Scouts participating in a Scoutmaster Bucky merit badge opportunity, whether online or in person, should consider using the Cooking merit badge pamphlet for discovery and knowledge, along with the class preparation pages for clarifications, insights, and expectations. These resources are available here:

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

PLEASE NOTE THAT THE COOKING MERIT BADGE HAS SPECIAL NOTES PERTAINING TO CERTAIN REQUIREMENTS

THIS MERIT BADGE IS BEST WORKED ON IN CONJUNCTION WITH A MERIT BADGE COUNSELOR.

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.

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.

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.

REQUIREMENT 1a:	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.

HAZARD #1

Description:

Anticipate:

Help Prevent:

Mitigate:

Respond:

HAZARD #2
Description:
Anticipate:
Help Prevent:
Mitigate:
Respond:

HAZARD #3
Description:
Anticipate:
Help Prevent:
Mitigate:
Respond:

HAZARD #4
Description:
Anticipate:
Help Prevent:
Mitigate:
Respond:

HAZARD #5
Description:
Anticipate:
Help Prevent:
Mitigate:
Respond:

HAZARD #6
Description:
Anticipate:
Help Prevent:
Mitigate:
Respond:

REQUIREMENT 1b:	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:

Prevention:

Symptoms:

Treatment:

CUTS:

Prevention:

Symptoms:

Treatment:

CHOKING:
Prevention:
Symptoms:
Treatment:
ALLERGIC REACTIONS:
Prevention:
Symptoms:
Treatment:

REQUIREMENT 1c:	Describe how meat, fish, chicken, eggs, dairy products, and fresh vegetables should be stored, transported, and properly prepared for cooking.
FISH:	
Stored:	
Transport:	
Proper Preparation:	
CHICKEN:	
Stored:	
Transport:	
Proper Preparation:	

EGGS:
Stored:
Transport:
Proper Preparation:
DAIRY PRODUCTS:
Stored:
Transport:
Proper Preparation:

FRESH VEGETABLES:
Stored:
Transport:
Proper Preparation:

REQUIREMENT 1c: Explain how to prevent cross-contamination.
Notes:

REQUIREMENT 1d:	Discuss with your counselor food allergies, food intolerance, and food-related illnesses and diseases.

Food Allergies:

Food Intolerance:

Food-Related Illnesses and Diseases:

REQUIREMENT 1d:	Explain why someone who handles or prepares food needs to be aware of these concerns.

Notes:

REQUIREMENT 1e:	Discuss with your counselor why reading food labels is important.

Notes:

REQUIREMENT 1e:	Explain how to identify common allergens such as peanuts, tree nuts, milk, eggs, wheat, soy, and shellfish.

Peanuts:

Tree Nuts:
Milk:
Eggs:
Wheat:
Soy:
Shellfish:

REQUIREMENT 2a: 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 2. Vegetables 3. Grains 4. Proteins 5. Dairy

FRUITS:

Food Group	Name	Recommended # Daily Servings	Recommended Serving Size
Fruit 1			
Fruit 2			
Fruit 3			
Fruit 4			
Fruit 5			

VEGETABLES:

Food Group	Name	Recommended # Daily Servings	Recommended Serving Size
Vegetable 1			
Vegetable 2			
Vegetable 3			
Vegetable 4			
Vegetable 5			

GRAINS:

Food Group	Name	Recommended # Daily Servings	Recommended Serving Size
Grain 1			
Grain 2			
Grain 3			
Grain 4			
Grain 5			

PROTEINS:

Food Group	Name	Recommended # Daily Servings	Recommended Serving Size
Protein 1			
Protein 2			
Protein 3			
Protein 4			
Protein 5			

DAIRY:

Food Group	Name	Recommended # Daily Servings	Recommended Serving Size
Dairy 1			
Dairy 2			
Dairy 3			
Dairy 4			
Dairy 5			

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

Notes:

REQUIREMENT 2c: Track your daily level of activity and your daily caloric need based on your activity for five days. Then, based on the MyPlate food guide, discuss with your counselor an appropriate meal plan for yourself for one day.

Day	Activity Level	Calorie Intake	Caloric Need
Day 1			
Day 2			
Day 3			
Day 4			
Day 5			

Consider using the Cooking Merit Badge Pamphlet for preparation information

This requirement must be reviewed with your merit badge counselor.

BE PREPARED!

Notes:

REQUIREMENT 2d:	Discuss your current eating habits with your counselor.

Notes:

REQUIREMENT 2d:	Discuss with your counselor what you can do to eat healthier, based on the MyPlate food guide.

Notes:

REQUIREMENT 2e:	Discuss the following food label terms: calorie, fat, saturated fat, trans fat, cholesterol, sodium, carbohydrate, dietary fiber, sugar, protein.
calorie:	
fat:	
saturated fat:	
trans fat:	
cholesterol:	

sodium:
carbohydrate:
dietary fiber:
sugar:
protein:

REQUIREMENT 2e:	Explain how to calculate total carbohydrates and nutritional values for two servings, based on the serving size specified on the label.

Notes:

REQUIREMENT 3a:	Discuss 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, microwaving, air frying, grilling, foil cooking, Dutch oven.

BAKING:

Equipment Needed:

How Temperature Control is Maintained:

Food that can be prepared using this method

BOILING:
Equipment Needed:
How Temperature Control is Maintained:
Food that can be prepared using this method
BROILING:
Equipment Needed:
How Temperature Control is Maintained:
Food that can be prepared using this method

PAN FRYING:
Equipment Needed:
How Temperature Control is Maintained:
Food that can be prepared using this method
SIMMERING:
Equipment Needed:
How Temperature Control is Maintained:
Food that can be prepared using this method

MICROWAVING:
Equipment Needed:
How Temperature Control is Maintained:
Food that can be prepared using this method
AIR FRYING:
Equipment Needed:
How Temperature Control is Maintained:
Food that can be prepared using this method

GRILLING:
Equipment Needed:
How Temperature Control is Maintained:
Food that can be prepared using this method
FOIL COOKING:
Equipment Needed:
How Temperature Control is Maintained:
Food that can be prepared using this method

DUTCH OVEN:
Equipment Needed:
How Temperature Control is Maintained:
Food that can be prepared using this method

REQUIREMENT 3b:	Discuss the benefits of using a camp stove on an outing vs. a charcoal or wood fire.
Camp Stove:	
Charcoal or Wood Fire:	

REQUIREMENT 3c:	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.

Notes:

REQUIREMENT 3d:	Explain and give examples of how taste, texture, and smell impact what we eat.

Taste:

Texture:

Smell:

Meal Planning Worksheet

Patrol:	Campout Date:
Patrol Quartermaster:	Campout Location:
Meal (Breakfast, Lunch, Dinner, Cracker Barrel):	

Attach food receipt(s) to this form & return to Troop Treasurer after campout. Budget is $5 per scout per meal – do not exceed budget

Attendees
PL
APL
3
4
5
6
7
8

CAMPOUT MEAL PLANNER

MEAL

_____

Main: _____

Fruit/Veggie: _____

Side: _____

Side: _____

Drink: _____

Other: _____

Other: _____

Other: _____

Other: _____

Other: _____

Check with Quartermaster for extra inventory

SHOPPING LIST

	Have	Need
Paper Towels		
Aluminum Foil		
Garbage Bags		
Seasonings		
Dish Soap		
Dish Washing Rag		
Dish Sponge		
Bleach		

GROCERY LIST

Quantity	Item	Cost

SPECIAL COOKWARE / EQUIPMENT NEEDS

_____

_____

_____

_____

_____

_____

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.

HOME COOKING	
REQUIREMENT 4a:	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.
REQUIREMENT 4b:	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 4c:	Share and discuss your meal plan and shopping list with your counselor.
REQUIREMENT 4d:	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. Those served need not be the same for all meals.
REQUIREMENT 4e:	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.
REQUIREMENT 4f:	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.

Evaluation by person(s) served:

BREAKFAST COOKED AT HOME:

Date and Location of Meal:

Cooking Method(s) Used:

Equipment and Utensils Needed:

What Adult joined you for this meal to perform an evaluation of your meal?

Adult's Name | Phone or Email

Adult's Signature | Date ☐ *breakfast*

Evaluation by person(s) served:

LUNCH COOKED AT HOME:

Date and Location of Meal:

Cooking Method(s) Used:

Equipment and Utensils Needed:

What Adult joined you for this meal to perform an evaluation of your meal?

Adult's Name | Phone or Email

Adult's Signature | Date ☐ *breakfast*

Evaluation by person(s) served:

DINNER / SUPPER COOKED AT HOME:

Date and Location of Meal:

Cooking Method(s) Used:

Equipment and Utensils Needed:

What Adult joined you for this meal to perform an evaluation of your meal?

Adult's Name _____ Phone or Email _____

Adult's Signature _____ Date _____ ☐ *breakfast*

Evaluation by person(s) served:

DESSERT COOKED AT HOME:

Date and Location of Meal:

Cooking Method(s) Used:

Equipment and Utensils Needed:

What Adult joined you for this meal to perform an evaluation of your meal?

Adult's Name _____ Phone or Email _____

Adult's Signature _____ Date _____ ☐ *breakfast*

Evaluation by person(s) served:

CAMP COOKING	
REQUIREMENT 5a:	Using the MyPlate food guide or the current USDA nutrition model, plan a menu that includes four meals, one snack, and one dessert for your patrol (or a similar size group of up to eight youth, including you) on a camping trip. These four meals must include two breakfasts, one lunch, and one dinner. Additionally, you must plan one snack and one dessert. 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. List the equipment and utensils needed to prepare and serve these meals.
REQUIREMENT 5b:	Find or create recipes for the four meals, the snack, and the dessert you have planned. 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 5c:	Share and discuss your menu plans and shopping list with your counselor.
REQUIREMENT 5d:	In the outdoors, using your menu plans and recipes for this requirement, cook two of the four meals you planned using either a camp stove OR backpacking stove. Use a skillet OR a Dutch oven over campfire coals for the third meal, and cook the fourth meal in a foil pack OR on a skewer. Serve all of these meals to your patrol or a group of youth.
REQUIREMENT 5e:	In the outdoors, using your menu plans and recipes for this requirement, prepare one snack and one dessert. Serve both of these to your patrol or a group of youth.
REQUIREMENT 5f:	After each meal, have those you served evaluate the meal on presentation and taste, and then evaluate your own meal.

BREAKFAST #1 COOKED AT CAMP:	☐ CAMP STOVE / BACKPACKING STOVE	☐ SKILLET OR DUTCH OVEN	☐ FOIL PACK / SKEWER

Date and Location of Meal:

Equipment and Utensils Needed:

Evaluation by person(s) served:

BREAKFAST #2 COOKED AT CAMP:	☐ CAMP STOVE / BACKPACKING STOVE	☐ SKILLET OR DUTCH OVEN	☐ FOIL PACK / SKEWER

Date and Location of Meal:

Equipment and Utensils Needed:

Evaluation by person(s) served:

LUNCH COOKED AT CAMP:	☐ CAMP STOVE / BACKPACKING STOVE	☐ SKILLET OR DUTCH OVEN	☐ FOIL PACK / SKEWER

Date and Location of Meal:

Equipment and Utensils Needed:

Evaluation by person(s) served:

DINNER / SUPPER COOKED AT CAMP: ☐ CAMP STOVE / BACKPACKING STOVE ☐ SKILLET OR DUTCH OVEN ☐ FOIL PACK / SKEWER
Date and Location of Meal:
Equipment and Utensils Needed:
Evaluation by person(s) served:

SNACK COOKED AT CAMP:
Date and Location of Meal:
Equipment and Utensils Needed:
Evaluation by person(s) served:
DESSERT COOKED AT CAMP:
Date and Location of Meal:
Equipment and Utensils Needed:
Evaluation by person(s) served:

REQUIREMENT 5f:	Discuss what you learned with your counselor, including any adjustments that could have improved or enhanced your meals.

Consider using the Cooking Merit Badge Pamphlet for preparation information

This requirement must be reviewed with your merit badge counselor.

BE PREPARED!

Notes:

REQUIREMENT 5f:	Tell how planning and preparation help ensure successful outdoor cooking.

Consider using the Cooking Merit Badge Pamphlet for preparation information

This requirement must be reviewed with your merit badge counselor.

BE PREPARED!

Notes:

REQUIREMENT 5g:	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.

MEAL #1: ☐ BREAKFAST ☐ LUNCH ☐ DINNER / SUPER ☐ SNACK ☐ DESSERT

Scout Leader's (preferred) or Adult's Name

Phone or Email

Scout Leader's (preferred) or Adult's Signature

Date ☐ Scout participated and managed clean-up efforts as stated

MEAL #2: ☐ BREAKFAST ☐ LUNCH ☐ DINNER / SUPER ☐ SNACK ☐ DESSERT

Scout Leader's (preferred) or Adult's Name

Phone or Email

Scout Leader's (preferred) or Adult's Signature

Date ☐ Scout participated and managed clean-up efforts as stated

MEAL #3: ☐ BREAKFAST ☐ LUNCH ☐ DINNER / SUPER ☐ SNACK ☐ DESSERT

Scout Leader's (preferred) or Adult's Name

Phone or Email

Scout Leader's (preferred) or Adult's Signature

Date ☐ Scout participated and managed clean-up efforts as stated

MEAL #4: ☐ BREAKFAST ☐ LUNCH ☐ DINNER / SUPER ☐ SNACK ☐ DESSERT

Scout Leader's (preferred) or Adult's Name

Phone or Email

Scout Leader's (preferred) or Adult's Signature

Date ☐ Scout participated and managed clean-up efforts as stated

MEAL #5: ☐ BREAKFAST ☐ LUNCH ☐ DINNER / SUPER ☐ SNACK ☐ DESSERT

Scout Leader's (preferred) or Adult's Name

Phone or Email

Scout Leader's (preferred) or Adult's Signature

Date ☐ Scout participated and managed clean-up efforts as stated

REQUIREMENT 5h:	Discuss how you followed the Leave No Trace Seven Principles and the Outdoor Code when preparing your meals.

Notes:

TRAIL AND BACKAPACKING COOKING	
REQUIREMENT 6a:	Using the MyPlate food guide or the current USDA nutrition model, plan a day of meals 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.
REQUIREMENT 6b:	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 6c:	Share and discuss your menu and shopping list with your counselor.
REQUIREMENT 6d:	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).
REQUIREMENT 6e:	After each meal, have those you served evaluate the meal on presentation and taste, then evaluate your own meal.

Evaluation by person(s) served:

BREAKFAST COOKED ON TRAIL / BACKPACKING: ☐ COOKED ON TRAIL ☐ COOKED OVER FIRE OR APPROVED TRAIL STOVE
Date and Location of Meal:
Equipment and Utensils Needed:
Evaluation by person(s) served:

LUNCH COOKED ON TRAIL / BACKPACKING:	☐ COOKED ON TRAIL ☐ COOKED OVER FIRE OR APPROVED TRAIL STOVE
Date and Location of Meal:	
Equipment and Utensils Needed:	
Evaluation by person(s) served:	

DINNER COOKED ON TRAIL / BACKPACKING:	☐ COOKED ON TRAIL ☐ COOKED OVER FIRE OR APPROVED TRAIL STOVE
Date and Location of Meal:	
Equipment and Utensils Needed:	
Evaluation by person(s) served:	

SNACK COOKED ON TRAIL / BACKPACKING:	☐ COOKED ON TRAIL ☐ COOKED OVER FIRE OR APPROVED TRAIL STOVE
Date and Location of Meal:	
Equipment and Utensils Needed:	
Evaluation by person(s) served:	

REQUIREMENT 6c:	Share and discuss how to repackage foods for your hike or backpacking trip to eliminate as much bulk, weight, and garbage as possible.

Consider using the Cooking Merit Badge Pamphlet for preparation information

This requirement must be reviewed with your merit badge counselor.

BE PREPARED!

Notes:

REQUIREMENT 6e:	Discuss what you learned with your counselor, including any adjustments that could have improved or enhanced your meals.

Consider using the Cooking Merit Badge Pamphlet for preparation information

This requirement must be reviewed with your merit badge counselor.

BE PREPARED!

Notes:

REQUIREMENT 6e:	Tell how planning and preparation help ensure successful trail hiking or backpacking meals.

Consider using the Cooking Merit Badge Pamphlet for preparation information

This requirement must be reviewed with your merit badge counselor.

BE PREPARED!

Notes:

REQUIREMENT 6f:	Explain to your counselor how you should divide the food and cooking supplies among the patrol in order to share the load.

Consider using the Cooking Merit Badge Pamphlet for preparation information

This requirement must be reviewed with your merit badge counselor.

BE PREPARED!

Notes:

REQUIREMENT 6f:	Discuss how to properly clean the cooking area and store your food to protect it from animals.

Consider using the Cooking Merit Badge Pamphlet for preparation information

This requirement must be reviewed with your merit badge counselor.

BE PREPARED!

Notes:

DO ONE OF THE FOLLOWING (7A or 7B) FOR REQUIREMENT 7

REQUIREMENT 7a:	Identify three career opportunities that would use skills and knowledge in cooking.
Career Opportunity #1:	
Career Opportunity #2:	
Career Opportunity #3:	
REQUIREMENT 7a:	Pick one and research the training, education, certification requirements, experience, and expenses associated with entering the field.
Selected Career Opportunity:	
Training Requirements:	
Education Requirements:	
Certification Requirements:	

Experience Requirements:
Expenses associated with:
REQUIREMENT 7a: Research the prospects for employment, starting salary, advancement opportunities and career goals associated with this career.
Prospects for Employment:
Starting Salary:
Advancement Opportunities:
Career Goals:

REQUIREMENT 7a:	Discuss what you learned with your counselor and whether you might be interested in this career.
Notes:	

REQUIREMENT 7b:	Identify how you might use the skills and knowledge in cooking to pursue a personal hobby or healthy lifestyle.
Notes:	

REQUIREMENT 7b:	Research the additional training required, expenses, and affiliation with organizations that would help you maximize the enjoyment and benefit you might gain from it.
Notes:	

REQUIREMENT 7b:	Discuss what you learned with your counselor and share what short-term and long-term goals you might have if you pursued this.
Notes:	