



SCOUTMASTER BUCKY

Cooking Merit Badge

SCOUTS PARTICIPATING IN A SCOUTMASTER BUCKY MERIT BADGE OPPORTUNITY (ONLINE OR IN PERSON), PLEASE CONSIDER ALSO USING THE COOKING MERIT BADGE CLASS PREPARATION PAGE FOR CLARIFICATIONS, INSIGHTS, AND EXPECTATIONS.

<https://scoutmasterbucky.com/merit-badges/cooking/cooking-cpp.pdf>

COOKING MERIT BADGE WORKBOOK

**PLEASE NOTE THAT THE COOKING MERIT BADGE HAS SPECIAL NOTES PERTAINING TO CERTAIN REQUIREMENTS
THIS MERIT BADGE IS BEST WORKED ON IN CONJUNCTION WITH A MERIT BADGE COUNSELOR.**

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 or other merit badges. Meals prepared for rank advancement or other merit badges 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.

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, and one dinner to at least one adult; those served need not be the same for all meals.

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.





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REQUIREMENT 1a: 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 #1

Description:

Anticipate:

Help Prevent:

Mitigate:

Respond:



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HAZARD #2

Description:

Anticipate:

Help Prevent:

Mitigate:

Respond:



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HAZARD #3

Description:

Anticipate:

Help Prevent:

Mitigate:

Respond:



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Cooking Merit Badge

HAZARD #4

Description:

Anticipate:

Help Prevent:

Mitigate:

Respond:



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Cooking Merit Badge

HAZARD #5

Description:

Anticipate:

Help Prevent:

Mitigate:

Respond:



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HAZARD #6

Description:

Anticipate:

Help Prevent:

Mitigate:

Respond:



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REQUIREMENT 1b: 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:



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REQUIREMENT 1c: Describe how meat, fish, chicken, eggs, dairy products, and fresh vegetables should be stored, transported, and properly prepared for cooking.

MEAT

How to store:

How to transport:

How to properly prepare:

FISH

How to store:

How to transport:

How to properly prepare:



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CHICKEN

How to store:

How to transport:

How to properly prepare:

EGGS

How to store:

How to transport:

How to properly prepare:



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DAIRY PRODUCTS

How to store:

How to transport:

How to properly prepare:

FRESH VEGETABLES

How to store:

How to transport:

How to properly prepare:



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REQUIREMENT 1c: Explain how to prevent cross-contamination.

Notes:

REQUIREMENT 1d: Discuss your current eating habits with your counselor.

Notes:



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REQUIREMENT 1d: Discuss with your counselor, what you can do to eat healthier, based on the MyPlate food guide.

Notes:

REQUIREMENT 1e: Discuss with your counselor why reading food labels is important.

Notes:



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REQUIREMENT 1e: Explain how to identify common allergens such as peanuts, tree nuts, milk, eggs, wheat, soy, and shellfish with your counselor.



Peanuts:



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Tree Nuts:

Milk:

Eggs:

Wheat:

Soy:

Shellfish:



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REQUIREMENT 2a: 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: 1. Fruits 2. Vegetables 3. Grains 4. Proteins 5. Dairy.

FRUITS

Food Group	Name	Recommended # Daily Servings	Recommended Serving Size
Fruit 1			
Fruit 2			
Fruit 3			
Fruit 4			
Fruit 5			

VEGETABLES

Food Group	Name	Recommended # Daily Servings	Recommended Serving Size
Vegetable 1			
Vegetable 2			
Vegetable 3			
Vegetable 4			
Vegetable 5			

GRAINS

Food Group	Name	Recommended # Daily Servings	Recommended Serving Size
Grain 1			
Grain 2			
Grain 3			
Grain 4			
Grain 5			



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PROTEINS

Food Group	Name	Recommended # Daily Servings	Recommended Serving Size
Protein 1			
Protein 2			
Protein 3			
Protein 4			
Protein 5			

DAIRY

Food Group	Name	Recommended # Daily Servings	Recommended Serving Size
Dairy 1			
Dairy 2			
Dairy 3			
Dairy 4			
Dairy 5			

REQUIREMENT 2b: Explain why you should limit your intake of oils and sugars.

Notes:



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REQUIREMENT 2c: Track your daily level of activity and your daily caloric need based on your activity for five days. Then, based on the My Plate food guide, discuss with your counselor an appropriate meal plan for yourself for one day.

Day	Activity Level	Calorie Intake	Caloric Need
Day 1			
Day 2			
Day 3			
Day 4			
Day 5			

The second part of this requirement must be reviewed with your merit badge counselor.

REQUIREMENT 2d: Discuss with your counselor food allergies, food intolerance, and food-related illnesses and diseases.

Food Allergies:

Food Intolerance:

Food-Related Illnesses and Diseases:



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REQUIREMENT 2d: Explain why everyone who handles or prepares food needs to be aware of these concerns.

Notes:

REQUIREMENT 2e: 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:



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Cholesterol:

Sodium:

Carbohydrate:

Dietary Fiber:

Sugar:

Protein:



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REQUIREMENT 2e: Explain how to calculate total carbohydrates and nutritional values for two servings, based on the serving size specified on the label.

Notes:

REQUIREMENT 3a: 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.

BAKING

Equipment needed:

How temperature control is maintained:

Food that can be prepared using this method:



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BOILING

Equipment needed:

How temperature control is maintained:

Food that can be prepared using this method:

BROILING

Equipment needed:

How temperature control is maintained:

Food that can be prepared using this method:



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PAN FRYING

Equipment needed:

How temperature control is maintained:

Food that can be prepared using this method:

SIMMERING

Equipment needed:

How temperature control is maintained:

Food that can be prepared using this method:



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STEAMING

Equipment needed:

How temperature control is maintained:

Food that can be prepared using this method:

MICROWAVING

Equipment needed:

How temperature control is maintained:

Food that can be prepared using this method:



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GRILLING

Equipment needed:

How temperature control is maintained:

Food that can be prepared using this method:

FOIL COOKING

Equipment needed:

How temperature control is maintained:

Food that can be prepared using this method:



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DUTCH OVEN

Equipment needed:

How temperature control is maintained:

Food that can be prepared using this method:

REQUIREMENT 3b: Discuss the benefits of using a camp stove on an outing vs. a charcoal or wood fire.

Camp Stove:

Charcoal or Wood Fire:



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REQUIREMENT 3c: 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.

Notes:

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 or other merit badges. Meals prepared for rank advancement or other merit badges 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.

COOKING AT HOME

REQUIREMENT 4: 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. Then do the following:

REQUIREMENT 4a: Find recipes for each meal.

REQUIREMENT 4a: Create a shopping list for your meals showing the amount of food needed to prepare for the number of people you will serve. Determine the cost for each meal.

REQUIREMENT 4b: Share and discuss your meal plan and shopping list with your counselor.



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Meal Planning Worksheet

Patrol:	Campout Date:
Patrol Quartermaster:	Campout Location:
MEAL (Breakfast, Lunch, Dinner, Cracker Barrel):	

Attach food receipt(s) to this form & return to Troop Treasurer after campout. Budget is \$5 per scout per meal – do not exceed budget

Attendees
PL
APL
3
4
5
6
7
8

Check with Quartermaster for extra inventory

SHOPPING LIST

	Have	Need
Paper Towels		
Aluminum Foil		
Garbage Bags		
Seasonings		
Dish Soap		
Dish Washing Rag		
Dish Sponge		
Bleach		



GROCERY LIST

Quantity	Item	Cost
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

CAMPOUT MEAL PLANNER

MEAL

Main: _____

Fruit/Veggie: _____

Side: _____

Side: _____

Drink: _____

Other: _____

Other: _____

Other: _____

SPECIAL COOKWARE / EQUIPMENT NEEDS



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REQUIREMENT 4c: 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.*

** 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, and one dinner to at least one adult; those served need not be the same for all meals.*

REQUIREMENT 4d: 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.

REQUIREMENT 4e: 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.

BREAKFAST

Adult's Name

Phone

Adult's Signature

Date

Scout prepared
BREAKFAST

Evaluation by person(s) served:



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Cooking Merit Badge

LUCH

Adult's Name

Phone

Adult's Signature

Date

Scout prepared
LUNCH

Evaluation by person(s) served:



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Cooking Merit Badge

DINNER / SUPPER

Adult's Name

Phone

Adult's Signature

Date

Scout prepared
DINNER / SUPPER

Evaluation by person(s) served:



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Cooking Merit Badge

DESSERT

Adult's Name

Phone

Adult's Signature

Date

Scout prepared
DESSERT

Evaluation by person(s) served:

CAMP COOKING

REQUIREMENT 5a: Using the MyPlate food guide or the current USDA nutrition model, plan a menu that includes four meals, one snack, and one dessert for your patrol (or a similar size group of up to eight youth, including you) on a camping trip. These four meals must include two breakfasts, one lunch, and one dinner. Additionally, you must plan one snack and one dessert. 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. List the equipment and utensils needed to prepare and serve these meals.

REQUIREMENT 5b: Find or create recipes for the four meals, the snack, and the dessert you have planned. Adjust menu items in the recipes for the number to be served. Create a shopping list and budget to determine the per-person cost.

REQUIREMENT 5c: Share and discuss your menu plans and shopping list with your counselor.



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Meal Planning Worksheet

Patrol:	Campout Date:
Patrol Quartermaster:	Campout Location:
MEAL (Breakfast, Lunch, Dinner, Cracker Barrel):	

Attach food receipt(s) to this form & return to Troop Treasurer after campout. Budget is \$5 per scout per meal – do not exceed budget

Attendees
PL
APL
3
4
5
6
7
8

Check with Quartermaster for extra inventory

SHOPPING LIST

	Have	Need
Paper Towels		
Aluminum Foil		
Garbage Bags		
Seasonings		
Dish Soap		
Dish Washing Rag		
Dish Sponge		
Bleach		



CAMPOUT MEAL PLANNER

MEAL

Main: _____

Fruit/Veggie: _____

Side: _____

Side: _____

Drink: _____

Other: _____

Other: _____

Other: _____

GROCERY LIST

Quantity	Item	Cost
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

SPECIAL COOKWARE / EQUIPMENT NEEDS



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REQUIREMENT 5d: In the outdoors, using your menu plans for this requirement, cook two of the four meals you planned using either a camp stove OR a backpack stove. Use a skillet over campfire coals OR a Dutch Oven for the third meal, and cook the fourth meal in a foil pack OR on a skewer. Serve all of these meals to your patrol or a group of youth.

REQUIREMENT 5e: In the outdoors, using your menu plans and recipes for this requirement, prepare one snack and one dessert. Serve both of these to your patrol or a group of youth.

REQUIREMENT 5f: After each meal, have those you served evaluate the meal on presentation and taste, and then evaluate your own meal.

MEAL #1 (with camp stove OR backpack stove):

Meal (Breakfast, Lunch, or Dinner):

Cooking method used:

Scout Leader's (preferred) or Adult's Name

Phone

Scout Leader's (preferred) or Adult's Signature

Date

Scout prepared meal
using camp stove or
backpack stove

Evaluation by person(s) served:



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MEAL #2 (with camp stove OR backpack stove):

Meal (Breakfast, Lunch, or Dinner):

Cooking method used:

Scout Leader's (preferred) or Adult's Name

Phone

Scout Leader's (preferred) or Adult's Signature

Date

Scout prepared meal
using camp stove or
backpack stove

Evaluation by person(s) served:



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MEAL #3 (with camp stove OR backpack stove):

Meal (Breakfast, Lunch, or Dinner):

Cooking method used:

Scout Leader's (preferred) or Adult's Name

Phone

Scout Leader's (preferred) or Adult's Signature

Date

Scout prepared meal
using camp stove or
backpack stove

Evaluation by person(s) served:



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MEAL #4 (with skillet over campfire coals OR Dutch oven):

Meal (Breakfast, Lunch, or Dinner):

Cooking method used:

Scout Leader's (preferred) or Adult's Name

Phone

Scout Leader's (preferred) or Adult's Signature

Date

Scout prepared meal
using a skillet over
campfire coals OR
Dutch oven

Evaluation by person(s) served:



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MEAL #5 (in a foil pack OR on a skewer):

Meal (Breakfast, Lunch, or Dinner):

Cooking method used:

Scout Leader's (preferred) or Adult's Name

Phone

Scout Leader's (preferred) or Adult's Signature

Date

Scout prepared meal
using a foil pack OR on
a skewer

Evaluation by person(s) served:



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Cooking Merit Badge

SNACK / DESSERT:

Scout Leader's (preferred) or Adult's Name

Phone

Scout Leader's (preferred) or Adult's Signature

Date

Scout prepared snack
or dessert outdoors

Evaluation by person(s) served:



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REQUIREMENT 5f: Discuss what you learned with your counselor, including any adjustments that could have improved or enhanced your meals.

This requirement must be reviewed with your merit badge counselor.

Notes:

REQUIREMENT 5f: Tell how planning and preparation help ensure successful outdoor cooking.

Notes:



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REQUIREMENT 5g: Lead the clean-up of equipment, utensils, and the cooking site thoroughly after each meal. Properly store or dispose unused ingredients, leftover food, dishwater, and garbage.

MEAL #1:

Scout Leader's (preferred) or Adult's Name

Phone

Scout Leader's (preferred) or Adult's Signature

Date

Scout participated and managed clean-up efforts as stated

MEAL #2:

Scout Leader's (preferred) or Adult's Name

Phone

Scout Leader's (preferred) or Adult's Signature

Date

Scout participated and managed clean-up efforts as stated

MEAL #3:

Scout Leader's (preferred) or Adult's Name

Phone

Scout Leader's (preferred) or Adult's Signature

Date

Scout participated and managed clean-up efforts as stated

MEAL #4:

Scout Leader's (preferred) or Adult's Name

Phone

Scout Leader's (preferred) or Adult's Signature

Date

Scout participated and managed clean-up efforts as stated

MEAL #5:

Scout Leader's (preferred) or Adult's Name

Phone

Scout Leader's (preferred) or Adult's Signature

Date

Scout participated and managed clean-up efforts as stated



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REQUIREMENT 5h: Discuss how you followed the Outdoor Code and no-trace principles when preparing your meals.

Notes:

TRAIL AND BACKPACKING COOKING

REQUIREMENT 6a: Using the MyPlate food guide or the current USDA nutrition model, plan a meal for trail hiking or backpacking that includes one breakfast, one lunch, one dinner, and one snack. These meals must consider weight, not require refrigeration and are to be consumed by three to five people (including you). List the equipment and utensils needed to prepare and serve these meals.

REQUIREMENT 6b: 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.

REQUIREMENT 6c: 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.



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Meal Planning Worksheet

Patrol:	Campout Date:
Patrol Quartermaster:	Campout Location:
MEAL (Breakfast, Lunch, Dinner, Cracker Barrel):	

Attach food receipt(s) to this form & return to Troop Treasurer after campout. Budget is \$5 per scout per meal – do not exceed budget

Attendees
PL
APL
3
4
5
6
7
8

Check with Quartermaster for extra inventory

SHOPPING LIST

	Have	Need
Paper Towels		
Aluminum Foil		
Garbage Bags		
Seasonings		
Dish Soap		
Dish Washing Rag		
Dish Sponge		
Bleach		



CAMPOUT MEAL PLANNER

MEAL

Main: _____

Fruit/Veggie: _____

Side: _____

Side: _____

Drink: _____

Other: _____

Other: _____

Other: _____

GROCERY LIST

Quantity	Item	Cost
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

SPECIAL COOKWARE / EQUIPMENT NEEDS



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REQUIREMENT 6d: 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).

REQUIREMENT 6e: After each meal, have those you served 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 successful trail hiking or backpacking meals.

MEAL #1:

Meal (Breakfast, Lunch, or Dinner):

Scout prepared meal
over a fire or an
approved trail stove

Evaluation by person(s) served:



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MEAL #2:

Meal (Breakfast, Lunch, or Dinner):

Scout Leader's (preferred) or Adult's Name

Phone

Scout Leader's (preferred) or Adult's Signature

Date

Scout prepared meal
over a fire or an
approved trail stove

Evaluation by person(s) served:



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SNACK

Scout Leader's (preferred) or Adult's Name

Phone

Scout Leader's (preferred) or Adult's Signature

Date

Scout prepared snack
on the trail

Evaluation by person(s) served:



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REQUIREMENT 6f: Explain to your counselor how you should divide the food and cooking supplies among the patrol in order to share the load.

Notes:

REQUIREMENT 6f: Discuss how to properly clean the cooking area and store your food to protect it from animals.

Notes:



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REQUIREMENT 7: Find out about three career opportunities in cooking.

Career Opportunity #1:

Career Opportunity #2:

Career Opportunity #3:

REQUIREMENT 7: Select one and find out the education, training, and experience required for this profession. Discuss this with your counselor.

Selected Career Opportunity:

Educational Requirements:

Training Requirements:

Experience Requirements:

REQUIREMENT 7: Explain why this profession might interest you.

Notes: