

# Cooking



## Merit Overview

### In This Merit

Merit Answer Guide  
Lessons 1–5  
MLR\* 1a “Food Pyramid”  
MLR 1b “Sample Menu”  
MLR 1c “Sample Food Cost List”  
MLR 5 “Sealing a Foil Meal”  
\*MLR: Merit Lesson Resource

### Teaching This Merit

Lesson 1 covers requirement 1 and part of 2 and 3.  
Lesson 2 covers requirement 4 and part of 2 and 3.  
Lesson 3 covers part of requirements 5 and 6.  
Lesson 4 covers requirement 7 and part of 5.  
Lesson 5 covers part of requirement 5.

### Possible Field Trip

For lesson 2 you will need to either plan a trip to the local supermarket or provide the boys with a list of food items, their package sizes, their serving sizes, and their prices. The boys need to determine the cost of each item for their menu. If you choose to go to the local supermarket, be sure to provide permission slips, and ask a few parents to assist you in transporting and supervising the boys. A minimum of one adult per three to four boys would be best.

### Other Sources

*Adventures In Camping*



## Cooking Merit Answer Guide

### Cooking Merit Requirements

**Note: This merit is required to earn the Gold Medal of Achievement**

1. Provide the following food pyramid information:
  - a. Draw a food pyramid diagram.
  - b. List the five major food groups.
  - c. List what items are at the top of the food pyramid.
  - d. Show on the diagram where the food groups fit inside the food pyramid.
  - e. Show on the diagram the recommended number of servings per day for each food group.  
*Be sure the boys draw the food pyramid on a separate sheet of paper and add it to their work-book. See MLR 1a "Food Pyramid."*
2. Plan the menus for three one-day campouts or outings for a six-boy patrol. This will be a total of nine meals. Each meal should be planned to include items from each of the food groups. Three of the required meals must be trail or backpack trip meals.  
*Be sure the boys have planned menus for three one-day campouts, a total of nine meals. They are to be balanced meals, and three of the meals are to be trail or backpack trip meals. See the section on "Backpacking" in Adventures in Camping. The boys can use MWS 1 through 3 "Menu" to create the menus of the nine meals.*
3. Make a list of cooking equipment and utensils needed to complete the meals in Requirement 2.  
*Check their menus on MWS 1 through 3 "Menu" to make sure they have included all the cooking equipment and utensils needed for all nine meals.*
4. Make a list showing the cost and amount of food needed to complete the meals in Requirement 2.  
*Use MWS 4 through 6 "Food Cost Worksheet" to be sure the boys show the cost of each food item for all nine meals. Again, remind them that these meals should feed a six-boy patrol. Be sure the boys have calculated the total cost of food per boy.*
5. Cook two different individual items and, in addition, cook four complete meals using at least three different cooking methods, such as baking, boiling, frying, broiling, or aluminum-foil dinner. Campfire or charcoal cooking is preferred; however, a camp or backpack stove may be substituted (if local restrictions do not allow open fires).  
*Be sure the boys have cooked two different individual items and four complete meals using three different cooking methods.*
6. Set up a dish wash station using the "wash-rinse-rinse" method demonstrated in *Adventures in Camping*. Properly wash all cooking utensils for at least three meals using this washing method.  
*Be sure the boys use three containers of hot water. The first should have soap in it to wash the dishes. The next two should contain water for rinsing them. The boys could use a mesh rinse bag and tin cans for rinsing silverware. Also, be sure each boy uses this washing method three times throughout this merit.*
7. On a separate sheet of paper write down the rules for safely handling foods, and explain the reasons why safe food handling is important.  
*Always wash your hands before handling or preparing foods.  
Wash all surfaces where food will be prepared.  
Wash all cooking surfaces and utensils.  
Always rinse food that will be eaten raw.  
Perishable food must be kept refrigerated until prepared or served.*  
Safe food handling is important because  
*We could get sick from bacteria if food is not handled properly.*



# Cooking

## Objectives

1. The boys will learn about the dietary food pyramid.
2. The boys will learn the daily recommended servings for an individual.
3. The boys will begin to plan a menu for a six-person campout or outing.

## Material

- Merit Answer Guide
- MLR 1a "Food Pyramid"
- MLR 1b "Sample Menu"
- MLR 1c "Sample Food Cost List"
- MWS\* 1 "Menu"
- MWS 4 "Food Cost List"
- Overhead projector and transparencies
- Sheets of paper (two per boy)
- Permission slips (optional)

\*MWS: Merit Worksheet

## Preliminary Information

Make a copy for each boy of MLR 1a "Food Pyramid," MLR 1b "Sample Menu," and MLR

1c "Sample Food Cost List," or make an overhead transparency of each one.

## Lesson

**Food Pyramid.** Explain that today's lesson is about the food pyramid and how it can help us plan well-balanced menus for meals. On a sheet of paper, have the boys write the foods they ate that day. Display MLR 1a "Food Pyramid" on an overhead projector, draw it on the board, or give a copy of it to each boy.

**Daily Recommended Servings.** Note the daily recommended serving amounts for each of the food groups. Then have the boys compare what they ate that day with the recommended amounts. Remind the boys that it is important to have well-balanced meals.

Have the boys open their workbook to requirement 1. On a separate sheet of paper, have the boys complete requirement 1 by drawing a diagram of the food pyramid. Be sure they list the five food groups, identify where each one is

located, and list the daily recommended number of servings for each group. (See MLR 1a.)

**Planning Well-Balanced Menus.** Explain to the boys that they will be responsible for planning a well-balanced menu for a campout or outing. There are several steps needed to successfully plan a camp-out menu. Use MWS 1 "Menu" to review the first three steps for planning a menu, noting where each step is listed.

1. Decide what the menu will be for each meal.
2. Write a list of basic cooking instructions on how the menu items need to be prepared or cooked for the meal. Imagine yourself as the cook.
3. Next, make a list of equipment and utensils needed to prepare the meal. Be sure to list everything needed.

Use MLR 1b "Sample Menu" to show a sam-

ple menu of what an individual could eat for breakfast. For each breakfast item listed, note how to cook or prepare each one and what equipment and/or utensils are needed.

Now have the boys use MWS 1 “Menu” to plan a well-balanced breakfast menu. They can refer to the food pyramid if they need help with their food groups. Give them a few minutes to start on it before continuing.

Show MLR 1c “Sample Food Cost List.” Note that the first column shows the serving size per person for one meal. Review the final steps of menu planning to determine the amount and cost of food needed to serve six people. Be sure to note where each step is listed.

4. Decide how much of each food item will be needed so everyone can eat. (Multiply each food

item in the first column by the number of people eating (six) and place that amount in the second column.)

5. Calculate what the cost will be for everyone going on the campout or outing. (Record the cost of each food item in column three and the total cost of each food item in column four.) Note: Tell the boys to leave the cost-estimate boxes empty. They will fill those in next week.

Point out to the boys that the food list on MLR 1c came from MLR 1b. The only difference is that each food item is listed with the amount needed per person. Direct the boys through the process of completing the breakfast meal on MLR 1c. (Note: Condiments and spices will need to be listed as food items, but the individual amounts are not necessary.)

### Advancement

Have the boys use MWS 1 to create a breakfast menu. Then provide the boys with MWS 4 and have them complete the number of items needed for each breakfast item. (They could use the same breakfast menu they created on MWS 1, but they will need to add the serving sizes of each food item.) Remind the boys to leave the cost-estimate boxes empty. If some of the boys complete their breakfast planning before the end of the Advancement time, have them start on the lunch and supper menus on both sheets to fulfill part of requirements 2 and 3.

Make sure the boys write their name on their worksheets and keep them in their workbook so they can continue working on their menus. (Explain to the boys that they will be responsible to create menus for three one-day campouts to complete requirement 2.)

Note: If you plan to take the boys on a field trip to the supermarket next week, you will need to pass out permission slips and have the boys return them next week. Be sure to ask some parents to help transport and supervise the boys.