



**BSA TROOP 357**  
**Highland United Methodist Church**  
**1901 Ridge Road**  
**Raleigh, NC 27607**

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## COOKING MERIT BADGE

### Merit Badge Requirements - Overview

Specific requirements for Cooking merit badge are listed later in this document, associated with worksheets for individual requirements. In overview, the requirements fall into two groups.

#### **Group A**, Requirements 1, 2, & 8 (Discussion based)

These requirements are primarily discussion based, for which worksheets are provided in this document. These requirements involve **RESEARCH** and talking with qualified people in the food industry. Your merit badge booklet and the internet (eg Google) are excellent research sources. (Did you read the last sentence carefully?? You were just told where to find all of the answers to all of the questions!!)

#### **Group B**, Requirements 3 – 7 (Cooking based)

These requirements mostly involve preparing menus and cooking, although there are “discussion” components. The discussion components are satisfied if you properly fill out the Troop’s menu forms. Menu forms must be prepared for 18 meals, of which 8 of these meals will be cooked. (You will not cook the remaining 10 “mock” meals.) The meals are distributed among three different settings.

**Camp Setting:** menus are required for 6 meals, of which 3 meals must be cooked.

**Hike Setting:** menus are required for 3 meals, of which 2 meals must be cooked.

**Home Setting:** menus are required for 9 meals, of which 3 meals must be cooked.

The Troop provides blank menu forms on its web site. One blank form is included in this document, as well as a “filled out” form as an example. **The Troop’s menu form must be used for meeting the requirements of Cooking merit badge.**

### Troop 357 Requirements

1. You must complete **ALL** Tenderfoot, Second Class, and First Class cooking **AND** 1<sup>st</sup> aid related requirements before taking Cooking merit badge.
2. All submitted worksheets and menus must be **NEAT** and clearly LEGIBLE!!!! Any submitted item not meeting this requirement will not be evaluated.
3. The menu form on the Troop’s web site must be used for all menus.
  - a. Use one form for one meal.
  - b. Menus for meals that will be cooked: complete all columns of the form.

- c. Menus for “mock” meals: complete only columns 1 and 2 of the form.
4. Menus for camp and hike setting are due no later than **TWO** Wednesdays before the trip. The sequence of events is:
    - a. Submit menus no later than two Wednesdays before the trip.
    - b. Menus will be reviewed and returned to you the Wednesday before the trip. One of three situations will exist.
      - i. The menu will be approved, as indicated by a note and counselor initials.
      - ii. The menu will be conditionally approved, as indicated by a note and counselor initials. The note will provide instructions you must follow before the menu is valid. (You do not need to resubmit the menu before cooking the meal.)
      - iii. The menu will not be approved. You may cook the meal for experience, but **NO** credit will be given for completion of Cooking merit badge. The reasons not approving the menu may be listed on the menu, or may be explained to you verbally.
    - c. For the first two situations, cook the meal and then **return the menu to your counselor**. (The instructions listed on a conditionally approved menu must have been followed.) For the third situation, go to jail. Do not pass GO. Do not collect \$200.
    - d. After the meal has been cooked, and the menu returned to the counselor, the counselor will date and sign the menu. The menu will then be returned to you. This document may be used as the “official” record that you have “completed” the meal. **SAVE THIS DOCUMENT**. Should the counselor’s records indicate that you have not completed a meal, your signed and dated document will prevail.
  5. Every meal must involve at least some food preparation and some cooking over a heat source. This means even menus for mock meals. (The preparation and cooking for a mock meal is only in theory.) **ALL LUNCH MENUS**, except one home lunch, will be “mock”, since the Troop rarely prepares lunch on its trips. Remember, even your menus for mock lunches must call for preparation and cooking.
  5. Ever dinner must include a dessert that calls for preparation and cooking.
  7. Pre-prepared, frozen main dishes and side dishes are generally not allowed. For example, you cannot use frozen, cut string beans as a side dish. Instead, buy fresh, whole string beans that you cut and cook at camp. Frozen meats that require thawing and then cooking are allowed. Frozen peas that you plan to add to a beef stew are allowed. Frozen pancakes are not allowed.
  8. Pre-packaged, freeze-dried backpacking meals/dishes are not allowed. (In other words, you cannot use stuff from stores such as REI and Great Outdoor Provision Company.)
  9. Heating up food from a can does not count as cooking. Some canned items may be allowed, such as pie fillings and tomatoes. Canned items not allowed include peas, corn, carrots, and mushrooms. Canned, baked beans would be allowed, as long as you enhanced the dish by adding additional components, such as bacon, diced ham, and/or molasses. As noted below, you may use canned soup for your one dinner that includes a soup.
  10. Look at the “Code” legend at the bottom of the menu form. As a strategy for the menu form, try to include at least one significant serving from each of these food groups.

11. Except for home meals, all preparation of food items should be done at the camp or trail site. (Some early preparation may be allowed if specifically approved in advance by the merit badge counselor.)
12. For the home meals, you must do all of the preparation, cooking, and cleanup. (NO “HANDS ON” HELP FROM MOM or anyone else. Advice and supervision is OK.)

For camp and hike meals, you may involve other members of your patrol, as long as you **ACTIVELY** supervise their work. Where charcoal or coals from a fire are needed, **you** must start the charcoal or fire. You then may assign someone else to maintain the heat source. You may assign cleanup to your patrol members, as long as you **ACTIVELY** supervise. You are ultimately responsible for cleanup. If an inspection of your site or cook box finds unacceptable conditions, you will be held responsible, and you will have to correct the situation.

13. A dinner with a soup is required for a camp setting. You have two choices.
  - a. Prepare a full dinner (main course and side dishes), with the soup as an additional side dish. The soup may come from a can. The meal must include a dessert.
  - b. Prepare a dinner whose main course is the soup. The soup must be prepared from “scratch”. One or two minor side dishes must be included. The meal must include a dessert.
14. For meals that you will actually cook, all parts of the menu form must be filled out. The cost of each food item must be shown in the “Cost” column. You have two options regarding food costs.  
Option 1: Complete the “Cost” column before the trip, by visiting the store and recording prices, or by visiting an online shopping site to retrieve prices. Sites to consider using are:

Harris Teeter Site: <http://shop.mywebgrocer.com>

Lowe’s Foods Site: <http://LoweFoods.com/modules/LoweFoodsToGo/index.cmf>

Option 2: Complete the “Cost” column after the trip. Use the grocery receipt(s) to determine the individual cost of each item.

15. **Camp setting** meals may be cooked over a camp stove, backpacking stove, charcoal, or fire coals.

**Hike setting** meals must be cooked over a backpacking stove or fire coals (not charcoal). The Troop has very few backpacking stoves. If you plan to use a backpacking stove, you are responsible for insuring that you have a stove. **DO NOT ASSUME YOU CAN LAY CLAIM TO A TROOP STOVE ON THE DAY WE LEAVE FOR THE TRIP. YOU RUN THE RISK THAT YOUR PATROL WILL NOT EAT.** They will not be happy with you.

16. You must possess a current, Cooking merit badge booklet.

NAME: \_\_\_\_\_

## Worksheets

Provided here is a partial list of requirements for Cooking merit badge. (See the Cooking merit badge booklet for a complete list.) Helpful hints and guidance are provided for some of the requirements. "Fill in the blank" worksheets are provided for some requirements. Complete these worksheets and submit them to your counselor. **PUT YOUR NAME ON THE WORKSHEETS!!! BE NEAT!!!**

### **Requirement 1a**

Cooking related injuries include burns, scalds, and cuts. Describe prevention strategies and first aid treatment for the following injuries. (**Do not** guess at the answers. Review 1<sup>st</sup> aid in your Scout Book.)

#### **Burns**

What can you do to protect against burns from a cook fire, a camp stove, and hot utensils?

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What 1<sup>st</sup> aid would you give for a 1.5" diameter, 2nd degree burn to your forearm, from accidentally rubbing against a large, hot pot? (Don't forget to address concerns for the blister.)

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#### **Scalds**

What can you do to protect against scalds from hot liquids and from steam?

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Assume you scald your forearm when removing a lid from a large pot of boiling water, by failing to avoid the released steam. What 1<sup>st</sup> aid would you give for a 1.5" diameter, 1<sup>st</sup> degree, scalded area to your forearm?

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NAME: \_\_\_\_\_

**Cuts**

What can you do to protect against cuts from cooking knives, lids from tin cans, and vegetable peelers?

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What 1<sup>st</sup> aid would you give for a small cut to the left forefinger, that does not require stitches?

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What 1<sup>st</sup> aid would you give for a medium size cut to the left forefinger, that appears to require stitches? What additional actions, beyond 1<sup>st</sup> aid, would you take?

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**Allergic Food Reaction**

What can you do to protect your patrol members from having allergic food reactions?

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Describe the most common signs of an allergic food reaction.

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What actions should be taken if someone has an allergic food reaction on a camping trip?

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NAME: \_\_\_\_\_

**Requirement 1b**

This requirement addresses the topics of food storage, transportation, and preparation. Its intent is to make you think about 1.) bacterial “cross contamination” during transportation, 2.) bacterial “cross contamination” during cooking, 3.) reduction of bacterial growth, 4.) freshness of the food item, and 5.) fragility of the food item. **For each food product listed below, address each of these FIVE concerns when providing your answers.**

**Hints**

Cross contamination during transportation is prevented by using sealed containers, like zip lock bags and sealed, plastic boxes. Cross contamination during cooking is prevented by preparing a food item that is prone to this concern away from other food items. Utensils, cutting boards, platters, etc., used to prepare the food item should be washed before used on another food item. Your hands should be washed between preparation of different food items.

Reduction of bacterial growth is accomplished by keeping a food item sealed from the air, and keeping it cold (not cool).

Freshness is commonly preserved by keeping relevant food items dry, between cool and room temperature, and protected from crushing. In some instances, keeping a food item in a sealed container helps preserve freshness. Items carried in an ice cooler, for the purpose of preserving freshness, usually must be protected from becoming soggy from melting ice.

Fragile items must be packed in protective containers, and/or carried on top of everything else. The idea is to avoid crushing or breaking the item.

Fill in answers for each of the following food items. Write “N/A” when the concern is not applicable to the food item.

**A pound of fresh Fish**

How would you prevent bacterial cross contamination during transportation?

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How would you prevent bacterial cross contamination during cooking?

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How would you reduce bacterial growth during transportation?

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NAME: \_\_\_\_\_

How would you maintain freshness during transportation?

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How would you prevent crushing or breaking during transportation?

*N/A – crushing is not usually a significant concern for fresh fish.*

[The answer is given above, as an example. You must use “N/A” below, as you think appropriate.]

**A loaf of Bread**

How would you prevent bacterial cross contamination during transportation?

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How would you prevent bacterial cross contamination during cooking?

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How would you reduce bacterial growth during transportation?

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How would you maintain freshness during transportation?

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How would you prevent crushing or breaking during transportation?

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NAME: \_\_\_\_\_

**A carton of Eggs**

How would you prevent bacterial cross contamination during transportation?

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How would you prevent bacterial cross contamination during cooking?

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How would you reduce bacterial growth during transportation?

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How would you maintain freshness during transportation?

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How would you prevent crushing or breaking during transportation?

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**A carton of Milk**

How would you prevent bacterial cross contamination during transportation?

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How would you prevent bacterial cross contamination during cooking?

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How would you reduce bacterial growth during transportation?

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NAME: \_\_\_\_\_

How would you maintain freshness during transportation?

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How would you prevent crushing or breaking during transportation?

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**A pound of fresh Beef**

How would you prevent bacterial cross contamination during transportation?

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How would you prevent bacterial cross contamination during cooking?

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How would you reduce bacterial growth during transportation?

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How would you maintain freshness during transportation?

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How would you prevent crushing or breaking during transportation?

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NAME: \_\_\_\_\_

**A stick of Butter**

How would you prevent bacterial cross contamination during transportation?

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How would you prevent bacterial cross contamination during cooking?

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How would you reduce bacterial growth during transportation?

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How would you maintain freshness during transportation?

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How would you prevent crushing or breaking during transportation?

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**A dozen Cheese slices from the deli**

How would you prevent bacterial cross contamination during transportation?

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How would you prevent bacterial cross contamination during cooking?

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How would you reduce bacterial growth during transportation?

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NAME: \_\_\_\_\_

How would you maintain freshness during transportation?

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How would you prevent crushing or breaking during transportation?

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**A bag of Potato Chips**

How would you prevent bacterial cross contamination during transportation?

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How would you prevent bacterial cross contamination during cooking?

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How would you reduce bacterial growth during transportation?

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How would you maintain freshness during transportation?

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How would you prevent crushing or breaking during transportation?

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NAME: \_\_\_\_\_

**A can of Tomato Soup**

How would you prevent bacterial cross contamination during transportation?

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How would you prevent bacterial cross contamination during cooking?

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How would you reduce bacterial growth during transportation?

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How would you maintain freshness during transportation?

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How would you prevent crushing or breaking during transportation?

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**Four loose Apples**

How would you prevent bacterial cross contamination during transportation?

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How would you prevent bacterial cross contamination during cooking?

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How would you reduce bacterial growth during transportation?

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NAME: \_\_\_\_\_

How would you maintain freshness during transportation?

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How would you prevent crushing or breaking during transportation?

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**A bag of fresh Carrots**

How would you prevent bacterial cross contamination during transportation?

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How would you prevent bacterial cross contamination during cooking?

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How would you reduce bacterial growth during transportation?

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How would you maintain freshness during transportation?

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How would you prevent crushing or breaking during transportation?

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NAME: \_\_\_\_\_

**A small bag of Sugar**

How would you prevent bacterial cross contamination during transportation?

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How would you prevent bacterial cross contamination during cooking?

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How would you reduce bacterial growth during transportation?

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How would you maintain freshness during transportation?

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How would you prevent crushing or breaking during transportation?

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**Requirement 1c**

For each of these food related illnesses, describe symptoms, cause, preventative measures, and treatment.

**Salmonella Enteritis**

Symptoms

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Cause, Method of Spreading, and Method of Infection

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NAME: \_\_\_\_\_

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Prevention

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Treatment

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**Staphylococcal Enteritis**

Symptoms

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Cause, Method of Spreading, and Method of Infection

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Prevention

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Treatment

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NAME: \_\_\_\_\_

**E. Coli (Escherichia Coli) Enteritis**

Symptoms

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Cause, Method of Spreading, and Method of Infection

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Prevention

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Treatment

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**Botulism**

Symptoms

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Cause, Method of Spreading, and Method of Infection

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Prevention

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NAME: \_\_\_\_\_

Treatment

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**Trichinosis**

Symptoms

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Cause, Method of Spreading, and Method of Infection

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Prevention

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Treatment

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**Hepatitis**

Symptoms

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Cause, Method of Spreading, and Method of Infection

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NAME: \_\_\_\_\_

Prevention

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Treatment

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**Requirement 2**

The United States Department of Agriculture (USDA) revised the “Food Pyramid” in early 2005, **after** the BSA revised requirements for Cooking merit badge in January 2005. Prior to the USDA change, a single pyramid was defined for everyone. The “new” pyramid is based on each individual’s age, sex, and level of physical activity. Consequently, your pyramid may be different from any of your fellow Scouts. The requirements listed in this document vary slightly from the merit badge book, in an effort to incorporate the USDA’s revised pyramid scheme.

**Your Food Pyramid**

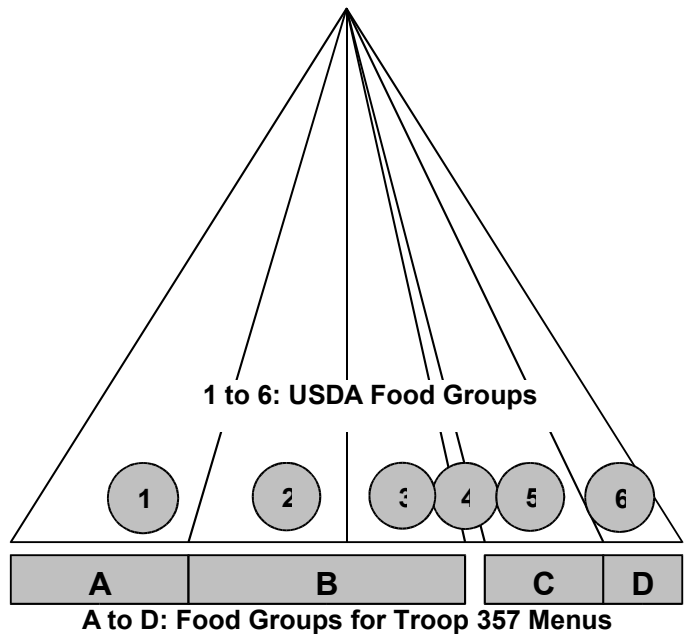
Visit the USDA’s web site for the Food Pyramid, at **MyPyramid.com**. Here you can print out a personalized list of your body’s food requirements (calories and food group servings), based on your age, sex, and level of physical activity. You can also find a graphic of the new food pyramid and lists of many different foods and their food groups. (**You must visit this site in order to answer the following questions and provide the requested information.**)

**Questions**

1. Age

2. Daily amount of moderate to vigorous physical activity  
 Less than 30 minutes  
 30 to 60 minutes  
 More than 60 minutes

3. Your recommended, daily, calorie intake as indicated on the web site.



4. Fill in the following table, based on comparing the triangle shown on the web site, and the triangle shown here. **You will need two sources of information:**  
**A.** The web site to determine the USDA food groups and your specific food serving needs.  
**B.** The Troop’s menu form, so you can look at the food group legend on the form.

USDA Food Group	1.	2.	3.	4.	5.	6.
Recommended Daily intake for YOU						
Troop 357 Food Group Abbreviation	A.	B.			C.	D.

NAME: \_\_\_\_\_

5. Which USDA “Food Group” is often considered not to be an actual food group? Why does the USDA recommend significantly limiting your intake of items from this “group”?

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6. List five (5) example food items for EACH of the food groups listed below.

**Grains**

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**Vegetables**

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**Fruits**

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**Milk (Dairy)**

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**Meat and Beans**

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7. Describe 3 food preparation techniques that result in more healthful and nutritious meals.

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**Requirements 3 - 7**

Requirements 3 through 7 are met by preparing Troop 357 menus and cooking the required meals. Review the requirements listed at the beginning of this document, and in the merit badge booklet.

**Camp setting** meals may be cooked over a camp stove, backpacking stove, charcoal, or fire coals. **Hike setting** meals must be cooked over a backpacking stove or fire coals.

NAME: \_\_\_\_\_

**Requirement 8**

List 8 opportunities that are available for a career in food service management:

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What high school courses might help you prepare for a career in cooking (list 5):

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What kind of special training might you need for a career in cooking and where can you get that training?

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NAME: \_\_\_\_\_

## ***THE OUTDOOR CODE***

**Although not required to earn Cooking merit badge, every Scout should know the Outdoor Code**

*As an American, I will do my best to –*

- ***BE CLEAN IN MY OUTDOOR MANNERS***  
*I will treat the outdoors as a heritage to be improved for our greater enjoyment.*  
*I will keep my trash and garbage out of America's waters, fields, woods, and roadways.*
  
- ***BE CAREFUL WITH FIRE***  
*I will prevent wildfire.*  
*I will build my fire in a safe place and be sure it is out before I leave.*
  
- ***BE CONSIDERATE IN THE OUTDOORS***  
*I will treat public and private property with respect.*  
*I will remember that use of the outdoors is a privilege I can lose by abuse.*
  
- ***BE CONSERVATION-MINDED***  
*I will learn how to practice good conservation of soil, waters, forests, minerals, energy, grasslands, and wildlife; and will urge others to do the same.*  
*I will use sportsmanlike methods in all my outdoor activities.*