

Cooking Merit Badge Worksheet



Requirement 1

Make a food list, showing cost and amount needed to feed your entire Patrol, using a prepared balanced menu covering three whole days of camping.

Day 1

Breakfast			Lunch			Dinner		
QTY	Food List	Cost	QTY	Food List	Cost	QTY	Food List	Cost

Day 2

Breakfast			Lunch			Dinner		
QTY	Food List	Cost	QTY	Food List	Cost	QTY	Food List	Cost

Day 3

Breakfast			Lunch			Dinner		
QTY	Food List	Cost	QTY	Food List	Cost	QTY	Food List	Cost

Requirement 2

Make a list of the utensils needed to cook and serve meals for your Patrol.

Requirement 3

While in camp:

- Show the proper way of handling and storing food under sanitary conditions
- Show the correct way of washing dishes and utensils for both kitchen and table
- Practice the correct and environmentally-friendly way to dispose of garbage, cans, paper, and other rubbish by burying them or by the use of a trash bag

Requirement 4

Serve satisfactorily as cook for your Patrol/Crew or Troop/Outfit for at least three meals using a prepared menu

Date Prepared	Meal Portion (Breakfast / Lunch / Dinner)	Menu Prepared	Number of People Served

Requirement 5

Do the following:

- Build a fireplace out of stone, brick, clay, log or other locally gathered materials **OR** dig a fireplace in the ground
- Show the proper way of storing firewood
- Build fire in the fireplace you have built, and after its use remove the traces that it has been used as one
- With an economical budget and considering proper nutrition and taste, prepare meals for at least four persons – including rice, soup, meat or fish, vegetables, a salad, and a native desert which requires cooking. Time your cooking so that courses will be ready to be served at the proper time.

Budget: PHP _____

Soup Prepared: _____

Meat or Fish Prepared: _____

Vegetables Prepared: _____

Salad Prepared: _____

Desert Prepared: _____

- Set the table, properly sheltered, for a meal for at least four persons.
- Serve the meal in accordance with good table manners, and clean up after eating