



Bear Picnic Basket

Bear Adventure Workbook



No one may add or subtract from the official requirements found in the *Cub Scout Bear Handbook*. Requirements were revised December, 2016. This workbook was updated in October, 2018.

<http://www.USScouts.Org> • <http://www.MeritBadge.Org>

Please submit errors, omissions, comments or suggestions about this **checklist** to: Workbooks@USScouts.Org
Comments or suggestions for changes to the **requirements** should be sent to: Advancement.Team@Scouting.Org

Cub Scout's Name: _____ Pack No. : _____

Source for requirements: Cub Scout Bear Handbook (#34753 - SKU 646429)

This adventure is an elective adventure which can be used to earn the Bear Badge.

Complete at least three of the following.

- 1. Create your own Bear Cookbook using at least five recipes you might cook or prepare either on your own or with some adult help.
- Include at least one recipe each for breakfast, lunch, dinner, and a nutritious snack.

Breakfast.

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Lunch

Dinner

Snack

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- 2. With a family member or den leader, prepare for cooking by explaining the importance of planning, tool selection, sanitation, and cooking safety.

- 3. Select and prepare two nutritious snacks for yourself, your family, or your den.

- 4. With the help of an adult, select a recipe to prepare in a kitchen for your den or your family. Clean up after the preparation and cooking.

What did you select? _____

- Help to select the needed ingredients, perhaps from a garden, grocery store, or farmers' market.

- Cook and serve your planned meal.

- Clean up after the preparation and cooking.

- 5. With the help of an adult, select a recipe to prepare in the outdoors for your family or den.

What did you select? _____

- Help to select the needed ingredients, perhaps from a garden, grocery store, or farmers' market.

- Cook and serve your planned meal.

- Clean up after the preparation and cooking.

When working on Cub Scout Advancements and awards, Cub Scouts, their parents, 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-Cub.pdf>.

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