

## Cooking Merit Badge Packet

*An instructional assistant to accomplishing the Cooking Merit Badge at Camp Baldwin*

Since 1911, the Cooking merit badge has been a cornerstone of the scouting experience and at Camp Baldwin it is the activity from which we enhance the patrol method from. In 2013 the merit badge was included as an Eagle rank required achievement and it is easy to see why. The level of focus and investment a Scout needs to bring to one of life's most important skills is integral to the growth and independence of our youth. Because of the thoroughness of the craft of cooking it is a merit badge that has become challenging to earn at a single week of summer camp. This year the 2018 Camp Baldwin season is introducing expanded patrol resources and this packet to assist scouts that are interested in completing as much of the merit badge as possible during their stay with us. Scouts, please review the suggestions and opportunities in this packet with your youth leadership and adult leadership if you wish to pursue this merit badge. Adult leaders, if you have scouts who are interested in pursuing this merit badge at camp recognize that the Scout attempting this merit badge must assume direction and accountability for patrol meals to earn this.



“Cooking is a craft, I like to think, and a good cook is a craftsman – *not* an artist. There’s nothing wrong with that: the great cathedrals of Europe were built by craftsmen – though not designed by them. Practicing your craft in expert fashion is noble, honorable and satisfying.”

-Anthony Bourdain

Review each part of the packet to get an understanding of what the whole merit badge will entail and what will need to be considered to attempt the merit badge with us

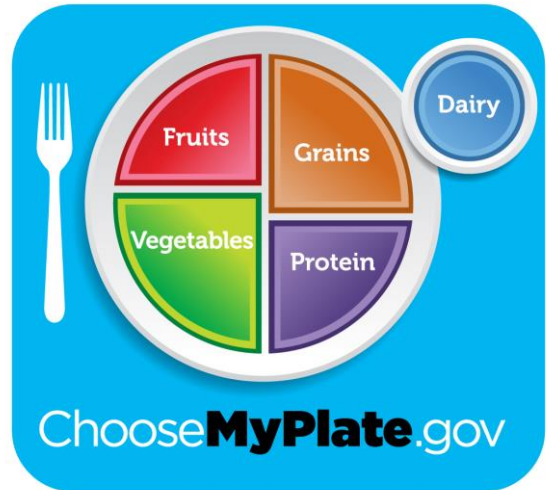
- Requirements met @ Camp in the Merit Badge class
- Requirements met @ Camp in the campsite
- Requirements met @ home
- Food Pricing

### Program Advisory

The biggest limitation on a unit's ability to allow many Scouts to accomplish the Cooking merit badge at Camp Baldwin is equipment and time. Every unit has 14 opportunities to cook in the campsite, 12 for Monday Start weeks. The average campsite has on average ~3 dining shelters with a picnic table under each. The requirements that can be met in the campsite include 4 meals, a dessert, and a snack. Each meal planned and made toward the Cooking merit badge can be claimed by only one Scout and cannot be a copy of the Camp Baldwin standard menus.

## Cooking Merit Badge Planning Guide

	START
@ HOME	Review this guide
	Design menus for <u>home</u> , <u>camping</u> , and <u>backpacking</u> meals using the Commissary Pages. Price out your meals
	Create home meals and serve yourself and at least one adult
	Receive a note from an adult verifying the meal's preparation for timeliness
	For each meal, conduct an evaluation based on taste and presentation by an adult you served and yourself. Bring copies of the evaluations to show the Cooking counselor



	START
@ CAMP	↓      ↓      ↓
	Sign-up and attend Cooking Merit Badge
	Organize with Troop leadership patrol cooking duties to include Scouts working on Cooking merit badge. Use Patrol Duty Roster to organize responsibilities if necessary
	Pick up extra stoves or cooking equipment if a Scout is not providing their own
	Cook required meals for camping and backpacking
	Review with Cooking merit badge instructor during open program your <b>menus</b> , <b>evaluations for each meal you served</b> , and <b>cleaning procedures</b> for all your meals
MERIT BADGE COMPLETION	

START
Sign-up and attend Cooking Merit Badge
Design menus for <u>camping</u> and <u>backpacking</u> meals Using the Commissary Pages. Price out your meals
Pick up extra stoves or cooking equipment if a Scout is not providing their own
Cook however many required meals for camping and backpacking
Review with Cooking merit badge instructor during open program your <b>menus</b> , <b>evaluations for each meal you served</b> , and <b>cleaning procedures</b> for all your meals
MERIT BADGE PARTIAL

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| <p>Items needed for review with counselor:</p> <ul style="list-style-type: none"> <li>• Menus</li> <li>• Evaluations</li> <li>• Cleaning Procedures</li> <li>• Note verifying timeliness of meals made at home, signed by adult served.</li> </ul> |
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## Requirement's met @ Camp Baldwin During Merit Badge Classes, 9am – 11am & 2pm – 4pm

### 1. **Health and safety.** Do the following:

- a. 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.
- b. 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.
- c. Describe how meat, fish, chicken, eggs, dairy products, and fresh vegetables should be stored, transported, and properly prepared for cooking. Explain how to prevent cross-contamination.
- d. Discuss with your counselor food allergies, food intolerance, and food-related illnesses and diseases. Explain why someone who handles or prepares food needs to be aware of these concerns.
- e. Discuss with your counselor why reading food labels is important. Explain how to identify common allergens such as peanuts, tree nuts, milk, eggs, wheat, soy, and shellfish.

### 2. **Nutrition.** Do the following:

- a. 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

- b. Explain why you should limit your intake of oils and sugars.
- c. Determine your daily level of activity and your caloric need based on your activity level. Then, based on the MyPlate food guide, discuss with your counselor an appropriate meal plan for yourself for one day.
- d. Discuss your current eating habits with your counselor and what you can do to eat healthier, based on the MyPlate food guide.
- e. Discuss the following food label terms: calorie, fat, saturated fat, trans fat, cholesterol, sodium, carbohydrate, dietary fiber, sugar, protein. Explain how to calculate total carbohydrates and nutritional values for two servings, based on the serving size specified on the label.

### 3. **Cooking basics.** Do the following:

- a. Discuss EACH of 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, steaming, microwaving, grilling, foil cooking, and use of a Dutch oven.
- b. Discuss the benefits of using a camp stove on an outing vs. a charcoal or wood fire.
- c. 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.

### 7. **Food-related careers.** Find out about three career opportunities in cooking. Select one and find out the education, training, and experience required for this profession. Discuss this with your counselor, and explain why this profession might interest you.

## Class Work and Partial

Each of our Cooking Merit Badge classes will go over the requirements listed above during your week. Examples of cooking methods and menu planning is provided to help jump start Scouts who wish to start working on meal planning and preparation at camp or take back home to finish. Scouts who do not review and work on the rest of this packet or the requirements listed afterward will receive a partial on their Blue Card. Recognize that a partial Blue Card for a merit badge is not a failure, rather a successful completion of a portion of a badge. Scouts will walk away with the foundation of learning to take back home to work with their unit or district merit badge counselor to finish.

If a Scout decides to start Requirements #5 and #6 at camp without prior planning they will need to work with their unit leadership to create patrol cooking duties that incorporate the merit badge work.

## Requirements To Be Met @ Home

4. **Cooking at home.** 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 kept your foods safe and free from cross-contamination. 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 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.
  - 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.
5. **Camp Cooking.** Do the following:
  - a. Using the MyPlate food guide or the current USDA nutrition model, plan five meals for your patrol (or a similar size group of up to eight youth, including you) for a camping trip. 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. These five meals must include at least one breakfast, one lunch, one dinner, AND at least one snack OR one dessert. List the equipment and utensils needed to prepare and serve these meals.
  - b. 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.
6. **Trail and Backpacking meals.** Do the following:
  - a. 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). Be sure to keep in mind any special needs (such as food allergies) and how you will keep your foods safe and free from cross-contamination. List the equipment and utensils needed to prepare and serve these meals.
  - b. 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.

To create a shopping list for meals to be made at camp use the Cooking Merit Badge Shopping List as a grocery list to build your meals with. Additional ingredients you choose to incorporate for your menu will need to be researched at home and brought to camp for requirements #5 and #6.

The planning of menus for requirements #6, #7, and #8 must be done before any cooking is performed. When designing menus refer to the Myplate food guide as the outline for the meal and build your meal items from the recommended portions. When adapting the daily ingredients from Camp Baldwin's Commissary to meals recognize that copying and serving the posted menu from the Baldwin Menus will not be recognized for meeting the requirement with our merit badge counselors. A level of effort to create a menu must be displayed in the planning toward the Cooking merit badge. An example of adapting provided ingredients for daily meals is taking the soft-shell taco dinner served on Wednesday night, reorganizing the ingredients and cooking methods, to create a dutch oven-baked nacho dinner instead.

Once a Scout has designed menus for requirement #5 and #6 they must determine what kitchen equipment will need by referring to the Camp Equipment page which will detail all the kitchen tools camp can provide for you. Please recognize that there will be a limited number of equipment at camp to procure for your unit so sharing tools and keeping them clean will be a logistical plan for your unit to navigate unless you supply extra tools.

All Scouts working on Cooking merit badge through Camp Baldwin do not have to limit themselves to what our Camp Commissary can provide in food and equipment. Scouts can bring their own ingredients and partially utilize our food and equipment or not use our resources at all.

Refer to the Food Pricing page for details on how to cost out your meals using Baldwin's Commissary.

## Requirements met @ Campsite

### 5. Camp cooking. Do the following:

- c. Share and discuss your meal plan and shopping list with your counselor.
- d. In the outdoors, using your menu plans for this requirement, cook two of the five meals you planned using either a lightweight stove or a low-impact fire. Use a different cooking method from requirement 3 for each meal. You must also cook a third meal using either a Dutch oven OR a foil pack OR kabobs. Serve all of these meals 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 planning and preparation help ensure successful outdoor cooking.
- g. Explain to your counselor how you cleaned the equipment, utensils, and the cooking site thoroughly after each meal. Explain how you properly disposed of dishwater and of all garbage.
- h. Discuss how you followed the Outdoor Code and no-trace principles when preparing your meals.

### 6. Trail and backpacking meals. Do the following:

- c. 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.
- d. 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).
- 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 planning and preparation help ensure successful trail hiking or backpacking meals.
- f. Discuss how you followed the Outdoor Code and no-trace principles during your outing. Explain to your counselor how you cleaned any equipment, utensils, and the cooking site after each meal. Explain how you properly disposed of any dishwater and packed out all garbage.

Our Camp Commissary will provide the same listed items on our Commissary page to campers. Quantity is based on the size of your troop in a campsite. Each item contained in a daily meal is specific as those same ingredients are used to create our standard campsite meals each week at camp. Portions for every unit regardless of whether a Scout is preparing meals for their Cooking merit badge will remain the same. When a Scout designs their meal utilizing the food provided they only need to take the portions they need to feed themselves another adult. The meal a Scout prepares for their merit badge can also be served to the whole patrol. Extra items within a specific meal can be requested the day before with our Commissary staff.

Scouts will need to meet with the Cooking MB counselor during open program to review **meal plans**, **meal evaluations** for each meal served at home and campsite, and explain the **cleaning procedures** for each meal. Once a Scout has executed their meals and reviewed with the counselor they will have completed these requirements.

## Food Pricing

If a designed meal only uses Baldwin supplied food refer to the cooking Merit Badge Packet for prices by portion. When designing meals using items found outside of Camp Baldwin refer to the recipe's instructions for ingredient amounts. Each meal designed by the Scout must be big enough to serve the Scout and at least one adult.

To price out a meal there are two ways to proceed:

### Ingredient pricing

1. Determine the exact amount of each ingredient used.
2. Find the cost of each ingredient according to the unit you are using. Some grocery stores make this easier for you by listing the cost per unit of measure for you on the shelf label. If shelf labels are not available to use, divide the food item's amount (found on the front of the packing for most products) by the amount of each ingredient you need.
3. Add together the individual costs of each item that you will be using, the sum will equal to the total value of your meal.

### Menu Pricing

1. Create your shopping list and collect the prices of each item from your local store.
2. Total the cost of your shopping list and divide the amount by the number of people who will be dining with you.

To utilize Baldwin Menu ingredients please refer to the Cooking Merit Badge Shopping List for details.