

## **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](http://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/gpNHQMgvShajG9tZ7>

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

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