

COOKING MERIT BADGE

Prerequisites

Do these and bring a form signed by your leader/parents that you have done them!

1. Requirement 3: Plan a menu for two straight days (six meals) of camping. Include the following:
 - a. A camp dinner with soup; meat, fish, poultry, or an appropriate substitute; two fresh vegetables; drink; and dessert. All are to be properly prepared. When preparing your menu, follow the nutritional guidelines set by the food pyramid.
 - b. A one-pot dinner. Use foods other than canned.
 - c. Using the menu planned for requirement 3, make a food list showing cost and amount needed to feed three or more boys.
 - d. List the utensils needed to cook and serve these meals.
2. Requirement 4: Using the menu planned for requirement 3, do the following and discuss the process with your merit badge counselor:
 - a. Prepare and serve for yourself and two others, the two dinners, one lunch, and one breakfast. Time your cooking so that each course will be ready to serve at the proper time.*
 - b. For meals prepared in requirement 4a for which a fire is needed, use a lightweight stove or build a low-impact fire. Include support for your cooking utensils from rocks, logs, or like material. The same fireplace may be used for more than one meal. Use a backpacking stove to cook at least one meal. (Where local regulations do not allow you to do this, the counselor may change the requirement to meet the law.)
 - c. For each meal prepared in requirement 4a, use safe food-handling practices. Dispose of garbage, cans, foil, paper, and other rubbish by packing them out and depositing them in a proper container.
3. Plan a menu for three full days of meals (breakfast, lunch, and dinner) to be cooked at home.
 - a. When preparing your menu, follow the nutritional guidelines set by the food pyramid. All meals are to be cooked or properly prepared.
 - b. Using the menu planned for requirement 7, make a food list showing cost and amount needed to feed yourself and at least one adult (parent, family member, guardian, or other responsible adult).
 - c. Tell what utensils were needed to cook and serve these meals.
 - d. Prepare and serve a breakfast, lunch, and dinner from the menu you planned for requirement 7. 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.