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Please submit errors, omissions, comments or suggestions about this **checklist** to: [Workbooks@USScouts.Org](mailto:Workbooks@usscouts.org?subject=Cub%20Scout%20Workbooks)

Comments or suggestions for changes to the **requirements** should be sent to: [Advancement.Team@Scouting.Org](mailto:Advancement.Team@Scouting.Org)

Cub Scout’s Name: Pack No. :

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

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| **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.** |  |
|  |  |
| **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.**

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**⬜ 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**](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**](http://www.scouting.org/filestore/pdf/33088.pdf)**.**