



# Cooking

## Merit Badge Workbook

This workbook can help you but you still need to read the merit badge pamphlet (book). No one can add or subtract from the Boy Scout Requirements #33216. Merit Badge Workbooks and much more are below: [Online Resources](#).

Workbook developer: [craig@craiglincoln.com](mailto:craig@craiglincoln.com). Requirements revised: 2007, Workbook updated: March 2009.

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

Counselor's Name: \_\_\_\_\_ Counselor's Ph #: \_\_\_\_\_

### 1. Do the following:

a) Review with your counselor the injuries that might arise from cooking, including burns and scalds, and the proper treatment.

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b) Describe how meat, fish, chicken, eggs, dairy products, and fresh vegetables should be stored, transported, \_\_\_\_\_

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and properly prepared for cooking. \_\_\_\_\_

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c) Describe the following food-related illnesses and tell what you can do to help prevent each from happening:

1) **Salmonella enteritis** \_\_\_\_\_

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Prevention: \_\_\_\_\_

2) **Staphylococcal enteritis** \_\_\_\_\_

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Prevention: \_\_\_\_\_

3) **E. coli (Escherichia coli) enteritis** \_\_\_\_\_

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Prevention: \_\_\_\_\_

4) **Botulism** \_\_\_\_\_

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Prevention: \_\_\_\_\_

5) **Trichinosis** \_\_\_\_\_

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Prevention: \_\_\_\_\_

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6) Hepatitis \_\_\_\_\_

Prevention: \_\_\_\_\_

2. Do the following:

a) Illustrate for your counselor the food pyramid that fits you. Label the following food groups in the pyramid and how much of each you should eat each day.

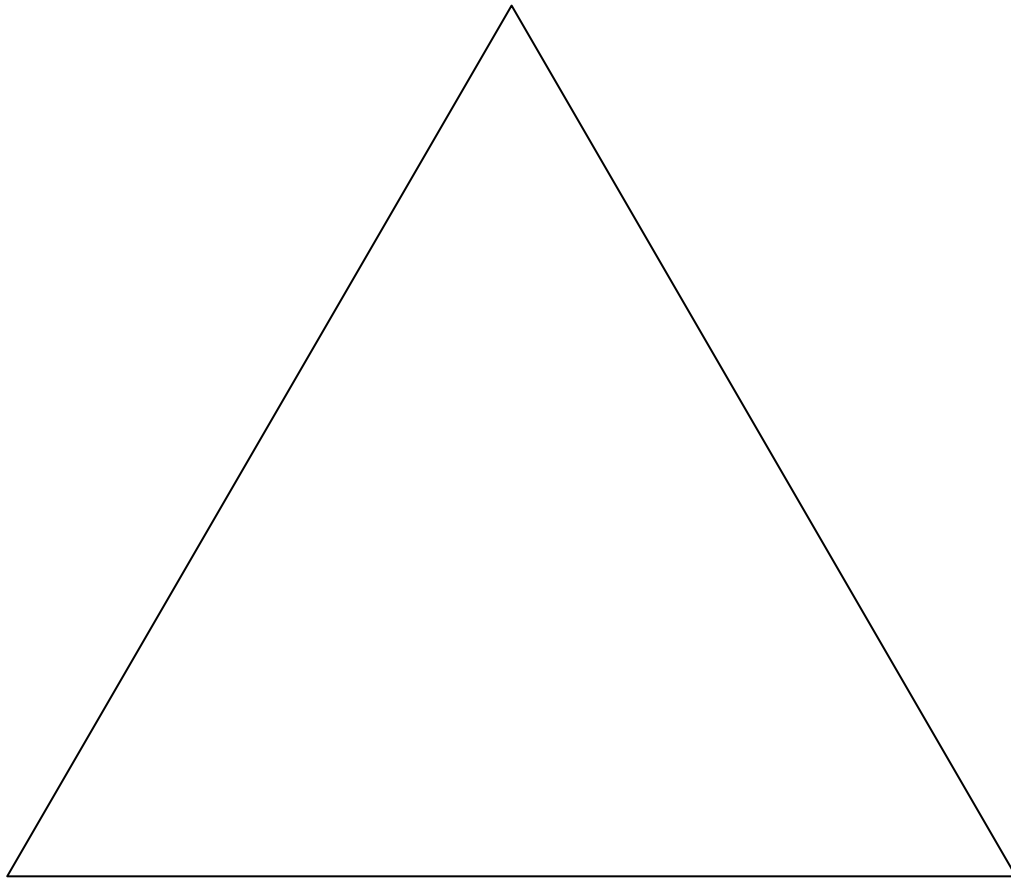
1) The food groups

i) Grains \_\_\_\_\_ iv) Milk, yogurt, cheese \_\_\_\_\_

ii) Vegetables \_\_\_\_\_ v) Meats, poultry, fish, beans, eggs, nuts \_\_\_\_\_

iii) Fruits \_\_\_\_\_ vi) Oils (fats) and sugars \_\_\_\_\_

b) Explain why you should limit your intake of oils and sugars. \_\_\_\_\_



c) Explain the number of servings recommended per day from each group.

d) Give your counselor examples from each food group.

e) Describe for your counselor the measurements of servings for each food group.

f) Describe to your counselor food preparation techniques that result in more healthful and nutritious meals. \_\_\_\_\_

**3. Plan a menu for two straight days (six meals) of camping. Include the following:**

- a) A camp dinner with soup; meat, fish, poultry, or an appropriate substitute; two fresh vegetables; drink; and dessert. All are to be properly prepared. When preparing your menu, follow the nutritional guidelines set by the food pyramid.
- b) A one-pot dinner. Use foods other than canned.

**DAY ONE MENU**

	Bread/Grain	Main Course	Dairy	Fruit	Drink	Dessert
<b>BREAKFAST</b> For in camp or on the trail.						
		Main Course	Vegetable	Fruit	Drink	Dessert
<b>LUNCH</b> For in camp or on the trail.						
	Soup/Salad	Main Course	Vegetable	Vegetable	Drink	Dessert
<b>DINNER</b>						

**DAY TWO MENU**

	Bread/Grain	Main Course	Dairy	Fruit	Drink	Dessert
<b>BREAKFAST</b> For in camp or on the trail.						
		Main Course	Vegetable	Fruit	Drink	Dessert
<b>LUNCH</b> For in camp or on the trail.						
	Soup/Salad	Main Course	Vegetable	Fruit	Drink	Dessert



b) For meals prepared in requirement 4a for which a fire is needed, use a lightweight stove or build a low-impact fire. Include support for your cooking utensils from rocks, logs, or like material. The same fireplace may be used for more than one meal. Use a backpacking stove to cook at least one meal. (Where local regulations do not allow you to do this, the counselor may change the requirement to meet the law.)

c) For each meal prepared in requirement 4a, use safe food-handling practices. Dispose of garbage, cans, foil, paper, and other rubbish by packing them out and depositing them in a proper container. After each meal, clean up the site thoroughly.

**5. Plan a menu for one day (three meals) or for four meals over a two-day period of trail hiking or backpacking. Include the following:**

a) A breakfast, lunch, and dinner for a trail or backpacking trip where light weight is important. You should be able to store all foods used for several days without refrigeration. When preparing your menu, follow the nutritional guidelines set by the food pyramid.

The meals for this requirement may be prepared for different trips. They need not be prepared consecutively. Scouts working on this badge at summer camp should plan around food they can get at the camp commissary.

**3 (OR 4) TRAIL MEAL MENUS**

	Bread/Grain	Main Course	Dairy	Fruit	Drink	Dessert
<b>BREAKFAST</b>						
		Main Course	Vegetable	Fruit	Drink	Dessert
<b>LUNCH</b>						
	Soup/Salad	Main Course	Vegetable	Fruit/Vegetable	Drink	Dessert
<b>DINNER</b>						
	Bread/Grain	Main Course	Dairy/Vegetable	Fruit/Vegetable	Drink	Dessert
<b>Opt Meal 4</b>						

b) Using the menu planned for requirement 5, make a food list showing cost and amount needed to feed three or more boys.

Breakfast 1		
Food Item	Amount	Cost
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

Lunch 1		
Food Item	Amount	Cost
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

Dinner 1		
Food Item	Amount	Cost
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

Optional Additional Meal		
Food Item	Amount	Cost
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

Total Estimated cost for food: \_\_\_\_\_

c) List the utensils needed to cook and serve these meals.

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

d) Figure the weight of the foods in requirement 5a.

Meal 1:		Meal 2:		Meal 3:		Meal 4: (if needed)	
Food Item	Weight	Food Item	Food Item	Food Item	Weight	Food Item	Weight

Total Weight: \_\_\_\_\_

6. Using the menu planned for requirement 5a, do the following:

- a) Prepare and serve for yourself and two others, the trail breakfast and dinner. Time your cooking so that each course will be ready to serve at the proper time.

The meals for this requirement may be prepared for different trips. They need not be prepared consecutively. Scouts working on this badge at summer camp should plan around food they can get at the camp commissary.

- b) Use an approved trail stove (with proper supervision) or charcoal to prepare your meals.
- c) For each meal prepared in requirement 6a, use safe food-handling practices. Dispose of garbage, cans, foil, paper, and other rubbish by packing them out and depositing them in a proper container. After each meal, clean up the site thoroughly.

**7. Plan a menu for three full days of meals (breakfast, lunch, and dinner) to be cooked at home.**

a) When preparing your menu, follow the nutritional guidelines set by the food pyramid. All meals are to be cooked or properly prepared.

**DAY 1 MENU**

	Bread/Grain	Main Course	Dairy	Fruit	Drink	Dessert
<b>BREAKFAST</b>						
		Main Course	Vegetable	Fruit	Drink	Dessert
<b>LUNCH</b>						
	Soup/Salad	Main Course	Vegetable	Vegetable	Drink	Dessert
<b>DINNER</b>						

**DAY 2 MENU**

	Bread/Grain	Main Course	Dairy	Fruit	Drink	Dessert
<b>BREAKFAST</b>						
		Main Course	Vegetable	Fruit	Drink	Dessert
<b>LUNCH</b>						
	Soup/Salad	Main Course	Vegetable	Vegetable	Drink	Dessert

<b>DINNER</b>						
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**DAY 3 MENU**

	Bread/Grain	Main Course	Dairy	Fruit	Drink	Dessert
<b>BREAKFAST</b>						
		Main Course	Vegetable	Fruit	Drink	Dessert
<b>LUNCH</b>						
	Soup/Salad	Main Course	Vegetable	Vegetable	Drink	Dessert
<b>DINNER</b>						

b) Using the menu planned for requirement 7, make a food list, showing cost and amount needed to feed yourself and at least one adult (parent, family member, guardian, or other responsible adult).

**Breakfast Day 1**

Food Item	Amount	Cost
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

**Lunch Day 1**

_____	_____	_____
_____	_____	_____
_____	_____	_____

**Breakfast Day 2**

Food Item	Amount	Cost
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

**Lunch Day 2**

_____	_____	_____
_____	_____	_____
_____	_____	_____


**Dinner Day 1**


**Breakfast Day 3**

Food Item	Amount	Cost
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**Dinner Day 3**



**Dinner Day 2**


**Lunch Day 3**

Food Item	Amount	Cost
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**Dinner Day 3 (Continued)**


Total Estimated cost for food: \_\_\_\_\_

c) Tell what utensils were needed to cook and serve these meals.


d) Prepare and serve a breakfast, lunch, and dinner from the menu you planned for requirement 7. Time your cooking to have each course ready to serve at the proper time. Have an adult verify the preparation of the meal to your counselor.

8. Find out about three career opportunities in cooking. \_\_\_\_\_

Pick one \_\_\_\_\_

and find out the education, training, and experience required for this profession. \_\_\_\_\_

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

**Online Resources** (Use any Internet resource with caution and only with your parent's or guardian's permission.)

Boy Scouts of America: ► [scouting.org](http://scouting.org) ► [Guide to Safe Scouting](#) ► [Age-Appropriate Guidelines](#) ► [Safe Swim Defense](#)  
 ► [Scout](#) ► [Tenderfoot](#) ► [Second Class](#) ► [First Class](#) ► [Rank Videos](#) ► [Safety Afloat](#)

Merit Badge Books: [www.scoutstuff.org](http://www.scoutstuff.org) *Please don't post workbooks on your site. Please instead post links to these:*  
 MeritBadge.org: <http://meritbadge.org/wiki/index.php/MBW> -or- usscouts.org: <http://www.usscouts.org/mb/worksheets/list.asp>

### **Requirement Resources**

These resources and much more are at: <http://meritbadge.org/wiki/index.php/Cooking>

- 1a. **First Aid Lesson Videos:** [Basics](#) - [Basics2](#) - [Wilderness First Aid](#) - [CPR Basics](#) - [Venomous Snake Bite](#) - [First Aid Kits](#)  
**Other First Aid Links:** [First Aid Merit Badge](#) - [First Aid Kit](#) - [Annual Health & Medical Record](#) - [Mayo Clinic Guide](#) - [Bleeding Video](#) - [Warning Signs of Cancer](#) - [Heart Disease](#)
- 1b. & 1c. **Food Safety:** [Int. Food Safety Council](#) - [Food Safety](#) - [fightbac.org](#) - [National Restaurant Assn.](#)
2. **Food Pyramid** - [USDA Nutrition](#) - [AAFCS](#) - [The Healthy Fridge](#) - [U.S. Department of Agriculture](#) - [Healthiest Foods](#) - [American Diabetes Assn.](#) - [American Heart Assn.](#) - [USDA Nat. Organic Program](#)
- 3 - 6. **Outdoor Cooking:**  
**Outdoor Cooking Lesson Videos:** [Food Selection](#) - [Food Quality](#) - [Stoves](#) - [Utensils](#) - [Water Purification](#) - [Leave No Trace](#)  
**Outdoor cooking links:** [Scoutstuff.org](#) - [Scoutorama](#) - [USScouts.Org](#) - [MacScouter](#) - [RecipeSource.com](#) - [CampRecipes.com](#) - [Scouter.net](#) - [Foil-Cooking](#) - [Cub Scout Cookbook](#) - [NetWoods.com](#) - [Scout Camp Cooking](#) - [The Trailside Cookbook](#) - [Buckskinner Cookbook](#) - [Ol' Buffalo Outdoor Cooking Page](#)  
**Dutch Oven Cooking:** [USScouts.Org](#) - [MacScouter](#) - [dutchovencookware.com](#)  
**Other cooking links:** [Cooking Merit badge](#) - [Leave No Trace](#) - [Stove Safety](#)
7. **Indoor Cooking links:** [Cooking Merit badge](#) - [Food Network](#) - [Meals.com](#) - [The Recipe Link](#) - [Exploratorium](#) - [The Cook's Thesaurus](#) - [The Recipes Folder](#) - [MyRecipe.com](#)
8. **Careers:** [Culinary Institute of America](#) - [Epicurious](#) - [Cooking Schools](#)

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