



Troop 70 Cooking Merit Badge Requirements

Troop 70 has always stressed camping knowledge and the related skills in the outdoor programs. The Troop Committee and adult leadership find our outdoor skills are the foundation of the Scouting program as Lord Bayden-Powell designed it. Listed are the requirements for Cooking Merit Badge. Troop 70 Scouts may only pass these requirements to the Scoutmaster. Neatly organize the information in a notebook with this page as the first page.

Date Completed/
SM Initials

- _____
- _____
- _____
- _____
1. Do the following:
 - (a) Discuss the injuries that might arise from cooking, including burns and scalds, and the proper treatment.
 - (b) Describe how meat, fish, chicken, eggs, dairy products, and fresh vegetables should be stored, transported, and properly prepared for cooking.
 - (c) Describe the following food-related illnesses and tell what you can do to help prevent each from happening: 1. Salmonella enteritis, 2. Staphylococcal enteritis, 3. E. coli (Escherichia coli) enteritis, 4. Botulism, 5. Trichinosis, 6. Hepatitis
 2. Do the following:
 - (a) Illustrate the food pyramid that fits you. Label the following food groups in the pyramid and how much of each you should eat each day: 1 Grains, 2 Vegetables, 3 Fruits, 4 Milk or Yogurt, Cheese, 5 Meats poultry, fish, beans, eggs, nuts, 6 Oils (fats) and sugars
 - (b) Explain why you should limit your intake of oils and sugars.
 - (c) Explain the number of servings recommended per day from each group.
 - (d) Give examples from each food group.
 - (e) Describe the measurements of servings for each food group.
 - (f) Describe food preparation techniques that result in more healthful and nutritious meals.
 3. Plan menus for 3 straight days (nine meals) of camping. Include the following:
 - (a) A camp dinner with soup; meat, fish or chicken; two fresh vegetables; bread; drink; and dessert. All are to be cooked at camp.
 - (b) A one pot dinner. Use foods other than canned. All must be prepared at camp.
 - (c) A breakfast, lunch and dinner good for a trail or backpacking trip where light weight is important. Use as much dehydrated or freeze dried foods as possible. Purchase the items from local food stores (not specialty stores). You should be able to store all foods used for several days without refrigeration. The lunch planned should not need cooking at the time of serving. The dinner must include hot soup or a salad; meat, fish or chicken; vegetable and starch food or a second vegetable; baked biscuits; and drink. (This means the other two breakfasts and two lunches shall be the type you can prepare in camp or on the trail.
 4. Do the following:
 - (a) Make a food list, showing cost and amount needed to feed three or more boys using the menus planned in requirement 3.
 - (b) Make a list of utensils needed to cook and serve these meals.
 - (c) Calculate the weight of the foods in requirement 3c.
 5. Do the following using the menus planned in requirement 3 (see the chart):
 - (a) Prepare and serve for yourself and two others, the three dinners, the lunch, and the breakfast planned in requirement 3. Time your cooking so that each course will be ready to serve at the proper (same) time. These meals may be prepared on different trips and not consecutively.
 - (b) For the meals prepared in 5a, for which a fire is needed, pick a good spot for your fire. Build a fireplace. Include a support for your cooking utensils from rocks, logs or like material. (Where local laws do not allow you to do this, the scoutmaster may change the requirement to meet the law). The same fireplace may be used for more than one meal. Use charcoal as a fuel in cooking at least one meal.
 - (c) for each meal prepared in requirement 5a, use safe food handling practices. Use the correct method to get rid of garbage, cans, foil, paper and other rubbish by burning and using a tote litter bag. After each meal, clean up the site thoroughly.

Name: _____

Patrol: _____



Troop 70 Cooking Merit Badge Meal Completion Chart

	COMPONENTS	FIRE USED	PREPARATION CLEANLINESS	CLEANUP	CAMP LOCATION AND DATE	APPROVED
BIG MEAL	Bread Soup Meat 2 Vegetables Drink Dessert	Charcoal Wood				
ONE POT MEAL	Meat 2 Vegetables	Charcoal Wood Stove				
BREAKFAST	Eggs fried on Dutch Oven lid Bread Juice Hot Drink	Charcoal Wood				
DEHYDRATED	Meat Dish Dessert	 Stove				

Name: _____

Patrol: _____