Cooking Merit Badge
Adventure Saturday, November 14, 2026
Counselor: Connie Fagre

Description
Cooking Merit Badge is an Eagle-required badge that teaches scouts how to plan, shop for, and prepare safe, nutritious meals at home, in camp, and on the trail. During Adventure Saturday we will cover the knowledge-based requirements (safety, nutrition, methods) and the Trail & Backpacking section (Requirement 6). If you fully participate and complete the pre-requisites, you will just need to complete the Cooking at Home (req 4) and the Camp Cooking (req 5) requirements later.

During the day we will plan and prepare trail meals and eat those on about a 3 mile hike. You will eat lunch with us instead of in the dining hall. Make sure to note any allergies or food preferences when you register

Pre-requisites to work on and bring with you:
Req 2c: NOTE this takes 5 days!
(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.
Here is a worksheet you can use for requirement 2C

Req 6a
(a) Using the MyPlate food guide or the current USDA nutrition model, plan a day of meals for trail hiking or backpacking that includes one breakfast, one lunch, one dinner, and one snack. These meals must consider weight, not require refrigeration and are to be consumed by three to five people (including you). List the equipment and utensils needed to prepare and serve these meals.
Bring your meal plan with you. The food must be non-perishable and lightweight. Even though we are only going on a day hike, this requirement is to practice cooking on the trail. For menu ideas, you can check out the Philmont meal plans

What to bring
A day pack to carry your share of the trail meals and equipment
Comfortable walking/hiking shoes
Rain gear (we will hike rain or shine)
Water bottle
A trail mess kit consisting of a bowl and a spoon.