



# Cooking

## Merit Badge Workbook



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

This Workbook can help you organize your thoughts as you prepare to meet with your merit badge counselor

**Merit Badge Counselors may not require the use of this or any similar workbooks.**

You still must satisfy your counselor that you can demonstrate each skill and have learned the information.

You should use the work space provided for each requirement to keep track of which requirements have been completed, and to make notes for discussing the item with your counselor, not for providing full and complete answers.

If a requirement says that you must take an action using words such as "discuss", "show", "tell", "explain", "demonstrate", "identify", etc, that is what you must do.

No one may add or subtract from the official requirements found on Scouting.org.

The requirements were last issued or revised in 2020 • This workbook was updated in June 2022.

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

### Prerequisites & Overview by Mrs. Popper:

**Overview:** In theory, there are only 7 requirements. However, each requirement except number 7 has several subsections. Each section of each requirement has multiple parts. It is very easy to miss something with how the requirements are structured. AND it is sufficiently complex that it cannot be completed from start-to-finish only during Camp Week itself. Therefore, for the Cooking Merit Badge at Eagle Flight, there will be pre-reqs and checkpoints before Camp Week to make sure that nothing is missed, and you can complete the merit badge during camp. If there is a challenge you are not sure you can overcome to complete these, contact Mrs. Popper ASAP. If you have completed and had an MBC sign off on some of these requirements, see Mrs. Popper to verify which sections you still need to do and how what you've done so far affects the remaining requirements. Mrs. Popper created a Google Classroom to make it easier to turn in materials - Classroom code 4eidrx5

#### Bring to camp:

- Backpack
- Mess kit, suggested small pot or cooking cup as part of mess kit if you have one
- Water bottle (as always)
- Recommended – small portable camp stove (no fuel)
- Menus from Reqs 4, 5 and 6a
- Shopping lists from Reqs 4, 5 and 6b
- 3a lists

#### Requirement 1 - Health and Safety

While we will review this during camp and complete the discussion and explanation sections during camp, review this material ahead of time so you know the following:

- Likely hazards during cooking and how you can anticipate, help prevent, mitigate and respond to these hazards
- Review or learn the first aid for (and prevention of) injuries and illness that could occur during preparing and eating meals, such as - burns, scalds, cuts, choking and allergic reactions
- Learn how the types of food listed in 1c should be stored, transported and properly prepared for cooking and how to prevent cross-contamination
- Look up food labeling and look at labels at home. Be ready to explain how to identify common allergens such as peanuts, tree nuts, dairy, eggs, wheat, soy and shellfish

#### Requirement 2 - Nutrition

We will review your findings for all parts of this requirement. Come to camp having looked up the MyPlate food guide or the current USDA nutrition model and be ready to discuss your findings.

#### Requirement 3 - Cooking Basics - 3a is a Prerequisite

- **3a** - The list of cooking methods in 3a is vital to keep track of and to know for Pre-Req 4. There are 10 of them. Look them up and have a list of each type and 1 food that can be cooked that way. We will discuss this at camp and likely at least once before camp so you can complete your prerequisites.
- Find out the benefits of camp stoves vs charcoal or wood fire. We will discuss this at camp.

- Time management in cooking is important. Think of ways you can manage your time with the goal of getting your meal on the table on time at the appropriate temperature. You will need this especially in Requirement 4.

**Requirements 4, 5 and 6** require planning meals and cooking for different environments: Home, Camp and Trail. You cannot use the meals prepared for any other requirements other than this merit badge and the meals you prepared for rank or other merit badges cannot be used for the Cooking Merit Badge. AND no menu in these three requirements can be a repeat.

- Cooking for this merit badge can only be used for this merit badge and must be only done for this merit badge.
- Each menu within this merit badge is unique - no repeats (if you completed part of this with another MBC, please show Mrs. Popper your menus from that part, as well).

**Requirement 4 - Cooking at Home - This is a Prerequisite** to camp week to complete the merit during camp week. Read the requirements thoroughly BEFORE beginning. Then check-in with Mrs. Popper as directed below.

- The goal is to plan menus for three full days of meals and one dessert (3 breakfasts, 3 lunches, 3 dinners, 1 dessert) with enough to feed at least one adult and yourself
- Keep in mind and make note of any special food needs (allergies and other dietary needs)
- Make notes on how you kept your foods safe and free from cross-contamination
- List all equipment and utensils needed to prepare and serve these meals
- Keep in mind the 10 cooking methods listed in Requirement 3a. You will need them when you get to Requirement 4c
- **Check in with Mrs. Popper before proceeding to the actual requirement sections**

**Req 4a** - create a shopping list for your three full days of meals, showing the amount of food needed to prepare and serve each meal (noting the size container or amount of food you need to purchase to get the amount for the actual meal), and then determine the cost for each meal

**Req 4b** - Share the plan for the three full days of meals and shopping list (with details noted in 4a) with Mrs. Popper

**Req 4c** - Using at least 5 of the 10 cooking methods mentioned in 3a, select 1 breakfast, 1 lunch, 1 dinner and the dessert from the menus you planned. **Check in with Mrs. Popper with your selection.** Prepare and serve these selected meals to at least yourself and one adult.

**Req 4d** - Keep track of your timing and preparation to have each meal ready to serve at the proper time at the proper temperature. Have an adult verify the preparation of the meal to Mrs. Popper. This can be done via email.

**Req 4e** - After each meal, ask the person (or people) you served to evaluate the meal on presentation and taste, then evaluate your own meal. Discuss what you have learned with Mrs. Popper, including any adjustments that could have improved or enhanced your meals. Discuss how planning and preparation help ensure a successful meal.

### **Requirement 5 - Camp Cooking**

This requirement can be done as part of cooking at a camp out for your Troop or Patrol. However, some of this needs to be done and approved before your camp out.

**Req 5a** - Using the nutritional guides you used in Req 2,

- Create menus for 5 meals to feed a patrol sized group - up to 8 Scouts including you - that can be cooked on a camping trip
- Keep in mind appropriate serving sizes, special dietary needs, and food safety
- These 5 meals MUST include at least 1 breakfast, 1 lunch, 1 dinner AND at least 1 snack OR 1 dessert
- List the equipment and utensils needed to prepare and serve these meals
- **Check in with Mrs. Popper at this point**

**Req 5b** - Shopping list - create a shopping list for all 5 meals and the snack/dessert, showing the amount of food needed to prepare and serve each meal, and then the cost for each meal.

**Req 5c - Check in with Mrs Popper to review the menus and shopping list**

**Req 5d** - Using the menus that you created and Mrs. Popper approved, select 3 of the meals noting the following:

- 2 of the meals need to use either a light-weight stove or a low impact fire and use a different cooking method from Req 3a for each meal, however...
- The 3rd meal needs to use either a Dutch oven OR a foil pack OR kabobs
- Serve these 3 meals with the different cooking techniques to your patrol or a group of youth.
- These 3 meals DO NOT need to be all done on the same camping trip and can be done in any order

**Req 5e** - Prepare the snack or dessert from your menus and serve to your patrol or group of youth.

Cooking

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

Req 5f - After each meal, have everyone evaluate your meal on presentation and taste, and then evaluate the meal yourself. Discuss your results with Mrs. Popper, including anything you might do differently that would improve or enhance the meal. Be ready to talk about how planning and preparation help ensure successful outdoor cooking.

Req 5g - Explain to Mrs. Popper how you cleaned the equipment, utensils and the cooking site thoroughly after each meal. Explain how you disposed of dishwater and all garbage and recycling. We will review this in camp.

Req 5h - Discuss how you followed the Outdoor Code and no-trace principles when preparing your meals.

**Requirement 6 - Trail and Backpacking meals**

Most of this requirement will be done at camp week. However, ahead of time please do the following:

Req 6a

- Using the nutritional guides, plan menus for trail hiking or backpacking that includes 1 breakfast, 1 lunch, 1 dinner and one snack.
- These meals must not require refrigeration and are to be consumed by 3-5 people including you.
- Keep in mind special dietary needs and food safety when you plan your menus
- List all the equipment and utensils needed to prepare and serve these meals

Req 6b

- Create the shopping list as you have done for Reqs 4 and 5, with amount of food purchased, amount needed to prepare and serve the meal, and the cost of each meal

Req 6c through 6f - Will be done at camp

**Requirement 7 - Food related careers** will be done at camp. You may want to look some of these up ahead of time and be ready to discuss

**Any questions - ASK MRS. POPPER**

**MBC:** Paula Popper

**Email:** [ScouterChaplainPopper@gmail.com](mailto:ScouterChaplainPopper@gmail.com) (always copy another adult on email and text)

**Call/Text:** 513-304-1122

**Requirements for Cooking:**

1. 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.

Hazard	How to anticipate, help prevent, mitigate, and respond

Hazard	How to anticipate, help prevent, mitigate, and respond

- 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.

Burns and scalds	
Cuts	
Choking	
Allergic reactions	

- c. Describe how meat, fish, chicken, eggs, dairy products, and fresh vegetables should be stored, transported, and properly prepared for cooking.

Meat	.0
Fish	
Chicken	
Eggs	
Dairy Products	
Fresh Vegetables	

Explain how to prevent cross-contamination.


- d. Discuss with your counselor food allergies, food intolerance, and food-related illnesses and diseases.

Food allergies	
Food-related illnesses	

Food intolerance


Food-related 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.

Peanuts	
Tree nuts	
Milk	
Eggs	
Wheat	
Soy	
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:

	Example	Daily servings	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.

Calorie	
Fat	
Saturated fat	
Trans fat	
Cholesterol	
Sodium	
Carbohydrate	
Dietary fiber	
Sugar	
Protein	



Cooking

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

Pan frying			
Simmering			
Steaming			
Microwaving			
Grilling			
Foil cooking			
Use of a Dutch oven			



4. **Cooking at home.** 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.

Day 1	Menu	Quantity	Equipment	Utensils
BREAKFAST	Fruits			
	Vegetables			
	Grains			
	Proteins			
	Dairy			
LUNCH	Fruits			
	Vegetables			
	Grains			
	Proteins			
	Dairy			
DINNER	Fruits			
	Vegetables			
	Grains			
	Proteins			
	Dairy			



Day 3

	Menu	Quantity	Equipment	Utensils
BREAKFAST	Fruits			
	Vegetables			
	Grains			
	Proteins			
	Dairy			
LUNCH	Fruits			
	Vegetables			
	Grains			
	Proteins			
	Dairy			
DINNER	Fruits			
	Vegetables			
	Grains			
	Proteins			
	Dairy			
DESSERT				

Then do the following:

- a. Create a shopping list for your meals showing the amount of food needed to prepare and serve each meal, and the cost for each meal.

Breakfast 1

Menu Item	Components to purchase	Quantity	Cost
Breakfast 1 Total Cost			

Breakfast 2

Menu Item	Components to purchase	Quantity	Cost
Breakfast 2 Total Cost			

Breakfast 3

Menu Item	Components to purchase	Quantity	Cost
Breakfast 3 Total Cost			



Lunch 1

Menu Item	Components to purchase	Quantity	Cost
Lunch 1 Total Cost			

Lunch 2

Menu Item	Components to purchase	Quantity	Cost
Lunch 2 Total Cost			

Lunch 3

Menu Item	Components to purchase	Quantity	Cost
Lunch 3 Total Cost			

Dinner 1

Menu Item	Components to purchase	Quantity	Cost
Dinner 1 Total Cost			

Dinner 2

Menu Item	Components to purchase	Quantity	Cost
Dinner 2 Total Cost			

Dinner 3

Menu Item	Components to purchase	Quantity	Cost
Dinner 3 Total Cost			

Dessert

Menu Item	Components to purchase	Quantity	Cost
Dessert Total Cost			

- b. Share and discuss your meal plan and shopping list with your counselor.




	Menu	Quantity	Equipment	Utensils
Meal 1 Breakfast	Fruits			
	Vegetables			
	Grains			
	Proteins			
	Dairy			
Meal 2 Lunch	Fruits			
	Vegetables			
	Grains			
	Proteins			
	Dairy			

Cooking

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

	Menu	Quantity	Equipment	Utensils
Meal 3 Dinner	Fruits			
	Vegetables			
	Grains			
	Proteins			
	Dairy			
Meal 4	Fruits			
	Vegetables			
	Grains			
	Proteins			
	Dairy			

Choose:  
 Snack or  
 Dessert

	Menu	Quantity	Equipment	Utensils
Meal 5	Fruits			
	Vegetables			
	Grains			
	Proteins			
	Dairy			
Choose: <input type="checkbox"/> Breakfast <input type="checkbox"/> Lunch <input type="checkbox"/> Dinner <input type="checkbox"/> Snack <input type="checkbox"/> Dessert				

Then do the following:

- b. Create a shopping list for your meals showing the amount of food needed to prepare and serve each meal, and the cost for each meal.

Meal 1

Menu Item	Components to purchase	Quantity	Cost
Meal 1 Total Cost			

Meal 2

Menu Item	Components to purchase	Quantity	Cost
Meal 2 Total Cost			

Meal 3

Menu Item	Components to purchase	Quantity	Cost
Meal 3 Total Cost			



Meal 4

Menu Item	Components to purchase	Quantity	Cost
Meal 4 Total Cost			

Meal 5

Menu Item	Components to purchase	Quantity	Cost
Meal 5 Total Cost			

- c. Share and discuss your meal plan and shopping list with your counselor.


- d. In the outdoors, using your menu plans for this requirement, cook two of the five meals you planned using either a lightweight stove or a low-impact fire. Use a different cooking method from requirement 3 for each meal. You must also cook a third meal using either a Dutch oven OR a foil pack OR kabobs. Serve all of these meals to your patrol or a group of youth. \*\*

Meal 1 \_\_\_\_\_ Heat Source: \_\_\_\_\_ Method: \_\_\_\_\_ Date: \_\_\_\_\_

Meal 2 \_\_\_\_\_ Heat Source: \_\_\_\_\_ Method: \_\_\_\_\_ Date: \_\_\_\_\_

Meal 3 \_\_\_\_\_ Heat Source: \_\_\_\_\_ Method: \_\_\_\_\_ Date: \_\_\_\_\_

- e. In the outdoors, prepare a dessert OR a snack and serve it to your patrol or a group of youth.\*\*

Dessert or Snack: \_\_\_\_\_ Date: \_\_\_\_\_

- f. After each meal, have those you served evaluate the meal on presentation and taste, and then evaluate your own meal.

Meal	Evaluation by those served		Self Evaluation	
	Presentation	Taste	Presentation	Taste
Meal 1				
Meal 2				



- g. Explain to your counselor how you cleaned the equipment, utensils, and the cooking site thoroughly after each meal. Explain how you properly disposed of dishwater and of all garbage.

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Explain how you properly disposed of dishwater and of all garbage.


- h. Discuss how you followed the Outdoor Code and no-trace principles when preparing your meals.

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- 6. **Trail and backpacking meals.** Do the following.
  - a. Using the MyPlate food guide or the current USDA nutrition model, plan a menu for trail hiking or backpacking that includes one breakfast, one lunch, one dinner, and one snack. These meals must not require refrigeration and are to be consumed by three to five people (including you). Be sure to keep in mind any special needs (such as food allergies) and how you will keep your foods safe and free from cross-contamination. List the equipment and utensils needed to prepare and serve these meals.

	Menu	Quantity	Equipment	Utensils
Breakfast	Fruits			
	Vegetables			
	Grains			
	Proteins			
	Dairy			

	Menu	Quantity	Equipment	Utensils
Lunch	Fruits			
	Vegetables			
	Grains			
	Proteins			
	Dairy			
Desert or Snack				

Dinner	Menu	Quantity	Equipment	Utensils
Meal 5	Fruits			
	Vegetables			
	Grains			
	Proteins			
	Dairy			
Desert or Snack				

Snack	Menu	Quantity	Equipment	Utensils
Desert or Snack				

Cooking

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

- b. Create a shopping list for your meals showing the amount of food needed to prepare and serve each meal, and the cost for each meal.

Menu Item	Components to purchase	Quantity	Cost
Breakfast		Total Cost	

Menu Item	Components to purchase	Quantity	Cost
Lunch		Total Cost	

Menu Item	Components to purchase	Quantity	Cost
Dinner	Total Cost		

Menu Item	Components to purchase	Quantity	Cost
Snack	Total Cost		

- c. Share and discuss your meal plan and shopping list with your counselor. Your plan must include how to repackage foods for your hike or backpacking trip to eliminate as much bulk, weight, and garbage as possible.


- d. While on a trail hike or backpacking trip, prepare and serve two meals and a snack from the menu planned for this requirement. At least one of those meals must be cooked over a fire, or an approved trail stove (with proper supervision).\*\*
  - Meal 1 \_\_\_\_\_ Heat Source: \_\_\_\_\_ Date: \_\_\_\_\_
  - Meal 2 \_\_\_\_\_ Heat Source: \_\_\_\_\_ Date: \_\_\_\_\_
  - Snack \_\_\_\_\_ Heat Source: \_\_\_\_\_ Date: \_\_\_\_\_



Cooking

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

- e. After each meal, have those you served evaluate the meal on presentation and taste, and then evaluate your own meal.

Meal	Evaluation by those served		Self Evaluation	
	Presentation	Taste	Presentation	Taste
Meal 1				
Meal 2				
Snack				

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 successful trail hiking or backpacking meals.


- f.. Discuss how you followed the Outdoor Code and no-trace principles during your outing.


Explain to your counselor how you cleaned any equipment, utensils, and the cooking site after each meal.


Explain how you properly disposed of any dishwater and packed out all garbage.


**\*\*Where local regulations do not allow you to build a fire, the counselor may adjust the requirement to meet the law. The meals in requirements 5 and 6 may be prepared for different trips and need not be prepared consecutively. Scouts working on this badge in summer camp should take into consideration foods that can be obtained at the camp commissary.**

7.. **Food-related careers.** Find out about three career opportunities in cooking.

1.	
2.	
3.	

Select one and find out the education, training, and experience required for this profession.

Career:	
Education:	

Cooking

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

Training:


Experience:


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


When working on merit badges, Scouts and Scouters should be aware of some vital information in the current edition of the *Guide to Advancement* (BSA publication 33088). Important excerpts from that publication can be downloaded from <http://usscouts.org/advance/docs/GTA-Excerpts-meritbadges.pdf>.

You can download a complete copy of the *Guide to Advancement* from <http://www.scouting.org/filestore/pdf/33088.pdf>.