

The image features a title card for a 'Cooking Merit Badge'. The card is white with a thin green border and is centered on a light brown, textured background. Two dark brown horizontal bars, resembling ribbons, are positioned on either side of the card, with the text 'Cooking' and 'Merit Badge' appearing to be pinned to them. The text is in a large, red, serif font.

# Cooking Merit Badge

# Requirements

1. Do the following:
  - a. Review with your counselor 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



# Requirements

2. Do the following:
  - a. Illustrate for your counselor 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, 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 your counselor examples from each food group.
  - e. Describe for your counselor the measurements of servings for each food group.
  - f. Describe to your counselor food preparation techniques that result in more healthful and nutritious meals.

# Requirements

3. Plan a menu for two straight days (six meals) of camping. Include the

following:

---

- a. A camp dinner with soup; meat, fish, poultry, or an appropriate substitute; two fresh vegetables; drink; and dessert. All are to be properly prepared. When preparing your menu, follow the nutritional guidelines set by the food pyramid.
- b. A one-pot dinner. Use foods other than canned.
- c. Using the menu planned for requirement 3, make a food list showing cost and amount needed to feed three or more boys.
- d. List the utensils needed to cook and serve these meals.



# Requirements

4. Using the menu planned for requirement 3, do the following and discuss the process with your merit badge counselor:
  - a. Prepare and serve for yourself and two others, the two dinners, one lunch, and one breakfast. Time your cooking so that each course will be ready to serve at the proper time.
  - b. For meals prepared in requirement 4a for which a fire is needed, use a lightweight stove or build a low-impact fire. Include support for your cooking utensils from rocks, logs, or like material. The same fireplace may be used for more than one meal. Use a backpacking stove to cook at least one meal.
  - c. For each meal prepared in requirement 4a, use safe food-handling practices. Dispose of garbage, cans, foil, paper, and other rubbish by packing them out and depositing them in a proper container. After each meal, clean up the site thoroughly.

# Requirements

5. Plan a menu for one day (three meals) or for four meals over a two-day

~~period of trail hiking or backpacking. Include the following:~~

a. A breakfast, lunch, and dinner for a trail or backpacking trip where light

weight is important. You should be able to store all foods used for several days without refrigeration. When preparing your menu, follow

the nutritional guidelines set by the food pyramid.

b. Using the menu planned for requirement 5, make a food list showing

cost and amount needed to feed three or more boys.

c. List the utensils needed to cook and serve these meals.

d. Figure the weight of the foods in requirement 5a.



# Requirements

6. Using the menu planned for requirement 5, do the following:
  - a. Prepare and serve for yourself and two others, the trail breakfast and dinner. Time your cooking so that each course will be ready to serve at the proper time.
  - b. Use an approved trail stove (with proper supervision) or charcoal to prepare your meals.
  - c. For each meal prepared in requirement 6a, use safe food-handling practices. Dispose of garbage, cans, foil, paper, and other rubbish by packing them out and depositing them in a proper container. After each meal, clean up the site thoroughly.

# Requirements

7. Plan a menu for three full days of meals (breakfast, lunch, and dinner) to be cooked at home.
  - a. When preparing your menu, follow the nutritional guidelines set by the food pyramid. All meals are to be cooked or properly prepared.
  - b. Using the menu planned for requirement 7, make a food list showing cost and amount needed to feed yourself and at least one adult (parent, family member, guardian, or other responsible adult).
  - c. Tell what utensils were needed to cook and serve these meals.
  - d. Prepare and serve a breakfast, lunch, and dinner from the menu you planned for requirement 7. Time your cooking to have each course ready to serve at the proper time. Have an adult verify the preparation of the meal to your counselor.



# Requirements

8. Find out about three career opportunities in cooking. Pick 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.

# Basics of Cooking

---

- Safety
- Food Nutrition
- Meal Planning
- Food Preparation



# Safety

---

# Requirements

1. Do the following:
  - a. Review with your counselor 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



# Temperature Danger Zone (TDZ)

---

- Keep Foods Safe
- Cold Foods Cold— 41° Degrees or Lower
- Hot Foods Hot – 135° Degrees or Higher
- Reheated Foods – Heat to 165° for 15 seconds

# Cook your Food to a Safe Temperature

---

## Recommended Safe Minimum Internal Temperatures



Steaks,  
roasts  
145 °F

Fish  
145 °F

Pork  
145 °F

Ground  
beef  
160 °F

Egg  
dishes  
160 °F

Chicken  
breasts  
165 °F

Whole  
poultry  
165 °F

© Healthwise, Incorporated



# Wash Your Hands

Be Clean, Wash your Hands in  
Hot Soapy Water



Clean Hands Means Safe  
Food

- Wash your hands with Hot Soapy Water for 30 Seconds. Wash in between Every Task.
- Good Personal Hygiene is the Key to keeping everyone from becoming sick

# Food Safety

---

Cross Contamination  
can ***KILL***



- Do NOT place Raw foods on the same Surface as ready to Eat Foods. **Keep Meat Separate from Ready to Eat!!!**



# Keep food safe

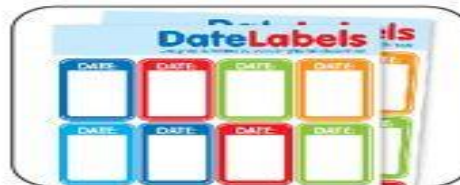
Some foods carry bacteria. Indirect contact between foods can cause cross-contamination.



**Use separate utensils and chopping boards for raw and cooked foods**



Store raw food and cooked food separately, or cooked above raw



Store food in date order – Use the oldest food first and dispose of out of date food



All stored food should be kept wrapped or in sealed containers

# WORK CLEAN

---





Safety Continued

---

Personal Safety

## Heat Sources

### Common Cooking Injuries

- **Burns and Scalds:**

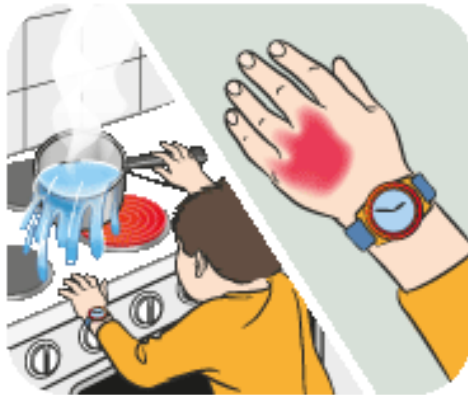
- Burns take place when contact is made with hot objects, chemicals, electrical sources, radiated heat, frozen surfaces, friction or radiation.
- Scalds are from boiling fluids or steam.





# First Aid for Burns and Scalds

## First steps when a burn happens



A burn is an **injury to the skin from something hot** – a heater, oven, hot drink or boiling water in a kettle or saucepan. Scalds are the most common burn among children. They're caused by hot liquids.



If your child gets a burn or scald, first make sure the area is safe and there is no risk of further injury to your child or yourself. Take your child to a safe place if possible.



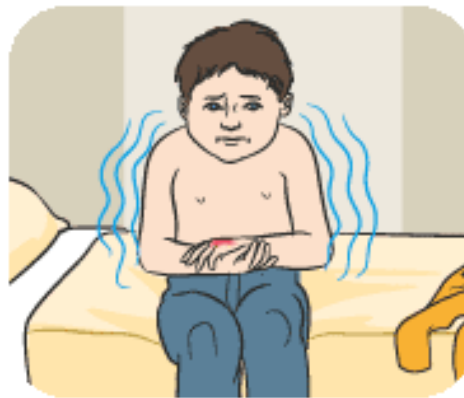
If the burn or scald is over your child's clothing, remove the clothing immediately, if it isn't stuck to the burn. Remove watches or jewellery. Leave any blisters alone.

# First Aid for Burns and Scalds

## First aid treatment



Treat the burn under **running water** for 20 minutes. Do this straight away. This treatment is still useful up to three hours after the burn.



**Cool the burn, not the child.** If the burn is large, stop cooling it after 20 minutes. This is because **hypothermia** can happen quickly in children.



Cover the burn with a loose, light, non-sticky dressing such as plastic wrap or a clean, wet cloth. Raise burned limbs.



# First Aid for Burns and Scalds

## When to get medical attention



Don't apply ice, iced water, lotions, moisturisers, oil, ointments, creams or powders to the burn. **Butter or flour can make the damage worse.**



**Call an ambulance** if the burn is to your child's face, airway, hands or genitals, or if the burn is larger than the size of your child's hand.



**Go to a doctor or hospital** if the burn is the size of a 20-cent piece or larger, or if it's deep, raw, angry or blistered. Also go if the pain persists or is severe, or you're not sure how bad the burn is.

## Heat Sources

### Preventing Burn Injuries

- Take time to prepare meals without rushing.
- 
- Always use pot holders that are in good repair.
  - Keep pot handles turned toward the back of the stove.
  - Cook on rear burners when ever possible, but avoid reaching over an open flame or hot burner.
  - Use caution when moving heavy pots of liquids from the stove.
  - Keep all heated liquid and food out of children's reach, and never hold anything hot while carrying a child.



## Heat Sources

### Preventing Burn Injuries

- Keep young children out of cooking area during cooking time.
- 
- Do not leave hot foods unattended on a table with a table cloth around children.
  - Be careful of the type of clothing being worn.
  - Ensure camp stoves are working properly.
  - Ensure all safety fire standards are adhered to by all cooking around an open fire.
  - Ensure pots/pans are stabilized in open fire area not to fall and burn anyone.

## Sharp Instruments

### Common Cooking Injuries

- **How to treat cuts:**

- As soon as you cut yourself, wash the wound immediately with soap and water in order to prevent infection.
- Apply a dry, clean dressing and hold pressure directly to the wound.
- If the bleeding is very bad you should go to the emergency room immediately.
- Cuts longer than 1 cm may need stitches; visit the doctor within the first 12 hours of cutting yourself.





## Sharp Instruments

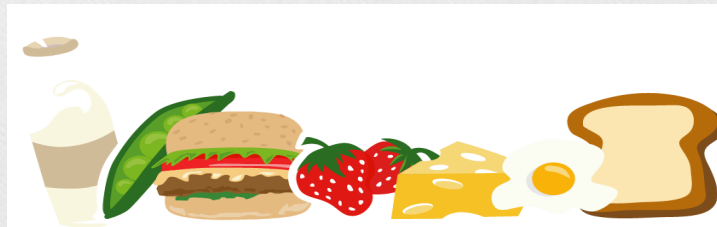
### Common Cooking Injuries

- **How to prevent cuts:**

- 
- **Always use sharp knives.** A sharp knife requires less pressure in cutting than a dull knife does, and your hand is less likely to slip.
  - **Cut correctly.** Don't hold something in your hand when cutting it. Use a large cutting board. Curl your fingers under when holding food and cut away from you. Keep your fingers away from the blade.
  - **Keep your eyes on your cutting.** It's easy to get distracted when preparing meals.

## Food Safety

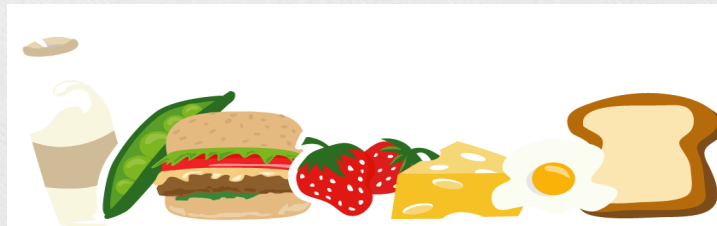
- Meats and dairy Items must be kept cold before use.
- Meat removed from wrapper must be kept separate.
- Meat should be cooked before it is no longer cool.
- Any cooked foods need to be properly stored and refrigerated to eliminate risks of growing bacteria.





## Food Safety

- Keep cold foods cold.
- Keep hot foods hot.
- Make certain safety seals on food in jars, containers etc are intact.
- Freeze meat or poultry that will not be used within 2-3 days.
- Refrigerate any leftovers and discard if not eaten within three days or more.



## Food Safety

### Food Sickness from Improper Handling

- Salmonella Enteritis- bacteria linked to raw, uncooked eggs, poultry, unwashed raw vegetables and fruits.
- Symptoms- nausea, vomiting, fever, abdominal pain, diarrhea, dehydration, weakness and loss of appetite.
- Prevention- cook food through, wash all fruits and vegetables, wipe up raw meat juice from counter and sanitize, clean utensils etc.

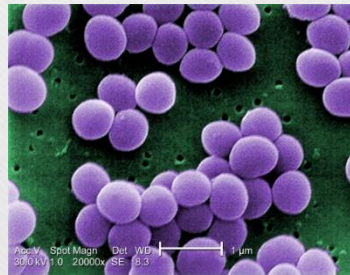




## Food Safety Cont.

### Food Sickness from Improper Handling

- Staphylococcal Enteritis- bacteria multiplies in warm temperatures and thrives on protein.
- Symptoms- nausea, diarrhea, headache, fever, chills, weakness and dizziness.
- Prevention- wash hands and utensils before serving food, cook meat thoroughly, refrigerate leftovers promptly and in covered containers.



## Food Safety Cont.

### Food Sickness from Improper Handling

---

- Escherichia Coli Enteritis (E. Coli) - bacteria that attacks the intestinal tract.
  - It can be transmitted from one person to another.
  - It grows at temperatures of 41 degrees and above.
  - It can cause serious illness for elderly adults and young children.
- Symptoms - nausea, vomiting, diarrhea, fever, and abdominal cramps.
- Prevention - foods need to be prepared in sanitary conditions, cook food through, and refrigerate foods below 41 degrees.



# Food Safety Cont.

## Food Sickness from Improper Handling

---

**Botulism-** this is a deadly disease. Ingestion of bacteria.

- Symptoms- dry mouth, double vision, nausea, vomiting, diarrhea, abdominal cramps, sore throat, dizziness, constipation, muscle weakness, muscle paralysis, difficulty swallowing and breathing.
- Prevention- never use food from bulging containers/cans, strange odor or appearance, cool leftovers quickly, and reheat all refrigerated leftover foods.



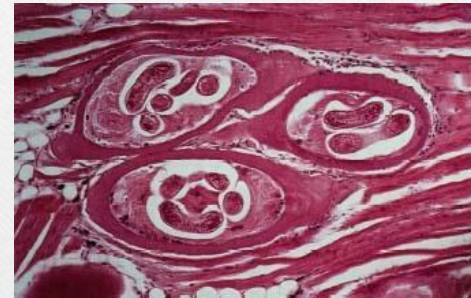
## Food Safety Cont.

### Food Sickness from Improper Handling

- **Trichinosis**- is caused by the parasite *Trichinella spiralis*.

---

  - Its larvae can remain alive in humans tissue for years.
  - You get it from eating undercooked or raw meat with the parasite.
- Symptoms- stomach ache, nausea, vomiting, and diarrhea.
  - This occurs within one week of digesting the parasite.
  - Usually from pork.
- Prevention- Cook meats all the way through, especially pork.





## Food Safety Cont.

### Food Sickness from Improper Handling

- **Hepatitis** - Hepatitis A is one of five viruses that causes inflammation of the liver.
  - The others are B, C, D and E.
  - Hepatitis A is a mild illness characterized by sudden fever, nausea, abdominal discomfort, followed by days of jaundice.
- Prevention - Wash hands with soap and warm water before preparing and eating food, scrub under fingernails, cook shellfish thoroughly, drink water from approved sources only, keep bathrooms clean and disinfected.



## Heat Sources

- Basic guidelines to follow when using heat to prepare foods:

---

  - Do not leave a lit stove unattended.
  - Dress appropriately when cooking; try not to wear loose clothing such as an open sweater or open jacket.
    - You do not want anything to be able to dangle into fire/stove etc.
    - Also possibly getting pulled in by a power kitchen tool or catching a pot on the stove.
  - Keep stove/oven area clean.
  - Do not keep towels, oven mitts, or pot holders close to heat source.



## Heat Sources

- Camp Fires

- 
- Understand all safety rules from Scout handbook
  - Secure necessary permits if needed.
  - Clear all flammable vegetation 5' from fire.
  - Attend to fire at all times.
  - Keep fire fighting tools handy (water and/or shovel).
  - Leave fire only when it is out.
  - Leave No Trace

# **Nutrition**

## **Food Groups**



# Requirements

2. Do the following:
  - a. Illustrate for your counselor the food pyramid that fits you. Label the following food groups in the pyramid and how much of each you should eat each day:

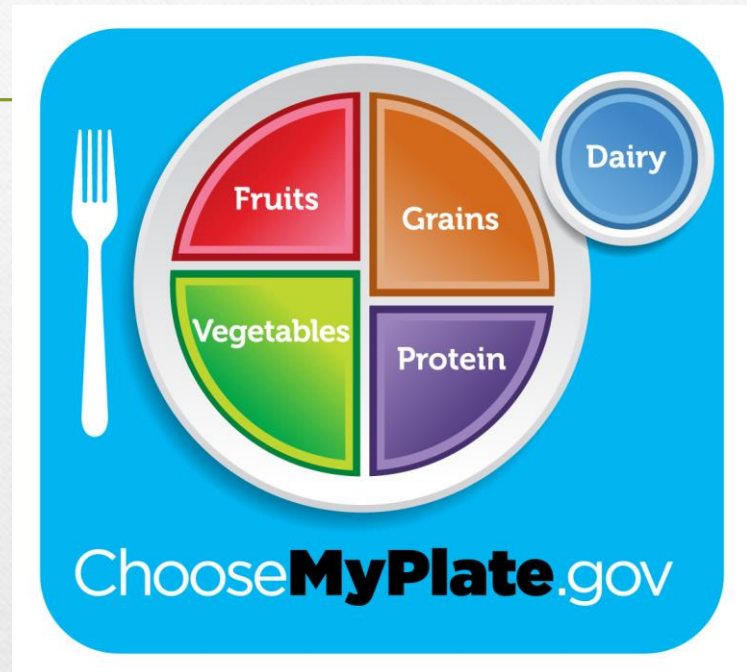
---

    1. Grains
    2. Vegetables
    3. Fruits
    4. Milk, 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 your counselor examples from each food group.
  - e. Describe for your counselor the measurements of servings for each food group.
  - f. Describe to your counselor food preparation techniques that result in more healthful and nutritious meals.

# My Plate

Steps to a healthier you.

What are the food groups?



GRAINS

VEGETABLES

FRUITS

OILS

MILK

MEAT & BEANS



# MY PLATE

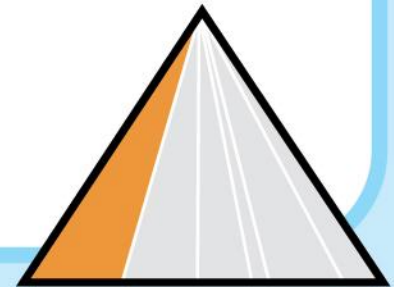
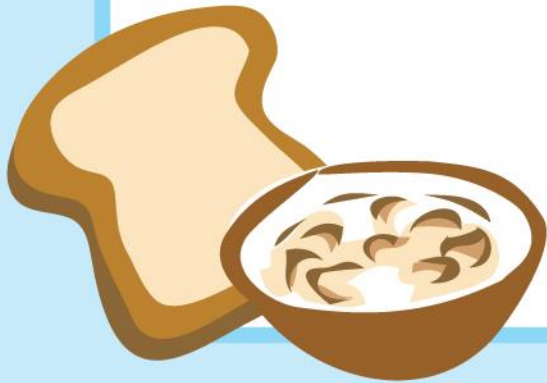
Get To Know Your Food Groups

---

- Created by U.S. Dept Agriculture
- Types of foods people should eat as well as quantity for a healthy life.
- Emphasizes fruits; vegetables, whole grains, low fat dairy products, lean meats, poultry, fish, beans, eggs and nuts.
- Average 12 year old who exercises 30-60 minutes a day should consume about 2,200 calories a day that includes 7 ounces of grains, 3 cups vegetables, 2 cups of fruit, 3 cups of milk and 6 ounces from the meat, fish , poultry, nuts and beans grouping.

## Grains

- Two subgroups in Grain
  - **Whole Grains** are complex carbohydrates. Provide energy and stamina for the body. Examples are whole wheat bread, oatmeal, brown rice. Good source of fiber, iron and many B vitamins. These grains take the body longer to process. Good hiking food.
  - **Refined Grains** are milled and processed. All of the bran, many vitamins and nutrients are removed. They are enriched with vitamins, but not the bran. Examples are noodles, rice, pasta, macaroni, white flour.

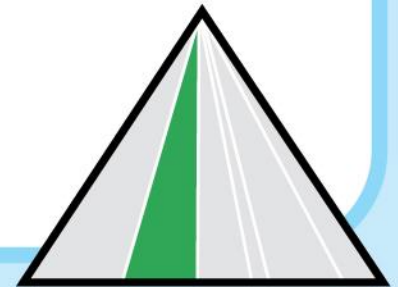




# Vegetables

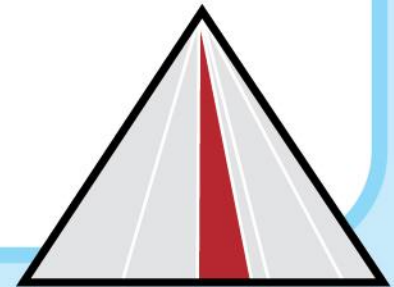
- **Vary your veggies**

- Fresh is best, then frozen and canned last.
- Greens; broccoli, collard greens, turnip, leafy lettuce.
- Orange; acorn squash, butternut squash, pumpkin.
- Dried Beans/Peas black eyed peas, garbanzo, lentils, navy bean, soybeans etc.
- Starchy sweet corn, green peas, lima beans, potatoes
- Other Vegetables artichokes, asparagus, beets, brussel sprouts, cabbage, cauliflower, celery, cucumbers, eggplant, green beans, green or red peppers, okra and radish.



# Fruits

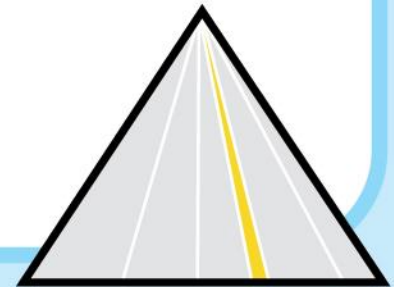
- Focus on fruits
  - Fruits can be fresh, frozen, canned or dried.
  - Great substitutes for sugary sweets.
  - Berries: blueberries, raspberries, strawberries.
  - Citrus: oranges, grapefruit, tangerines, pineapple.
  - Melons: cantaloupe, honeydew
  - Pitted: apricots, avocado, cherries, mangoes, prune
  - Others: apples, banana, grapes, kiwi fruit, pears.





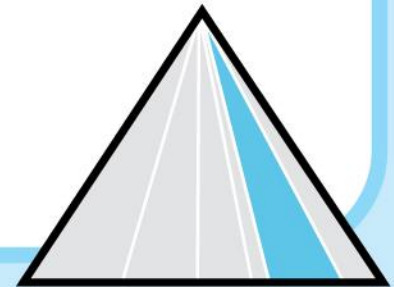
# Oils and Fats

- Oils are fats that become liquid at room temperature.
- Most oils are unsaturated fats.
  - Oils from plant sources contain no cholesterol.
  - However a few are high in saturated fats like coconut oil.
- Solid fats like butter, margarine or shortening stay solid at room temperature.
  - These are very high in calories.
- Common Oils: canola, sunflower, corn, cottonseed, grape seed, olive, peanut, safflower, soybean.



# Milk

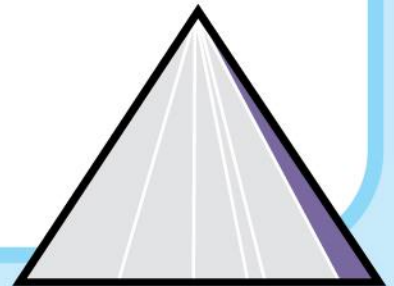
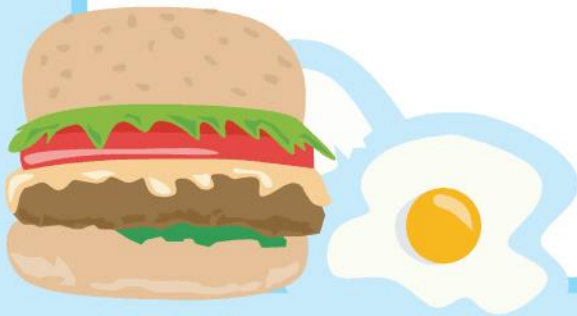
- Get your calcium rich foods
- In this group all products are made of milk.
  - Yogurt, cheese, cottage cheese, puddings, ice cream, and cream soups.
- Use low fat or skim as much as possible, regular milk is very high in calories and fat.
- Yogurts, sweetened drink/chocolate, strawberry milk high in sugar.
  - Limit to skim to reduce calories.





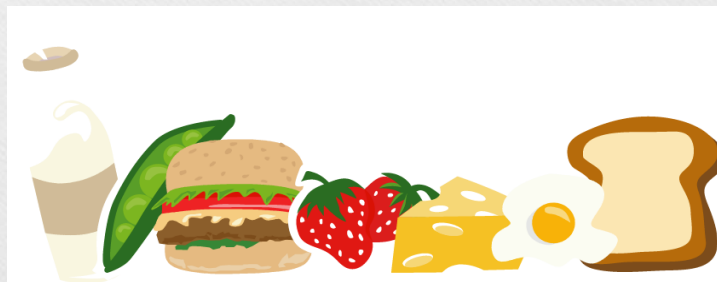
## Meat and Beans

- This group is made up of all meats, fish, poultry, peas, eggs, nuts and seeds.
- These products supply most of your protein to keep bones and muscles strong.
  - It also provides energy.
- Utilize lean cuts of meat and poultry.
- Some meats that are not lean are extremely fattening like bacon, sausage, hotdogs, processed meats.
  - These should be used sparingly.



## Discretionary Calories

- These are add on calories that most people forget about like butter on a baked potato, cheese on top of french fries, chocolate or strawberry added to milks, gravy on meat and potatoes.
- A lot of people try to eat better and use lean meats, skim milk etc.
- However they do not pay attention to the discretionary calories.
- These can add up to a lot if not watched.





# Meal Planning

**Camping and  
Trail Hiking**

# Requirements

3. Plan a menu for two straight days (six meals) of camping. Include the

following:

---

- a. A camp dinner with soup; meat, fish, poultry, or an appropriate substitute; two fresh vegetables; drink; and dessert. All are to be properly prepared. When preparing your menu, follow the nutritional guidelines set by the food pyramid.
- b. A one-pot dinner. Use foods other than canned.
- c. Using the menu planned for requirement 3, make a food list showing cost and amount needed to feed three or more boys.
- d. List the utensils needed to cook and serve these meals.



# Requirements

5. Plan a menu for one day (three meals) or for four meals over a two-day

~~period of trail hiking or backpacking. Include the following:~~

a. A breakfast, lunch, and dinner for a trail or backpacking trip where light

weight is important. You should be able to store all foods used for several days without refrigeration. When preparing your menu, follow

the nutritional guidelines set by the food pyramid.

b. Using the menu planned for requirement 5, make a food list showing

cost and amount needed to feed three or more boys.

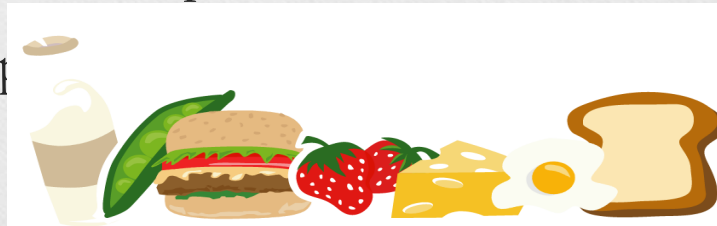
c. List the utensils needed to cook and serve these meals.

d. Figure the weight of the foods in requirement 5a.

## Utensils

- Many utensils are needed when cooking, the items range from:
- 

- Different size and types of knives (sharp/safe)
- Pots for cooking, boiling, simmering etc.
- Measuring devices for recipes to follow.
- Pans for frying, boiling, sautéing etc.
- Strainers to drain fluids from foods
- Spatula's, Whisks, Spoons/Forks/knives
- Bowls for p

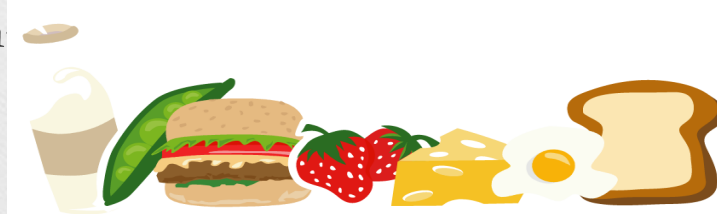




## Utensils

- Clean as you go:

- Keep cooking areas clean at all times.
- Clean and wipe surfaces as you go.
- Clean utensils after using for another course, not to spread possible bacteria or germs.
- Make certain bowls are cleaned before needing them for another part of the meal.
- Clean pots, soak in water so food does not dry onto surfaces and becomes hard.



# Meal Planning Camp Cooking

- Need to Knows:

- ~~What is your destination?~~
- Length of trip?
- Time of departure/ how many meals required?
- How many people are going?
- Anyone having allergies or diet restrictions?
- What will the activities be at camp?
- What time of year is it?
- Is weight a concern?
- How will you cook the food?





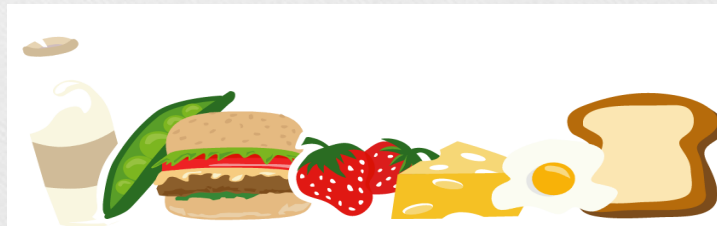
## Meal Planning

### Camp Cooking

- Selecting a Stove To Cook On

---

- White Gas Stoves (advantage cold weather)
- Cartridge Stoves (simple and safe)
- Propane Tank Stoves (used for bigger groups)
- Grills - Charcoal Self Starting vs. Lighter Fluid
- Dutch Oven cooking is very efficient utilizing the charcoal method.



## Meal Planning Camp Cooking

- Treating Water:

- Can not always carry enough.
- Open Water taken from streams, rivers, lakes etc probably have parasites and bacteria in them. Need to use the following methods to treat it:
  - Boiling – bring to a boil.
  - Tablets - are not always effective against all organisms. There is a chemical taste.
  - Filters - are effective and easy to use.



## Meal Planning Camp Cooking

- Shopping Do's:

- 
- Price out goods needed.
    - Read labels, and watch unit price along with product price.
    - Largest container is not always least expensive.
  - Look for store ads for coupons to reduce overall cost for your trip.
  - Sometimes meal plan can change based upon something priced better than something else.
  - Generic store brand products are often as good as name brand.

## Meal Planning

### Camp Cooking

- Preparation for Camp Cooking

- Take only what is needed?
  - You can slice/chop/measure out food before.
- Repackage foods that have a lot of packing papers.
- Use resealable bags to limit space and remove air.
- Check all meals/ingredients not to miss anything.
- Pack food so each meal is easily accessible.
- Stay organized.
- Do not forget to pack the recipe and cooking gear.



## Meal Planning

### Camp Cooking

- Safe Stove Use:

- 
- Never use or light in a tent.
  - Adult supervision is always required.
  - Maintain stoves.
  - Store fuel in well marked containers
  - Allow hot stoves to cool before storing.
  - Store gas separate from tent and food. Why?
  - Never leave a lit stove unattended.
  - Use pots appropriately sized for the stove.

# Meal Planning

## Trail Cooking

- How would you plan for a Backpacking hike?
- What would you plan for a Backpacking hike?





# Meal Planning

## Trail Cooking

- Pack lightly – simple planning is most effective.
- Know the weight of your food.
- Plan for meals needing no refrigeration.
- Do you always need to cook?
- Dry prepackaged foods are great for trail cooking.
- What kind of stoves are needed?
- Cost is important, plan efficiently, share meals, share desserts/snacks etc.
- Protect smells



# Meal Planning

## Trail Cooking

- Mountain House Freeze Dried meals (\$\$\$)
- Ramen Noodles Soups
- Instant Potatoes
- Tuna/Chicken Pre-packs
- Granola bars
- Dried Fruits/Nuts/Dates/Raisins/Trail Mix
- Instant Coffee/Hot Chocolate/Powdered drinks
- It is more cost effective to use pre-made meals.





# Trail Cooking

---

# Requirements

4. Using the menu planned for requirement 3, do the following and discuss the process with your merit badge counselor:
  - a. Prepare and serve for yourself and two others, the two dinners, one lunch, and one breakfast. Time your cooking so that each course will be ready to serve at the proper time.
  - b. For meals prepared in requirement 4a for which a fire is needed, use a lightweight stove or build a low-impact fire. Include support for your cooking utensils from rocks, logs, or like material. The same fireplace may be used for more than one meal. Use a backpacking stove to cook at least one meal.
  - c. For each meal prepared in requirement 4a, use safe food-handling practices. Dispose of garbage, cans, foil, paper, and other rubbish by packing them out and depositing them in a proper container. After each meal, clean up the site thoroughly.



# Requirements

6. Using the menu planned for requirement 5, do the following:
  - a. Prepare and serve for yourself and two others, the trail breakfast and dinner. Time your cooking so that each course will be ready to serve at the proper time.
  - b. Use an approved trail stove (with proper supervision) or charcoal to prepare your meals.
  - c. For each meal prepared in requirement 6a, use safe food-handling practices. Dispose of garbage, cans, foil, paper, and other rubbish by packing them out and depositing them in a proper container. After each meal, clean up the site thoroughly.

# Meal Planning and Preparation Home

---



# Requirements

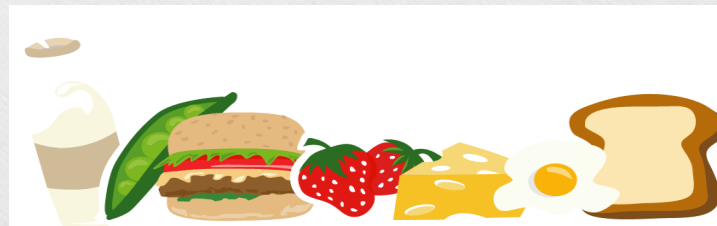
7. Plan a menu for three full days of meals (breakfast, lunch, and dinner) to be cooked at home.
  - a. When preparing your menu, follow the nutritional guidelines set by the food pyramid. All meals are to be cooked or properly prepared.
  - b. Using the menu planned for requirement 7, make a food list showing cost and amount needed to feed yourself and at least one adult (parent, family member, guardian, or other responsible adult).
  - c. Tell what utensils were needed to cook and serve these meals.
  - d. Prepare and serve a breakfast, lunch, and dinner from the menu you planned for requirement 7. Time your cooking to have each course ready to serve at the proper time. Have an adult verify the preparation of the meal to your counselor.

# Planning and Preparation At Home

- Planning and Preparation

---

  - When will you be cooking
  - What types of meals will you need?
  - Who will you cook for?
  - Are there any special dietary needs?



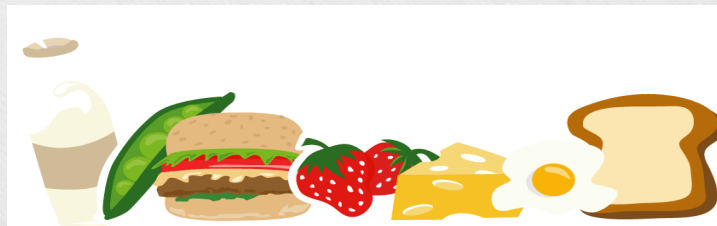


# Planning and Preparation At Home

- Planning and Preparation

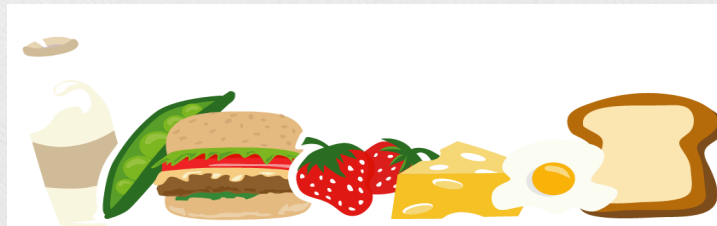
---

- Select recipes using the Food Pyramid.
- Make a list of foods needed.
- Create a shopping list based on the ingredients needed.
- Create and follow a timetable for the preparation of each dish for the meal.



# Planning and Preparation At Home

- Understanding Equipment Used
  - Need to know how to use appliances correctly.
    - Do you know how each one works?
    - If you do not know how to use the appliance, how can you learn?





# Planning and Preparation At Home

- Planning Meals

---

- Stay within budget.
- Buying in bulk saves money.
  - Separate portions and freeze amounts in family size portion.
- Plan for leftovers?
- Use packages to help you plan (i.e. serving size, cooking time, extra ingredients needed etc.)
- Spices are important, but do not use too much
  - Check the recipe for when to use and how much to use.

# Requirements

8.

---

Find out about three career opportunities in cooking. Pick 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.



# Discussion

---

- Questions??

