Camp No-Be-Bo-Sco

Cooking Merit Badge Prerequisites

**Instructions:**

To earn this Cooking Merit Badge you ***must*** complete requirement 4 (Home Cooking) ***before coming to camp***. The specific requirements are listed below. There are 2 parts to complete these requirements.

PART A must be done before camp and emailed to the Scoutcraft Director.

Then do PART B which includes the actual cooking of the meals you planned and a write up. Bring to camp pictures, a signed note from whomever ate the meals you prepared, and the write up.

**-PART A-**

Requirement 4

First: 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:

1. 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.
2. Share and discuss your meal plan and shopping list with your counselor.

To be clear: You must plan 9 meals and a dessert. Planning includes ingredients, their cost, utensils, and the methods of cooking these meals. **Once you’ve written this up send it to marc [at] nobebosco.org by June 15th. A staff member will contact you on June 17th with any comments.**

**-PART B-**

After having received comments from staff member do the following:

1. 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.
2. 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.
3. 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.

You only need to cook 3 of the 9 planned meals and the dessert you planned in Part A. *Bring pictures and a signed note, proving you cooked these meals. Also bring a brief write-up explaining the cooking techniques you used, how long they took to cook, and what’s described in requirement 4e. All prerequisites must be typed.* Good Luck!