

SUMMARY OF THE REQUIREMENTS FOR THE COOKING MERIT BADGE

The requirements have changed three times in one year. Please read the most current worksheet to ensure you are following the most recent version. The worksheet is more valid than my summary.

HOME COOKING - #5 on Worksheet

(Plan and cost 9 meals – Prepare and serve 3 meals for family.)

1. Plan a menu for three full days of meals, 9 meals, to be cooked at home.
2. Using the menu, prepare a food list, showing cost and amount needed to feed yourself and at least one adult (parent, family member, guardian, or other responsible adult).
3. Prepare and serve a breakfast, lunch, and dinner from the menu you planned. 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.

CAR CAMPING TRIP - #6 on Worksheet

(Plan and cost 5 meals and 1 snack or dessert – cook 2 of the planned meals and 1 snack or dessert, for your patrol or similar size group)

(This class counts as one of the meals and also covers 6 D&E on the worksheet.)

1. Plan a menu for two straight days (five meals) of camping. Use all food groups from Myplate.
2. Using the menu planned make a food list showing cost and amount needed to feed three or more boys, considering proper portion sizes.
3. List the utensils and equipment needed to cook and serve these meals.
4. Using the menu planned prepare and serve for yourself and other scouts or similar size group. Plan your cooking so that each course will be ready to serve at the proper time.
5. The meals do not have to be on the same camping trip.

BACK PACKING TRIP - #7 on Worksheet

(Plan 3 meals & 1 snack – Prepare and serve 2 meals & snacks.)
must be on a fire or a trail stove.

One meal

1. Plan a menu for one day (three meals) for trail hiking or backpacking. Include the following:
 - 1.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 Myplate.
2. Cost and weigh the food.
3. Prepare and serve for yourself and two others, the trail breakfast and dinner.

OTHER KNOWLEDGE BASED REQUIREMENTS DISCUSSED IN CLASSES FOR THIS MERIT BADGE

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- Myplate. (Replaces the Food Pyramid.)
- Knife safety
- Food safety
- Microbes
- Diseases
- Kitchen safety
- Preventing burns and injury
- Food measurements
- Planning
- Costing
- Cooking healthy
- Using stoves safely
- Cooking equipment for camping
- Dutch oven cooking
- Cooking with foil
- Purifying water
- Setting up a campsite
- Cleaning up a campsite

Note: The meals prepared for Cooking merit badge 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.