

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 Scouts BSA Requirements (Pub. 33216 – SKU 653801).
The requirements were last issued or revised in 2020 • This workbook was updated in June 2020.

Scout's Name:_____ Unit: Troop 53

Counselor's Name: J.P. Luján Phone No.:_____ Email: jlujan@cox.net

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

Please submit errors, omissions, comments or suggestions about this **workbook** to: Workbooks@USScouts.Org
Comments or suggestions for changes to the **requirements** for the **merit badge** should be sent to: Merit.Badge@Scouting.Org

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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	

Explain how to calculate total carbohydrates and nutritional values for two servings, based on the serving size specified on the label.

3. **Cooking Basics**. Do the following:
   a. Discuss EACH of the following cooking methods. For each one, describe the equipment needed, how temperature control is maintained, and name at least one food that can be cooked using that method: baking, boiling, broiling, pan frying, simmering, steaming, microwaving, grilling, foil cooking, and use of a Dutch oven.

Method	Food	Equipment needed	How is food cooked and temperature maintained?
Baking			
Boiling			
Broiling			

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

b. Discuss the benefits of using a camp stove on an outing vs. a charcoal or wood fire.

c. Describe for your counselor how to manage your time when preparing a meal so components for each course are ready to serve at the correct time.

Note: The meals prepared for Cooking merit badge requirements 4, 5, and 6 will count only toward fulfilling those requirements and will not count toward rank advancement. Meals prepared for rank advancement may not count toward the Cooking merit badge. You must not repeat any menus for meals actually prepared or cooked in requirements 4, 5, and 6.

4. **Cooking at home.** Using the MyPlate food guide or the current USDA nutrition model, plan menus for three full days of meals (three breakfasts, three lunches, and three dinners) plus one dessert. Your menus should include enough to feed yourself and at least one adult, keeping in mind any special needs (such as food allergies and how you keep your foods safe and free from cross-contamination. List the equipment and utensils needed to prepare and serve these meals.

Scout's Name: ____ ____ _____ _____

Day 1		Menu	Quantity	Calories	Equipment	Utensils
BREAKFAST	Fruits					
	Vegetables					
	Grains					
	Proteins					
	Dairy					
LUNCH	Fruits					
	Vegetables					
	Grains					
	Proteins					
	Dairy					
DINNER	Fruits					
	Vegetables					
	Grains					
	Proteins					
	Dairy					

Day 2		Menu	Quantity	Calories	Equipment	Utensils
BREAKFAST	Fruits					
	Vegetables					
	Grains					
	Proteins					
	Dairy					
LUNCH	Fruits					
	Vegetables					
	Grains					
	Proteins					
	Dairy					
DINNER	Fruits					
	Vegetables					
	Grains					
	Proteins					
	Dairy					

Day 3		Menu	Quantity	Calories	Equipment	Utensils
BREAKFAST	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.

Breakfast 1

Menu Item	Components to purchase	Quantity	Cost
		Breakfast 1 Total Cost	

Breakfast 2

Menu Item	Components to purchase	Quantity	Cost
		Breakfast 2 Total Cost	

Breakfast 3

Menu Item	Components to purchase	Quantity	Cost
		Breakfast 3Total Cost	

Scout's Name: _____

Lunch 1

Menu Item	Components to purchase	Quantity	Cost
		Lunch 1 Total Cost	

Lunch 2

Menu Item	Components to purchase	Quantity	Cost
		Lunch 2 Total Cost	

Lunch 3

Menu Item	Components to purchase	Quantity	Cost
		Lunch 3 Total Cost	

Scout's Name: _____

Dinner 1

Menu Item	Components to purchase	Quantity	Cost
		Dinner 1 Total Cost	

Dinner 2

Menu Item	Components to purchase	Quantity	Cost
		Dinner 2 Total Cost	

Dinner 3

Menu Item	Components to purchase	Quantity	Cost
		Dinner 3 Total Cost	

Dessert

Menu Item	Components to purchase	Quantity	Cost
		Dessert 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: _____
Dessert _____ Date: _____ Adult's verification: _____

e. After each meal, ask a person you served to evaluate the meal on presentation and taste, then evaluate your own meal. 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 a successful meal.

***The meals for requirement 4 may be prepared on different days, and they need not be prepared consecutively. The requirement calls for Scouts to plan, prepare, and serve one breakfast, one lunch, one dinner, and one dessert to at least one adult; those served need not be the same for all meals.**

5. **Camp Cooking**. Do the following.

a. Using the MyPlate food guide or the current USDA nutrition model, plan five meals for your patrol or a similar size group of up to eight youth, including you) for a camping trip Your menus should include enough food for each person, keeping in mind any special needs (such as food allergies) and how you keep your foods safe and free from cross-contamination. These five meals must include at least one breakfast, one lunch, one dinner, AND at least one snack OR one dessert. List the equipment and utensils needed to prepare and serve these meals.

Scout's Name: _____

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

Scout's Name: _____

	Menu		Quantity	Calories	Equipment	Utensils
Meal 3 Dinner	Fruits					
	Vegetables					
	Grains					
	Proteins					
	Dairy					
Meal 4	Fruits					
	Vegetables					
Choose:	Grains					
Snack or Dessert	Proteins					
	Dairy					

Meal 5

Choose:
Breakfast
Lunch
Dinner
Snack
Dessert

Menu		Quantity	Calories	Equipment	Utensils
Fruits					
Vegetables					
Grains					
Proteins					
Dairy					

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	

Scout's Name: _____

Menu Item	Components to purchase	Quantity	Cost

Meal 2 Total Cost

Menu Item	Components to purchase	Quantity	Cost

Meal 3 Total Cost

Scout's Name: _____

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

c. Share and discuss your meal plan and shopping list with your counselor.

d. In the outdoors, using your menu plans for this requirement, cook two of the five meals you planned using either a lightweight stove or a low-impact fire. Use a different cooking method from requirement 3 for each meal. You must also cook a third meal using either a Dutch oven OR a foil pack OR kabobs. Serve all of these meals to your patrol or a group of youth. **

Meal 1_____Heat Source: _____Method: _____Date: _____

Meal 2_____Heat Source: _____Method: _____Date: _____

Meal 3_____Heat Source: _____Method: _____Date: _____

e. In the outdoors, prepare a dessert OR a snack and serve it to your patrol or a group of youth.**

Dessert or Snack:: _____ Date:_____

f. 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				

Meal 3				
Meal 4				
Meal 5				
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 outdoor cooking.

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.

Scout's Name: ____ ____ _____ _____

Breakfast

	Menu	Quantity	Calories	Equipment	Utensils
Fruits					
Vegetables					
Grains					
Proteins					
Dairy					

Lunch

	Menu	Quantity	Calories	Equipment	Utensils
Fruits					
Vegetables					
Grains					
Proteins					
Dairy					

Dinner	Menu	Quantity	Calories	Equipment	Utensils
Fruits					
Vegetables					
Grains					
Proteins					
Dairy					

Snack	Menu	Quantity	Calories	Equipment	Utensils

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:_____

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:

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.