

The cooking part of COOKING MERIT BADGE

5. Using the MyPlate food guide or the current USDA nutrition model, plan a menu for three full days of meals (three breakfasts, three lunches, and three dinners) plus one dessert **AT HOME**. Your menu should include enough to feed yourself and at least one adult, keeping in mind any special needs (such as food allergies) of those to be served. List the equipment and utensils needed to prepare and serve these meals. Then do the following:

a. 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.

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

c. Using at least five of the seven cooking methods from requirement 4, 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.*

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.

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 better planning and preparation help ensure a successful meal.

f. Explain how you kept perishable foods safe and free from cross-contamination.

6. Using the MyPlate food guide or the current USDA nutrition model, plan a menu for your patrol or a similar size group of up to eight youth, including you) for a **CAMPING TRIP**. Include five meals AND at least one snack OR one dessert. List the equipment and utensils needed to prepare and serve these meals. Then do the following:

a. 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.

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

c. In the outdoors, cook two of the meals you planned in requirement 6 using either a lightweight stove or a low-impact fire. **Use a different cooking method for each meal.**** The same fireplace may be used for both meals. Serve this meal to your patrol or a group of youth.

d. In the outdoors, cook one of the meals you planned in requirement 6. Use either a Dutch oven, OR a foil pack, OR kabobs. Serve this meal to your patrol or a group of youth.**

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

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 better planning and preparation help ensure successful outdoor cooking.

g. Explain how you kept perishable foods safe and free from cross-contamination.

7. Using the MyPlate food guide or the current USDA nutrition model, plan a menu for **TRAIL HIKING** or backpacking that includes one breakfast, one lunch, one dinner, and one snack. These meals must 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. Then do the following:

a. 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.

b. 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.

c. While on a trail hike or backpacking trip, prepare and serve two meals and a snack from the menu planned for requirement 7. **At least one of those meals must be cooked over a fire**, or an approved trail stove (with proper supervision).**

d. For each meal prepared in requirement 7c, use safe food-handling practices. Clean up equipment, utensils, and the site thoroughly after each meal. Properly dispose of dishwater, and pack out all garbage.

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 better planning and preparation help ensure successful trail hiking or backpacking meals.

*The meals for requirement 5 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 6 and 7 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.