



Cooking

...seriously? Why can't Mom or Dad just do it.

1

Cooking- An Introduction

- One of the original 28 BSA merit badges offered in 1911
 - As of 2014, an Eagle requirement
 - Concerns over proper nutrition & obesity epidemic
- Seems much harder & more intimidating
 - Not really, takes planning & preparation
 - Real art when you do a decent job at it!
- Cooking (and eating) is fun!
 - Eat out (explore different cuisines)
 - Watch TV shows (get ideas)



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Cooking– An Introduction

- Cooking is important!
 - Invaluable life skill
 - Keeps you alive
 - Gain confidence to take initiative and do more
 - Satisfaction from creating a well prepared meal
 - Impresses girls (and their parents)



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Cooking Merit Badge– Course expectations

- **What to expect from me**
 - Informative
 - Practical
 - Entertaining
- **My goals for you**
 - More independent
 - More creative
 - Ask questions
 - Seek help if in doubt



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Cooking Merit Badge— Course expectations

- **Be on time**
 - Virtual sign-in sheet
- **Be prepared**
 - Merit badge (MB) worksheet
 - Assigned MB requirements should be completed in the Worksheet prior to the meeting
- **Weekly meetings are review & reinforcement detailing experiences, perspectives, and insight**
 - "Homework" are new topics assigned *the week before*.



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Cooking Merit Badge— Course expectations

- **"Elective" assignments**
 - Fun, valuable family activities and life-long skill sets
 - Not required for this MB, do overlap with other MB
- **7 requirements for Cooking MB**
 - 4 thematic classroom discussions
 - 3 "In the Field" activities



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"Top Grubmaster"

Patrol-level competition and recognition*

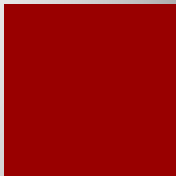
The Prize:

1. Post-COVID meal prepared by Instructor
2. Winning Patrol picks the menu
3. Designates which other Patrol assists instructor
4. Designates which other Patrol cleans
5. First-in-line dessert privileges



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Questions?



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Homework... what?



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Homework... what?



For 21 September, "Health & Safety":

1. Download Cooking MB worksheet (on Scoutlander)
2. Purchase Cooking MB pamphlet at Scout Shop (or download Kindle version)
3. Review Req #1: Health & Safety
 - "Cooking Basics" MB pamphlet pgs. 9-17; (Kindle pgs. 13 - 27)
 - "Food Health & Safety" MB pamphlet pgs. 62-68; (Kindle pgs. 105 - 118)
 - MB pamphlet pgs. 72-73 (Kindle pgs. 124 - 126)

"Electives"

1. [Knife handling](#) / [sharpening](#)

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