

COOKING MERIT BADGE WORKBOOK

This Scoutmaster Bucky Merit Badge Workbook is based off the current *Scouts BSA Requirements*.

Consider also using the Cooking merit badge class preparation page for clarification and expectations when participating in a Scoutmaster Bucky merit badge opportunity ([online](#) or [in-person](#)).

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

Scout's
Name:

REQUIREMENT 1: Health and safety. Do the following:

REQUIREMENT 1 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.

Most likely hazards

Anticipate hazards

Prevent hazards

Mitigate hazards

Respond to hazards

REQUIREMENT 1 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

REQUIREMENT 1 C: Describe how meat, fish, chicken, eggs, dairy products, and fresh vegetables should be stored, transported, and properly prepared for cooking. Explain how to prevent cross-contamination.

Storage

Transportation

Preparation

How to prevent cross-contamination

REQUIREMENT 1 D: Discuss your current eating habits with your counselor and what you can do to eat healthier, based on the MyPlate food guide.

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REQUIREMENT 1 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.

Why reading food labels is important

How to identify common allergens

REQUIREMENT 2: Nutrition. Do the following:

REQUIREMENT 2 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:

1. Fruits	
Recommended daily servings	Recommended serving size

Five examples

2. Vegetables

Recommended daily servings

Recommended serving size

Five examples

3. Grains

Recommended daily servings

Recommended serving size

Five examples

4. Proteins

Recommended daily servings

Recommended serving size

Five examples

5. Dairy

Recommended daily servings

Recommended serving size

Five examples

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

REQUIREMENT 2 C: 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.

REQUIREMENT 2 D: Discuss with your counselor food allergies, food intolerance, and food-related illnesses and diseases. Explain why everyone who handles or prepares food needs to be aware of these concerns.

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REQUIREMENT 2 E: Discuss the following food label terms: 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.

Calorie

Fat

Saturated fat

Trans fat

Cholesterol

Sodium

Carbohydrate

Dietary fiber

Sugar

Protein

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

REQUIREMENT 3: Cooking basics. Do the following:

REQUIREMENT 3 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.

Baking

Equipment needed	One food

How temperature control is maintained

Boiling

Equipment needed	One food

How temperature control is maintained

Broiling

Equipment needed	One food

How temperature control is maintained

Pan frying

Equipment needed	One food

How temperature control is maintained

Simmering

Equipment needed	One food

How temperature control is maintained

Steaming

Equipment needed

One food

How temperature control is maintained

Microwaving

Equipment needed

One food

How temperature control is maintained

Grilling

Equipment needed

One food

How temperature control is maintained

Foil cooking

Equipment needed

One food

How temperature control is maintained

Use of a Dutch Oven

Equipment needed	One food
How temperature control is maintained	

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

REQUIREMENT 3 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 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.

REQUIREMENT 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. Then do the following:

Breakfast	Lunch	Dinner
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Dessert

How you keep your foods safe and free from cross-contamination

Equipment and utensils needed to prepare and serve these meals

REQUIREMENT 4 A: Find recipes for each meal. 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 4 B: Share and discuss your meal plan and shopping list with your counselor.

Completed

REQUIREMENT 4 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.*

* 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.

Using at least five of the 10 cooking methods

<input type="checkbox"/> Baking	<input type="checkbox"/> Boiling	<input type="checkbox"/> Broiling	<input type="checkbox"/> Pan frying	<input type="checkbox"/> Simmering
<input type="checkbox"/> Steaming	<input type="checkbox"/> Microwaving	<input type="checkbox"/> Grilling	<input type="checkbox"/> Foil cooking	<input type="checkbox"/> Dutch oven

Prepare and serve yourself and at least one adult

<input type="checkbox"/> One breakfast	<input type="checkbox"/> One lunch	<input type="checkbox"/> One dinner
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REQUIREMENT 4 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.

Adult Name

Phone

Adult Signature

Date

Approved

REQUIREMENT 4 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.

Other person's evaluation on presentation and taste

Your own evaluation on presentation and taste

Adjustments that could have improved or enhanced your meals

How planning and presentation help ensure a successful meal

REQUIREMENT 5: Camp cooking. Do the following:

REQUIREMENT 5 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.

One breakfast

One lunch

One dinner

One snack or one dessert

Fifth meal

Equipment and utensils needed to prepare and serve these meals

REQUIREMENT 5 B: Find or create recipes for at least three meals, a dessert and a snack. 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 5 C: Share and discuss your meal plan and shopping list with your counselor.

Completed

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

Cooked one meal with a lightweight stove or low-impact fire, different from requirement 3

Cooked another meal with a lightweight stove or low-impact fire, different from requirement 3

Cooked a third meal using either a Dutch oven or a foil pack or kabobs

REQUIREMENT 5 E: In the outdoors, prepare a dessert OR snack and serve it to your patrol or a group of youth.**

Completed

REQUIREMENT 5 F: After each meal, have those you served evaluate the meal on presentation and taste, and 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 outdoor cooking.

Evaluations from others on presentation and taste

Your own evaluation on presentation and taste

Adjustments that could have improved or enhanced your meals

How planning and preparation help ensure successful outdoor cooking

REQUIREMENT 5 G: 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.

How you cleaned the equipment, utensils, and the cooking site

How you properly disposed of dishwater and of all garbage

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

REQUIREMENT 6: Trail and backpacking meals. Do the following:

REQUIREMENT 6 A: 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.

Breakfast

Lunch

Dinner

Snack

How you will keep your foods safe and free from cross-contamination

Equipment and utensils needed to prepare and serve these meals

REQUIREMENT 6 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.

REQUIREMENT 6 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.

Completed

REQUIREMENT 6 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).`**`

Prepared one meal over a fire or an approved trail stove

Prepared and served a second meal

Prepared and served a snack

REQUIREMENT 6 E: 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.

Other people's evaluation on presentation and taste

Your own evaluation on presentation and taste

Adjustments that could have improved or enhanced your meals

How planning and preparation help ensure successful trail hiking or backpacking meals

REQUIREMENT 6 F: Explain to your counselor how you should divide the food and cooking supplies among the patrol in order to share the load. Discuss how to properly clean the cooking area and store your food to protect it from animals.

How you followed the Outdoor Code and no-trace principles

How you cleaned any equipment, utensils, and the cooking site after each meal

How you properly disposed of any dishwater and packed out all garbage

REQUIREMENT 7: Food-related careers. Find out about three career opportunities in cooking. Select one and find out the education, training, and experience required for this profession. Discuss this with your counselor, and explain why this profession might interest you.

Three career opportunities in cooking

Education, training, and experience required for one profession

** 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.