

Cooking Merit Badge Checklist

Scout : _____

Req #4 : Cooking at Home

Prepare Plans for 10 meals (3 breakfast, 3 lunch, 3 dinner, 1 dessert)

Cook and Evaluate 4 meals (1 breakfast, 1 lunch, 1 dinner, 1 dessert)

Each meal must feed at least 2 people (including yourself) - using at least 5 different Cook Methods

	Meal	Cook Method	Plan (10)	Cook (4)
HB1 : Breakfast				
HB2 : Breakfast				
HB3 : Breakfast				
HL1 : Lunch				
HL2 : Lunch				
HL3 : Lunch				
HD1 : Dinner				
HD2 : Dinner				
HD3 : Dinner				
HT1 : Dessert				

Req #5 : Cooking at Camp

Prepare Plans for 5 meals (1 breakfast, 1 lunch, 1 dinner, 1 dessert, 1 open)

Cook any 3 Meals (2 on lightweight stove / 1 on either Dutch Over, Kabob or Foil Pack)

Each meal must feed at least 8 people (including yourself) -

	Meal	Cook Method	Plan (5)	Cook (3)
CB1 : Breakfast				
CL1 : Lunch				
CD1 : Dinner				
CO1 : Open				
CT1 : Dessert				

Req #6 : Cooking on the Trail

Prepare Plans for 4 meals (1 breakfast, 1 lunch, 1 dinner, 1 snack)

Prepare any 3 meals, but at least one must be cooked on an open flame.

Each meal must feed at least 3-5 people (including yourself) and not require refrigeration.

	Meal	Cook Method	Plan (4)	Cook (3)
TB1 : Breakfast				
TL1 : Lunch				
TD1 : Dinner				
TT1 : Snack				

Attached your Meal Plans (in order) behind this Master Checklist

- a) Each meal must be planned from MyPlate or a USDA Nutrition Guide
- b) Include a shopping list for each meal plan.
- c) Describe cook method and storage method needed for each meal.
- d) Describe the cooking utensils and equipment needed for each meal.
- e) Determine if anyone in your group has any food allergies.
- f) After serving - self evaluate your meal.
- g) After serving - invite one diner to evaluate your meal.
- h) Explain how you did clean up after each meal served.