do the following:

Note: The meals for requirement 4 may be prepared on different days, and they need not be prepared consecutively. The requirement calls for Scouts to plan, prepare, and serve one breakfast, one lunch, and one dinner to at least one adult; those served need not be the same for all meals.

Resource: [The Five Tastes \(video\)](#)

- (a) Using the MyPlate food guide or the current USDA nutrition model, plan menus for three full days of meals (three breakfasts, three lunches, and three dinners) plus one dessert. Your menus should include enough to feed yourself and at least one adult, keeping in mind any special needs (such as food allergies) and how you keep your foods safe and free from cross-contamination. List the equipment and utensils needed to prepare and serve these meals.
Resource: [MyPlate Kitchen \(website\)](#)
- (b) Find recipes for each meal. Create a shopping list for your meals showing the amount of food needed to prepare for the number of people you will serve. Determine the cost for each meal.
Resource: [MyPlate Kitchen \(website\)](#)
- (c) Share and discuss your meal plan and shopping list with your counselor.
Resource: [MyPlate Kitchen \(website\)](#)
- (d) Using at least five of the 10 cooking methods from requirement 3, prepare and serve yourself and at least one adult (parent, family member, guardian, or other responsible adult) one breakfast, one lunch, one dinner, and one dessert from the meals you planned.
- (e) Time your cooking to have each meal ready to serve at the proper time. Have an adult verify the preparation of the meal to your counselor.
Resource: [Timing Your Meals \(video\)](#)
- (f) After each meal, ask a person(s) you served to evaluate the meal on presentation and taste, then evaluate your own meal. Discuss what you learned with your counselor, including any adjustments that could have improved or enhanced your meals. Tell how planning and preparation help ensure a successful meal.