



# Cooking

## Merit Badge Workbook



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 2007 • This workbook was updated in May 2013.

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. Do the following:

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

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

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:

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2. Staphylococcal enteritis

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Prevention:

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3. E. coli (Escherichia coli) enteritis

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Prevention:

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4. Botulism

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Prevention:

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5. Trichinosis

Prevention:

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. Grains

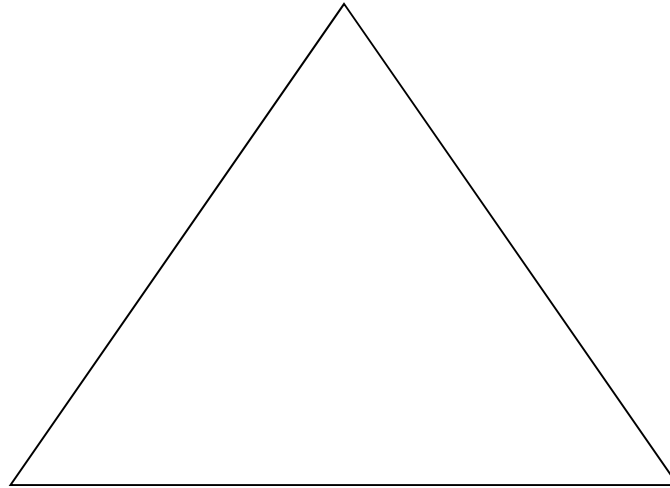
2. Vegetables

3. Fruits

4. Milk, yogurt, cheese

5. Meats, poultry, fish,  
beans, eggs, nuts

6. 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.

- Grains
- Vegetables
- Fruits
- Milk, yogurt, cheese
- Meats, poultry, fish, beans, eggs, nuts
- Oils (fats) and sugars


d. Give your counselor examples from each food group.

Grains

Vegetables

Fruits

Milk, yogurt, cheese

Meats, poultry, fish, beans, eggs, nuts

Oils (fats) and sugars


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

Grains

Vegetables

Fruits

Milk, yogurt, cheese

Meats, poultry, fish, beans, eggs, nuts

Oils (fats) and sugars


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

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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
<p><b>BREAKFAST</b> For in camp or on the trail.</p>						

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

	Soup/Salad	Main Course	Vegetable	Vegetable	Drink	Dessert
<p><b>DINNER</b></p>						

DAY TWO MENU

	Bread/Grain	Main Course	Dairy	Fruit	Drink	Dessert
<p><b>BREAKFAST</b> For in camp or on the trail.</p>						
	Bread/Grain	Main Course	Vegetable	Fruit	Drink	Dessert
<p><b>LUNCH</b> For in camp or on the trail.</p>						
	Soup/Salad	Main Course & Vegetable		Fruit	Drink	Dessert
<p><b>DINNER - Requirement 3B.</b> A one-pot dinner using foods other than canned.</p>						

- c. Using the menu planned for requirement 3, make a food list showing cost and amount needed to feed three or more boys.

Breakfast Day 1

Food Item	Amount	Cost

Breakfast Day 2

Food Item	Amount	Cost

Lunch Day 1

Food Item	Amount	Cost

Lunch Day 2

Food Item	Amount	Cost

Dinner Day 1

Food Item	Amount	Cost

Dinner Day 2

Food Item	Amount	Cost

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



d. List the utensils needed to cook and serve these meals.


4. Using the menu planned for requirement 3, do the following and discuss the process with your merit badge counselor:

a. Prepare and serve for yourself and two others, the two dinners, one lunch, and one breakfast. 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. 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.

3 (OR 4) TRAIL MEAL MENUS

	Bread/Grain	Main Course	Dairy	Fruit	Drink	Dessert
BREAKFAST						

LUNCH

Bread/Grain	Main Course	Vegetable	Fruit	Drink	Dessert

DINNER

Soup/Salad	Main Course	Vegetable	Fruit/Vegetable	Drink	Dessert

Opt Meal 4

Bread/Grain	Main Course	Dairy/Vegetable	Fruit/Vegetable	Drink	Dessert

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

Breakfast		
Food Item	Amount	Cost

Lunc		
Food Item	Amount	Cost

Dinner		
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.

Breakfast:		Lunch		Dinner		Meal 4: (if needed)	
Food Item	Weight	Food Item	Weight	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
BREAKFAST						
	Bread/Grain	Main Course	Vegetable	Fruit	Drink	Dessert
LUNCH						
	Soup/Salad	Main Course	Vegetable	Vegetable	Drink	Dessert
DINNER						

DAY 2 MENU

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

DAY 3 MENU

	Bread/Grain	Main Course	Dairy	Fruit	Drink	Dessert
BREAKFAST						

	Bread/Grain	Main Course	Vegetable	Fruit	Drink	Dessert
LUNCH						

	Soup/Salad	Main Course	Vegetable	Vegetable	Drink	Dessert
DINNER						

- 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

Food Item	Amount	Cost

Dinner Day 1

Food Item	Amount	Cost

Breakfast Day 2

Food Item	Amount	Cost

Lunch Day 2

Food Item	Amount	Cost

Dinner Day 2

Food Item	Amount	Cost



Breakfast Day 3

Food Item	Amount	Cost

Lunch Day 3

Food Item	Amount	Cost

Dinner Day 3

Food Item	Amount	Cost

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.

1.	
2.	
3.	

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

Career:	
Education:	
Training:	
Experience:	

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

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**Requirement resources can be found here:**  
[http://www.meritbadge.org/wiki/index.php/Cooking#Requirement\\_resources](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.