



# Cooking

## Merit Badge Workbook



This workbook can help you but you still need to read the merit badge pamphlet.

This Workbook can help you organize your thoughts as you prepare to meet with your merit badge counselor.

You still must satisfy your counselor that you can demonstrate each skill and have learned the information.

You should use the work space provided for each requirement to keep track of which requirements have been completed, and to make notes for discussing the item with your counselor, not for providing full and complete answers.

If a requirement says that you must take an action using words such as "discuss", "show", "tell", "explain", "demonstrate", "identify", etc, that is what you must do.

**Merit Badge Counselors may not require the use of this or any similar workbooks.**

No one may add or subtract from the official requirements found in Boy Scout Requirements (Pub. 33216 – SKU 637685).

The requirements were last issued or revised in 2017 • This workbook was updated in May 2017.

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

Counselor's Name: \_\_\_\_\_ Counselor's Phone No.: \_\_\_\_\_

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

Please submit errors, omissions, comments or suggestions about this **workbook** to: [Workbooks@USScouts.Org](mailto:Workbooks@USScouts.Org)

Comments or suggestions for changes to the **requirements** for the **merit badge** should be sent to: [Merit.Badge@Scouting.Org](mailto:Merit.Badge@Scouting.Org)

1. **Health and Safety.** Do the following:

- a. Explain to your counselor the most likely hazards you may encounter while participating in cooking activities and what you should do to anticipate, help prevent, mitigate, and respond to these hazards.

Hazard	How to anticipate, help prevent, mitigate, and respond

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- b. Show that you know first aid for and how to prevent injuries or illnesses that could occur while preparing meals and eating, including burns and scalds, cuts, choking, and allergic reactions.

Burns and scalds	
Cuts	
Choking	
Allergic reactions	

- c. Describe how meat, fish, chicken, eggs, dairy products, and fresh vegetables should be stored, transported, and properly prepared for cooking.

Meat	
Fish	
Chicken	
Eggs	
Dairy Products	
Fresh Vegetables	

Explain how to prevent cross-contamination.


- d. Discuss with your counselor food allergies, food intolerance, and food-related illnesses and diseases.

Food allergies	
Food-related illnesses	

Food intolerance

Food-related diseases


Explain why someone who handles or prepares food needs to be aware of these concerns.


e. Discuss with your counselor why reading food labels is important.


Explain how to identify common allergens such as peanuts, tree nuts, milk, eggs, wheat, soy, and shellfish.

Peanuts	
Tree nuts	
Milk	
Eggs	
Wheat	
Soy	
Shellfish	

2. **Nutrition.** Do the following:

- 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			
3. 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 MyPlate food guide.


- e. Discuss the following food label terms: calorie, fat, saturated fat, trans fat, cholesterol, sodium, carbohydrate, dietary fiber, sugar, protein.

Calorie	
Fat	
Saturated fat	
Trans fat	
Cholesterol	
Sodium	
Carbohydrate	
Dietary fiber	
Sugar	
Protein	





Cooking

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

Pan frying		
Simmering		
Steaming		
Microwaving		
Grilling		
Foil cooking		
Use of a Dutch oven		



Day 1

BREAKFAST

	Menu	Quantity	Calories	Equipment	Utensils
	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				

LUNCH

Fruits				
Vegetables				
Grains				
Proteins				
Dairy				

DINNER

Fruits				
Vegetables				
Grains				
Proteins				
Dairy				

Day 3

BREAKFAST

Menu	Quantity	Calories	Equipment	Utensils
Fruits				
Vegetables				
Grains				
Proteins				
Dairy				

LUNCH

Fruits				
Vegetables				
Grains				
Proteins				
Dairy				

DINNER

Fruits				
Vegetables				
Grains				
Proteins				
Dairy				

DESSERT


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
Breakfast 3	Total Cost		

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
Lunch 3			Total Cost

Menu Item	Components to purchase	Quantity	Cost
Dinner 1		Total Cost	

Menu Item	Components to purchase	Quantity	Cost
Dinner 2		Total Cost	



Menu Item	Components to purchase	Quantity	Cost
Dinner 3		Total Cost	

- b. Share and discuss your meal plan and shopping list with your counselor.

- c. Using at least five of the 10 cooking methods from requirement 3, prepare and serve yourself and at least one adult (parent, family member, guardian, or other responsible adult) one breakfast, one lunch, one dinner, and one dessert from the meals you planned.\*

Cooking methods used:

- Baking
- Boiling
- Broiling
- Pan frying
- Simmering
- Steaming
- Microwaving
- Grilling
- Foil Cooking
- Dutch oven

- d. Time your cooking to have each meal ready to serve at the proper time. Have an adult verify the preparation of the meal to your counselor.

Breakfast No. \_\_\_\_\_ Date: \_\_\_\_\_ Adult's verification: \_\_\_\_\_

Lunch No. \_\_\_\_\_ Date: \_\_\_\_\_ Adult's verification: \_\_\_\_\_

Dinner No. \_\_\_\_\_ Date: \_\_\_\_\_ Adult's verification: \_\_\_\_\_



	Menu	Quantity	Calories	Equipment	Utensils
Meal 1	Fruits				
	Vegetables				
	Grains				
	Proteins				
	Dairy				
Meal 2	Fruits				
	Vegetables				
	Grains				
	Proteins				
	Dairy				

	Menu	Quantity	Calories	Equipment	Utensils
Meal 3	Fruits				
	Vegetables				
	Grains				
	Proteins				
	Dairy				
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:

- b. 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
Meal 2		Total Cost	

Menu Item	Components to purchase	Quantity	Cost
Meal 3		Total Cost	

Menu Item	Components to purchase	Quantity	Cost
Meal 4		Total Cost	

Menu Item	Components to purchase	Quantity	Cost
Meal 5		Total Cost	

Menu Item	Components to purchase	Quantity	Cost
Snack or Dessert		Total Cost	







- g. Explain to your counselor how you cleaned the equipment, utensils, and the cooking site thoroughly after each meal. Explain how you properly disposed of dishwater and of all garbage.

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Explain how you properly disposed of dishwater and of all garbage.


- h. Discuss how you followed the Outdoor Code and no-trace principles when preparing your meals.

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- 6. **Trail and backpacking meals.** Do the following.
  - a. 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). Be sure to keep in mind any special needs (such as food allergies) and how you will keep your foods safe and free from cross-contamination. List the equipment and utensils needed to prepare and serve these meals.

	Menu	Quantity	Calories	Equipment	Utensils
Breakfast	Fruits				
	Vegetables				
	Grains				
	Proteins				
	Dairy				

	Menu	Quantity	Calories	Equipment	Utensils
Lunch	Fruits				
	Vegetables				
	Grains				
	Proteins				
	Dairy				

Cooking

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

Dinner

	Menu	Quantity	Calories	Equipment	Utensils
Fruits					
Vegetables					
Grains					
Proteins					
Dairy					

Snack

	Menu	Quantity	Calories	Equipment	Utensils

Cooking

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

- b. 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		Total Cost	

Menu Item	Components to purchase	Quantity	Cost
Lunch		Total Cost	

Menu Item	Components to purchase	Quantity	Cost
Dinner		Total Cost	

Menu Item	Components to purchase	Quantity	Cost
Snack		Total Cost	

- c. 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.


- d. While on a trail hike or backpacking trip, prepare and serve two meals and a snack from the menu planned for this requirement. 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: \_\_\_\_\_
  - Snack \_\_\_\_\_ Heat Source: \_\_\_\_\_ Date: \_\_\_\_\_

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- e. After each meal, have those you served evaluate the meal on presentation and taste, and then evaluate your own meal.

Meal	Evaluation by those served		Self Evaluation	
	Presentation	Taste	Presentation	Taste
Meal 1				
Meal 2				
Snack				

Discuss what you learned with your counselor, including any adjustments that could have improved or enhanced your meals. Tell how planning and preparation help ensure successful trail hiking or backpacking meals.


- f.. Discuss how you followed the Outdoor Code and no-trace principles during your outing.


Explain to your counselor how you cleaned any equipment, utensils, and the cooking site after each meal.


Explain how you properly disposed of any dishwater and packed out all garbage.


**\*\*Where local regulations do not allow you to build a fire, the counselor may adjust the requirement to meet the law. The meals in requirements 5 and 6 may be prepared for different trips and need not be prepared consecutively. Scouts working on this badge in summer camp should take into consideration foods that can be obtained at the camp commissary.**

7.. **Food-related careers.** Find out about three career opportunities in cooking.

1.	
2.	
3.	

Select one and find out the education, training, and experience required for this profession.

Career:	
Education:	



Cooking

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

Training:


Experience:


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


When working on merit badges, Scouts 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-meritbadges.pdf>.

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