# Cooking



# Merit Badge Workbook - CR MBM 2015

This workbook can help you but you still need to read the merit badge pamphlet. The work space provided for each requirement should be used by the Scout to make notes for discussing the item with his counselor, not for providing the full and complete answers. Each Scout must do each requirement. No one may add or subtract from the official requirements found in Boy Scout Requirements (Pub. 33216 - SKU 34765). The requirements were last issued or revised in 2014. This workbook was updated in Feb 2015.

scout's iname:	Uriit
Counselor's Name:	Counselor's Phone No.:
<ul> <li>a. Read the MB Pamphlet and Co</li> <li>b. Research Req. 1, 2, 3, 4 and 8</li> <li>c. Complete Req. 5, 6 and 7 before (Note Parent, Guardian or Scoutherwise, Scouts will receive only participated the merit badge. (Not necessary)</li> </ul>	s and earn this Merit Badge upon completion of Merit Badge Madness, Scouts must:  mplete the MB Workbook before Merit Badge Madness (MBM).  then write notes in the workbook for reference and be prepared to discuss at MBM.  the attendance to MBM.  It master must sign to verify completion of Requirements 5, 6 and 7)  artial credit for the merit badge and will need to follow up with a registered merit badge counselor to sarily the MB Counselor who presented the class at MBM.)
	h and write notes for Req. 1 and be prepared to discuss your findings at MBM.
	elor the most likely hazards you may encounter while participating in cooking activities and anticipate, help prevent, mitigate, and respond to these hazards.
Hazard	How to anticipate, help prevent, mitigate, and respond

Cooking		Scout's Name:
b.	Show that you kno eating, including b	ow first aid for and how to prevent injuries or illnesses that could occur while preparing meals and burns and scalds, cuts, choking, and allergic reactions.
	Burns and scalds	
	Cuts	
	<b>6</b> : 11	
	Choking	
	Allergic reactions	
	Allergic reactions	
C.	Describe how mea properly prepared	at, fish, chicken, eggs, dairy products, and fresh vegetables should be stored, transported, and for cooking.
	Meat	
	Fish	
	Chicken	
	Eggs	
	Dairy Products	

Cooking			Scout's Name:
	Fresh Vegetables		
	Explain hov	w to prevent cross	s-contamination.
d.	Describe th	ne following food-r	related illnesses and tell what you can do to help prevent each from happening:
	1. Salmon	ella	
	<b>D</b>	e	
	Pre	vention:	
	2. Staphyl	ococcal aureus	
	Pre	evention:	
	3 Eschari	chia coli (E. coli)	
	J. LSCHEIN	criia coii (L. coii)	
	Pre	evention:	
	4. Clostridi (Botulisi	ium botulinum m)	
		evention:	
	PIE	evenuon.	
	5. Campyl	obacter jejuni	
	Pre	evention:	

6. Hepatitis									
Preventi	ion:								
7. Listeria mone	ocytogenes								
Preventi	ion:								
8. Cryptosporid	lium								
Preventi	ion:								
6. Norovirus									
Preventi	ion:								
e. Discuss with you concerns.	ur counselor foo	d allergies, f	ood intoler	rance, foo	d-related	diseases, a	and your a	wareness	of these
Food allergies									
Food									
intolerance									
Food-related									
diseases									

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

Cooking Scout's Name: \_ 2. Do the following: Research and write notes for Req. 2 and be prepared to discuss your findings at MBM. 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 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 MyPlat food guide.
Do	the following: Research and write notes for Req. 3 and be prepared to discuss your findings at MBM
a.	Discuss the following food label terms: calorie, fat, saturated fat, trans fat, cholesterol, sodium, carbohydrate, diet fiber, sugar, protein.
	Calorie
	Fat

Cooking

3.

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

Saturated fat Trans fat Cholesterol Sodium Carbohydrate Dietary fiber Sugar Protein Explain how to calculate total carbohydrates and nutritional values for two servings, based on the serving size specified on the label.

Scout's Name:

Cooking	Scout's Name:

b. Refer to "How to Read a Food Label" in the Cooking merit badge pamphlet, and name ingredients that help the consumer identify the following allergens: peanuts, tree nuts, milk, eggs, wheat, soy, and shellfish.

	Ingredients					
Peanuts						
Tree nuts						
Milk						
Eggs Wheat						
Wheat						
Soy Shellfish						
Shellfish						

- 4. Do the following: Research and write notes for Req. 4 and be prepared to discuss your findings at MBM
  - a. Discuss EACH of the following cooking methods. For each one, describe the equipment needed and name at least one food that can be cooked using that method: baking, boiling, pan frying, simmering, steaming, microwaving, and grilling.

Food	Equipment needed	How is food cooked?
-		
	Food	Food Equipment needed

Discuss the b						
Discuss how t	he Outdoor Cod	e and no-trace p	orinciples pertair	to cooking in th	ne outdoors.	
Discuss how t	he Outdoor Cod	e and no-trace p	orinciples pertair	to cooking in th	ne outdoors.	
Discuss how t	he Outdoor Cod	e and no-trace p	orinciples pertair	to cooking in th	ne outdoors.	
Discuss how t	he Outdoor Cod	e and no-trace p	rinciples pertair	to cooking in th	ne outdoors.	
Discuss how t	he Outdoor Cod	e and no-trace p	orinciples pertair	to cooking in th	ne outdoors.	
Discuss how t	he Outdoor Cod	e and no-trace p	orinciples pertair	to cooking in th	ne outdoors.	
Discuss how t	he Outdoor Cod	e and no-trace p	orinciples pertair	to cooking in the	ne outdoors.	
Discuss how t	he Outdoor Cod	e and no-trace p	orinciples pertair	to cooking in th	ne outdoors.	
Discuss how t	he Outdoor Cod	e and no-trace p	orinciples pertair	to cooking in the	ne outdoors.	
Discuss how t	he Outdoor Cod	e and no-trace p	orinciples pertair	to cooking in the	ne outdoors.	
Discuss how t	he Outdoor Cod	e and no-trace p	orinciples pertain	to cooking in the	ne outdoors.	
Discuss how t	he Outdoor Cod	e and no-trace p	principles pertain	to cooking in the	ne outdoors.	
Discuss how t	he Outdoor Cod	e and no-trace p	orinciples pertain	to cooking in the	ne outdoors.	
Discuss how t	he Outdoor Cod	e and no-trace p	principles pertain	to cooking in the	ne outdoors.	

Scout's Name: \_

Note: The meals prepared for Cooking merit badge requirements 5, 6, and 7 will count only toward fulfilling those requirements and will not count toward rank advancement. Meals prepared for rank advancement may not count toward the Cooking merit badge. You must not repeat any menus for meals actually prepared or cooked in requirements 5, 6, and 7.

	5.	Complete	Requirement	t 5	prior	to	MBM.
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Using the MyPlate food guide or the current USDA nutrition model, plan a menu for three full days of meals (three breakfasts, three lunches, and three dinners) plus one dessert. **Your menu should include enough to feed yourself and at least one adult**, keeping in mind any special needs (such as food allergies) of those to be served. List the equipment and utensils needed to prepare and serve these meals.

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

Day 2 BREAKFAST

	Menu	Quantity	Calories	Equipment	Utensils
Fruits					
Vegetables					
Grains					
Proteins					
Dairy					

Cooking Scout's Name: Day 2 LUNCH Fruits Vegetables Grains **Proteins** Dairy DINNER Fruits Vegetables Grains **Proteins** Dairy Day 3 Quantity Calories Utensils Menu Equipment **BREAKFAST** Fruits Vegetables Grains **Proteins** Dairy LUNCH Fruits Vegetables Grains **Proteins** Dairy **DINNER** Fruits Vegetables Grains **Proteins** 

**DESSERT** 

Dairy

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.

Menu Item	Components to purchase	Quantity	Cost
Breakfast 1		Total Cost	
Menu Item	Components to purchase	Quantity	Cost
Breakfast 2		Total Cost	
Menu Item	Components to purchase	Quantity	Cost
		Total Cost	

Cooking Scout's Name:

Breakfast 3			
Menu Item	Components to purchase	Quantity	Cost
Lunch 1		Total Cost	
Menu Item	Components to purchase	Quantity	Cost
Lunch 2		Total Cost	
Menu Item	Components to purchase	Quantity	Cost
		Total Cost	

### Lunch 3

Menu Item	Components to purchase	Quantity	Cost
Dinner 1		Total Cost	
Menu Item	Components to purchase	Quantity	Cost
Menu Item	Components to purchase	Quantity	Cost
Menu Item	Components to purchase	Quantity	Cost
Menu Item	Components to purchase	Quantity	Cost
Menu Item	Components to purchase	Quantity	Cost
Menu Item	Components to purchase	Quantity	Cost
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Menu Item	Components to purchase	Quantity	Cost
Menu Item	Components to purchase	Quantity	Cost

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

J	Menu Item	Components to purch	ase (	Quantity	Cost
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E					
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_					
-					
-					
E					
-					
-					
-					
	Dinner 3			Total Cost	
b.	Share and discuss y	our meal plan and shopping list	with your counselor.		
D.	Share and discuss y	our meal plan and shopping list	with your counselor.		
D.	Share and discuss y	our meal plan and shopping list	with your counselor.		
D.	Share and discuss y	our meal plan and shopping list	with your counselor.		
D	Using at least five of adult (parent, family dessert from the mea	the seven cooking methods from member, guardian, or other respans you planned.*	m requirement 4, prepare an		
	Using at least five of adult (parent, family	the seven cooking methods from member, guardian, or other respans you planned.*	m requirement 4, prepare an		
	Using at least five of adult (parent, family dessert from the mea	the seven cooking methods from member, guardian, or other respans you planned.*	m requirement 4, prepare an		inner, and o
	Using at least five of adult (parent, family dessert from the mea	the seven cooking methods from member, guardian, or other respans you planned.*	m requirement 4, prepare an	t, one lunch, one d	inner, and o
C.	Using at least five of adult (parent, family dessert from the mea Cooking methods us  Baking Steaming	the seven cooking methods from member, guardian, or other respals you planned.*  Boiling  Microwaving  have each meal ready to serve	m requirement 4, prepare an ponsible adult) one breakfas  Pan frying Grilling	t, one lunch, one d	inner, and o
	Using at least five of adult (parent, family dessert from the mea Cooking methods us Baking Steaming Time your cooking to meal to your counse	the seven cooking methods from member, guardian, or other respals you planned.*  Boiling  Microwaving  have each meal ready to serve	m requirement 4, prepare an ponsible adult) one breakfas  Pan frying Grilling at the proper time. Have ar	t, one lunch, one d  Simme	inner, and or ering eparation of
C.	Using at least five of adult (parent, family dessert from the mea Cooking methods us Baking Steaming Time your cooking to meal to your counse Breakfast No Lunch No	the seven cooking methods from member, guardian, or other respands you planned.*  ed:  Boiling  Microwaving  have each meal ready to serve lor.	m requirement 4, prepare an ponsible adult) one breakfas  Pan frying Grilling at the proper time. Have ar Adult's verification: Adult's verification:	t, one lunch, one d  Simme	inner, and o

meal. Discuss what you lear	n you served to evaluate the meal on prese ned with your counselor, including any adjust low better planning and preparation help en	stments that could have improved or
f Cymlain hawyyd Lont nariab	ble feeds sets and free from cross sentens	ination
f. Explain how you kept perisha	able foods safe and free from cross-contam	ination.
consecutively. The requirement	may be prepared on different days, and t nt calls for Scouts to plan, prepare, and s lt; those served need not be the same fo	serve one breakfast, one lunch, and
juardian must sign to certify o	completion of Requirement 5.	
Printed Name	Date Completed	Signature
	= a.c 00mpiocoa	

Pare nt or

Cooking

Scout's Name:

# 6. Complete Requirement 6 prior to MBM.

Using the MyPlate food guide or the current USDA nutrition model, plan a menu for your patrol or a similar size group of up to eight youth, including you) for a camping trip. Include five meals AND at least one snack OR one dessert. List the equipment and utensils needed to prepare and serve these meals.

	Menu		Quantity	Calories	Equipment	Utensils
Meal 1	Fruits					
	Vegetables					
	Grains					
	Proteins					
	Dairy					
		1				
Meal 2	Fruits					
	Vegetables					
	Grains					
	Proteins					
	Dairy					
					Γ	
Meal 3	Fruits					
	Vegetables					
	Grains					
	Proteins					
	Dairy					
		T		T	T	Γ
Meal 4	Fruits					
	Vegetables					
	Grains					
	Proteins					
	Dairy					

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

# 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.

Menu Item	Components to purchase	Quantity	Cost
Meal 1		Total Cost	
Menu Item	Components to purchase	Quantity	Cost

Scout's Name: \_ Components to purchase Quantity Menu Item Cost Meal 3 **Total Cost** Menu Item Components to purchase Quantity Cost Meal 4 **Total Cost** Quantity Cost Menu Item Components to purchase Meal 5 **Total Cost** Menu Item Cost Components to purchase Quantity

Snack or Dessert

Cooking

**Total Cost** 

Cooking				Scout's Name:	
	Share and discu	uss your meal plan and s	hopping list with your o	counselor.	
□ c.				ent 6 using either a lightwe	
		rent cooking method for e trol or a group of youth.	each meal."" The same	e fireplace may be used for	both meals. Serve this
	* .		urce:	Date:	
				Date:	
□ d.	<del></del>			nent 6.Use either a Dutch o	
		his meal to your patrol o	•		
				Date:	
e.				our patrol or a group of you	
	Dessert or			Date:	
∐ f.	meal.	i, nave those you served	evaluate the meal on p	presentation and taste, and	then evaluate your own
		Evaluation by	those served	Self Ev	aluation
		Presentation	Taste	Presentation	Taste
	Meal 1	1 TOOCHIGHOIT	lacto	1 TOOOTHOUGH	14010
	ivieai i				
	Meal 2				
	Meal 3				
	Meal 4				
	Meal 4				
				1	

Cooking				Scout's Name:	
	Meal 5				
	Snack				
			<u> </u>		
	Discuss what your meals. Tel	ou learned with your cour Il how better planning and	nselor, including any adju	stments that could have i	mproved or enhanced
	,		, proposition		9
g.	Explain how you	u kept perishable foods s	afe and free from cross-c	ontamination.	
Scoutmas	ter must sign t	to certify completion	of Requirement 6.		
	Printed Name	e	Date Completed	Sign	ature

0 11	0 " " "
Cooking	Scout's Name:

7. Complete Requirement 7 prior to M
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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). List the equipment and utensils needed to prepare and serve these meals.

		Menu	Quantity	Calories	Equipment	Utensils
Breakfast	Fruits					
	Vegetables					
	Grains					
	Proteins					
	Dairy					
Lunch		Menu	Quantity	Calories	Equipment	Utensils
	Fruits					
	Vegetables					
	Grains					
	Proteins					
	Dairy					
Dinner		Menu	Quantity	Calories	Equipment	Utensils
	Fruits					
	Vegetables					
	Grains					
	Proteins					
	Dairy					

Scout's Name: \_\_

Menu Item Components to purchase Quantity Cost Dinner **Total Cost** Menu Item Components to purchase Quantity Cost Snack **Total Cost** b. 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. c. While on a trail hike or backpacking trip, prepare and serve two meals and a snack from the menu planned for requirement 7. 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:\_\_\_\_\_ Date: Snack \_\_\_ Heat Source: d. For each meal prepared in requirement 7c, use safe food-handling practices. Clean up equipment, utensils, and the site thoroughly after each meal. Properly dispose of dishwater, and pack out all garbage. ☐ Meal 1 Snack

Scout's Name:

Meal	Evaluation by those served		Self Evaluation	
ivieai	Presentation	Taste	Presentation	Taste
Meal 1				
Meal 2				
Snack				
			stments that could have im	
your meals. Tell	now better planning and p	oreparation neip ensure	successful trail hiking or b	ackpacking meals
			selor may adjust the requ nt trips and need not be p	
aw. The meats in regi			nsideration foods that ca	

oking	Scout's Name:
Research and write notes for Req. 8 ar	nd be prepared to discuss your findings at MBM.
Find out about three career opportuni	ities in cooking.
1.	
2.	
3.	
	ining, and experience required for this profession.
	illing, and experience required for this profession.
Career:	
Education:	
Training:	
Experience:	
Discuss this with your counselor, and evo	lain why this profession might interest you.
Discuss this with your counselor, and exp	iain why this profession might interest you.

Requirement resources can be found here:

http://www.meritbadge.org/wiki/index.php/Cooking#Requirement resources

# Important excerpts from the Guide To Advancement - 2013, No. 33088 (SKU-618673)

#### [1.0.0.0] — Introduction

The current edition of the *Guide to Advancement* is the official source for administering advancement in all Boy Scouts of America programs: Cub Scouting, Boy Scouting, Varsity Scouting, Venturing, and Sea Scouts. It replaces any previous BSA advancement manuals, including *Advancement Committee Policies and Procedures*, *Advancement and Recognition Policies and Procedures*, and previous editions of the *Guide to Advancement*.

#### [Page 2, and 5.0.1.4] — Policy on Unauthorized Changes to Advancement Program

No council, committee, district, unit, or individual has the authority to add to, or subtract from, advancement requirements. There are limited exceptions relating only to youth members with special needs. For details see section 10, "Advancement for Members With Special Needs".

#### [Page 2] — The "Guide to Safe Scouting" Applies

Policies and procedures outlined in the *Guide to Safe Scouting*, No. 34416, apply to all BSA activities, including those related to advancement and Eagle Scout service projects.

#### [7.0.3.1] — The Buddy System and Certifying Completion

A youth member must not meet one-on-one with an adult. Sessions with counselors must take place where others can view the interaction, or the Scout must have a buddy: a friend, parent, guardian, brother, sister, or other relative—or better yet, another Scout working on the same badge—along with him attending the session.

When the Scout meets with the counselor, he should bring any required projects. If these cannot be transported, he should present evidence, such as photographs or adult verification. His unit leader, for example, might state that a satisfactory bridge or tower has been built for the Pioneering merit badge, or that meals were prepared for Cooking. If there are questions that requirements were met, a counselor may confirm with adults involved. Once satisfied, the counselor signs the blue card using the date upon which the Scout completed the requirements, or in the case of partials, initials the individual requirements passed.

Note that from time to time, it may be appropriate for a requirement that has been met for one badge to also count for another. See "Fulfilling More Than One Requirement With a Single Activity," 4.2.3.6.

# [7.0.3.2] — Group Instruction

It is acceptable—and sometimes desirable—for merit badges to be taught in group settings. This often occurs at camp and merit badge midways or similar events. Interactive group discussions can support learning. The method can also be attractive to "guest experts" assisting registered and approved counselors. Slide shows, skits, demonstrations, panels, and various other techniques can also be employed, but as any teacher can attest, not everyone will learn all the material.

There must be attention to each individual's projects and his fulfillment of *all* requirements. We must know that every Scout —actually and *personally*— completed them. If, for example, a requirement uses words like "show," "demonstrate," or "discuss," then every Scout must do that. It is unacceptable to award badges on the basis of sitting in classrooms *watching* demonstrations, or remaining silent during discussions. It is sometimes reported that Scouts who have received merit badges through group instructional settings have not fulfilled all the requirements. To offer a quality merit badge program, council and district advancement committees should ensure the following are in place for all group instructional events.

- Merit badge counselors are known to be registered and approved.
- Any guest experts or guest speakers, or others assisting who are not registered and approved as merit badge counselors, do not accept the
  responsibilities of, or behave as, merit badge counselors, either at a group instructional event or at any other time. Their service is temporary, not
  ongoing.
- Counselors agree not to assume prerequisites have been completed without some level of evidence that the work has been done. Pictures and
  letters from other merit badge counselors or unit leaders are the best form of prerequisite documentation when the actual work done cannot be
  brought to the camp or site of the merit badge event.
- There is a mechanism for unit leaders or others to report concerns to a council advancement committee on summer camp merit badge programs, group instructional events, and any other merit badge counseling issues—especially in instances where it is believed BSA procedures are not followed. See "Reporting Merit Badge Counseling Concerns," 11.1.0.0.
- There must be attention to each individual's projects and his fulfillment of all requirements. We must know that every Scout—actually and personally—completed them.

#### [7.0.3.3] — Partial Completions

A Scout need not pass all the requirements of one merit badge with the same counselor. It may be that due to timing or location issues, etc., he must meet with a different counselor to finish the badge. The Application for Merit Badge has a place to record what has been finished—a "partial." In the center section on the reverse of the blue card, the counselor initials for each requirement passed. In the case of a partial completion, the counselor does not retain his or her portion of the card. A subsequent counselor may choose not to accept partial work, but this should be rare. A Scout, if he believes he is being treated unfairly, may work with his unit leader to find another counselor. An example for the use of a signed partial would be to take it to camp as proof of prerequisites. Partials have no expiration except the Scout's 18th birthday. Units, districts, or councils shall not establish other expiration dates for partial merit badges.

#### [7.0.4.8] — Unofficial Worksheets and Learning Aids

Worksheets and other materials that may be of assistance in earning merit badges are available from a variety of places including unofficial sources on the Internet and even troop libraries. Use of these aids is permissible as long as the materials can be correlated with the current requirements that Scouts must fulfill. Completing "worksheets" may suffice where a requirement calls for something in writing, but this would not work for a requirement where the Scout must discuss, tell, show, or demonstrate, etc. Note that Scouts shall not be required to use these learning aids in order to complete a merit badge.