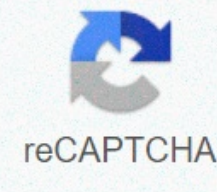




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Cooking merit badge worksheet 2020

Click on the merit badge name below for current requirements. Right-click the workbook name to save or print the optional workbook. The workbook can help the Guides organize notes, listen positively, and record their work. These workbooks can help you, but you still need to read a playbook about merit badges. The work space provided for each request should be used by The Guide to take notes to discuss that item with his adviser, not to provide a complete and complete answer. Each Student must make each request. Note: When working on merit badges, The Guides and Guides should be aware of some important information in the current edition of the Progress Guide (BSA 33088 publication). Workbooks prepared before the 2017 version of the Progress Guide have been issued containing attachments to excerpts from the 2013 or 2015 edition, which should be replaced with up-to-date documentation, including information from the current edition of the Progress Guide. Instead of including that document in each workbook, the newer workbook contains only one link to it. Click here to download the current version. You can download a full copy of the Progress Guide from Some workbooks also include notes directed to advisors and/or spreadsheets, check lists, and form forms that can be used to fulfill various requirements. Keep in mind that these workbooks are OPTIONAL support. A Guide is expected to meet the exact requirements as stated - no more and no less. If a request uses words such as display, proof, or discussion, then every Student must do so. Just filling out the spreadsheet is not enough! The Symping should use spreadsheets to prepare notes for themselves, and should not assume that filling out the spreadsheet is enough to earn the badge. The Sypies who started a merit badge must use the current requirements, found in the BSA Student Programm Requirements (BSA Publication 33216) Once the Systys have started a merit badge, they can continue to work on those requirements even if the new request is announced. The Sypies must choose to complete the full set of new requirements or the full set of old requirements. The Symping can't choose and choose from both sets. If new requests are selected, of course, they can use the work they've done on any old request, if the request doesn't change, or only the editorial change doesn't actually change the actual request. For Those Boy Guides who are using older requirements because they have started in the badge, older requirements and workbooks are accessible by following links from the current request pages If a merit badge book is updated during the year, a Boy Guide can choose to use either full set old requests or new requirements in the book. These will show an effective date of the following (i.e. a book book released in June 2008 would say the 2009 request). Once the BSA Student Requirements are updated, all Guides starting with the merit badge must use the new requirements. If a BLANK appears in the list below, it indicates that the version for the spreadsheet is pending, due to the revised requirements. You can also download ZIP files that contain all current spreadsheets as text processing and/or PDF formats Remember that these are BIG files. Versions of the workbook's word processor were prepared using the Microsoft Word version in the Microsoft Office 365 Suite and in the DOCX file format, introduced in 2007. Therefore, they are not compatible with earlier versions on Microsoft Office or other text processors that do not support that file format, unless the user has downloaded and installed a compatible package. Microsoft Office XP, 2000, and 2003 users can download the Compatibility Pack, by clicking here: . By installing the Compatibility Pack, you'll be able to use Microsoft Office XP, 2000, or 2003 to open, edit, and save files using file formats in newer versions of Word (DOCX), Excel (XLSX), and PowerPoint (PPTX). PDF versions of workbooks have been designed with form fields. Guides can download these files and then type their notes into the form fields, and save their work locally. They have been successfully tested on Windows-based systems with Adobe Acrobat Reader, Foxit PDF Reader and Nuance PDF Reader. Each of them is available as a free download. Other PDF readers may also work, however, we know that PDF readers originating from the Firefox web browser DO NOT allow data entry. If you use a Mac computer, we recommend using the free Adobe Acrobat Reader for Mac instead of the PDF reader built into the system. The built-in pdf reader may not display or print the correct data entered into workbook form fields. To meet the requirements we received, we added light lines in form field boxes to give The Guides who wanted to write their answers. Since 2010, all new and revised exercise books have been prepared by Paul Wolf, with some input from RW Smith, a volunteer ally to meritbadge.org. In our knowledge, they now reflect current requirements in any case. Please send comments on errors, omissions or suggestions on the format of any workbook to: Workbooks@USScouts.Org Comments or suggestions for changing the wording of requests for any MERIT BADGE must be sent to the BSA at: Advancement.Team@Scouting.Org Copies of all this work (PDF only) is also available on the Meritbadge.org website and a few are also available on websites maintained by the BSA, including Scouting.org, Scouting.org, or [boyslife.org.files.wordpress.com](http://boyslife.org/files.wordpress.com). We encourage The Guides website to provide links to this page or to the copies identified below. However, if you find copies on any other website, they have been placed there without our permission and we would be very grateful to be informed of such circumstances. Please write to Workbooks@USScouts.Org us with the website address. The workbooks are © - U.S. Scouting Service Project, Inc. - All rights. All requirements are copyrighted © - The American Boys - and are used with permission. American Heritage™ a trademark owned by American Heritage Publishing Company, Inc. and used with permission. Please note that the dates listed below represent the months in which workbooks were last modified and uploaded. Pdf files will show that date in the first page title. However, WORD processor files will always tell the current month, whenever the file is opened for editing. The workbook was last updated before March 2019, containing the following statement: No one can add or subtract from the official requirements found in the Boys' Guide Request (Pub. 33216 – SKU 637685). Since that publication has been renamed and amended, that statement should be considered to read as follows: No one can add or subtract from the official requirements found in the BSA Guides Request (Pub. 33216). The SKU for the 2019 version of the BSA Requires 648914. The workbooks listed below reflect current requirements (including any changes made since the final BSA Syp student requests were issued.) If a Guide is working on a merit badge using an earlier version of the request, and wants to use a spreadsheet that reflects the requirements, the spreadsheet can still be downloaded from this site. To do so, follow this procedure: Click the merit badge name in the list below, to display the site with current requirements. On that page, click the link below the title, which has the content For previous requests, click here. If Zodiac is using the previous requirements, repeat this step until the correct version of the requirements is available. A workbook that matches the requirements on that page can be downloaded by clicking on one of the links in the box near the bottom of the page. The Homepage of the U.S. Directional Services Project/usscouts.org MERIT BADGE Home page is updated on: January 1, 2021 Health and Safety. Do the following: Explain to your counseling staff the most possible hazards you may encounter while participating in cooking activities and what you should do to anticipate, help prevent, mitigate and respond to these hazards Shows that you know first aid and prevent injury or illness that may occur while preparing meals and eating, including burns and burns, cuts, suffocation and allergic reactions. Describe how meat, meat, chicken, eggs, dairy products, and fresh vegetables should be stored, transported, and properly prepared for cooking. Explain how to prevent cross-contamination. Discuss with your adviser food allergies, food intolerances, and food-related diseases and diseases. Explain why someone handling or preparing food needs to be aware of these concerns. Discuss with your adviser why reading food labels is important. Explain how to identify common allergens such as peanuts, tree seeds, milk, eggs, wheat, soybeans and shellfish. Nutrition. Do the following: Use the MyPlate food guide or the current USDA nutrition model, giving five examples to each of the following food groups, the recommended number of servings, and recommended serving sizes: Fruits And Vegetables Protein Milk Seeds Explain why you should limit oil and sugar intake. Determine your daily activity level and your calorie needs based on your activity level. Then, based on the MyPlate food guide, discuss with your counseling staff a suitable meal plan for yourself for one day. Discuss your current eating habits with your advisor and what you can do to eat healthier, based on MyPlate food guidelines. Discuss the following food label terms: calories, fats, saturated fats, trans fats, cholesterol, sodium, carbohydrates, fiber, sugar, proteins. Explains how total carbohydrates and nutritional values are calculated for two servings, based on the serving size indicated on the label. The basics of cooking. Do the following: Discuss each of the following cooking methods. For each one, describe the necessary equipment, how temperature control is maintained, and name at least one food that can be cooked using that method: baking, boiling, broiling, frying pan, boiling, steaming, microwaving, baking, leaf cooking, and using a Dutch oven. a charcoal or wood fire. Description: with your mentor how to manage your time when preparing a meal so that the ingredients for each course are ready to serve at the same time. Cooking at home. Using myPlate food guide or current USDA nutrition model, plan the menu for three full days of dining (three breakfasts, three lunches and three dinners) plus one dessert. Your menu should include enough to feed yourself and at least one adult, keep in mind any special needs (such as food allergies) and how you keep your food safe and not cross-contaminated. List the equipment and utensils needed to prepare and serve these meals. Then do the following: Create a shopping list for your meals that shows how much food is needed to prepare and serve each meal, and the cost per meal. Share and discuss your meal plan and shopping list with your counseling staff. Use at least five of the 10 cooking methods from the 3 requirements, prepare and serve yourself and at least one adult (parent, family member, family, or other responsible adult) a breakfast, a lunch, a dinner and a dessert from the meals you have planned. * Time your cooking to have each meal ready to serve at the appropriate time. Ask adults to verify meal preparation for your advisor. After each meal, ask a serving friend to rate the meal on the presentation and taste, then rate your own meal. Discuss what you have learned with your advisor, including any adjustments that may improve or enhance your meals. Better planning and preparation helps ensure a successful meal. Cooking camp. Do the following: Use the MyPlate food guide or current USDA nutrition model, plan the menu for your patrol (or a similar size group of up to eight teenagers, including you) for a camping trip. Your menu should include enough food for each person, keep in mind any special needs (such as food allergies) and how you keep your food safe and not cross-contaminated. These five meals must include at least one breakfast, one lunch, one dinner, and at least one snack or a dessert. List the equipment and utensils needed to prepare and serve these meals. Create a shopping list for your meals that shows how much food is needed to prepare and serve each meal, and the cost per meal. Share and discuss your meal plan and shopping list with your counseling staff. Outdoors, use your menu plan for this requirement, cooking two of the five meals you plan to use a light stove or low-impact fire. Use a different cooking method from 3 requirements per meal. You must also cook a third meal using a Dutch oven OR a packet of leaves OR kabobs. Serve all these meals to your patrol or a group of teenagers. ** Stay outdoors, prepare a dessert OR a snack and serve it to your patrol or a group of teenagers.** After each meal, there are friends serving meal reviews on presentation and taste, and then evaluate your own meals. Discuss what you have learned with your advisor, including any adjustments that may improve or enhance your meals. Tell how planning and preparation helps ensure successful outdoor cooking. Explain to your adviser how you clean the equipment, utensils, and cooking sites thoroughly after each meal. Explain how you properly handle dishwater and of all garbage. Discuss how you comply with the Outdoor Rules and the principles of not following up when preparing your meals. Trails and backpack meals. Do the following: Use myPlate food guide or usda's current nutrition model, plan the menu for walking long or backpacking includes a breakfast, a lunch, a dinner and a snack. These meals are not required to be refrigerated and must be consumed by three to five people (including you). Be sure to keep in mind any special needs (such as food allergies) and how you will keep your food safe and free from cross-contamination. List devices and utensils to prepare and serve these meals. Create a shopping list for your meals, show how much food is needed to prepare and serve each meal, and the cost per meal. Share and discuss your meal plan and shopping list with your counseling staff. Your plan must include how to repack the food for your hiking trip or backpack to remove as much quantity, weight, and rubbish as possible. While hiking or hiking, prepare and serve two meals and a snack from the menu planned for this requirement. At least one of those meals must be cooked on fire, or the stove is approved (with proper supervision). ** After each meal, ask the people you serve to rate the meal on the presentation and taste, then evaluate your own meal. Discuss what you have learned with your advisor, including any adjustments that may improve or enhance your meals. Shows how planning and preparation helps ensure successful hiking meals or backpacks. Discuss how you comply with the Outdoor Rules and the principles of not following up during your outing. Explain to your adviser how you clean any equipment, utensils, and cooking sites after each meal. Explain how you properly handle any dishwater and pack out all the garbage. Food-related occupations. Learn about three career opportunities in cooking. Choose one and learn about the education, training, and experience needed for this profession. Discuss this with your advisor, and explain why the profession might be of interest to you. BSA Advancement ID#: 38 Last updated request: 2020 Book number: 35879 Flyer (SKU) No: 626401 Date of flyer revision: 2014 Updated page: May 4, 2020 2020

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