

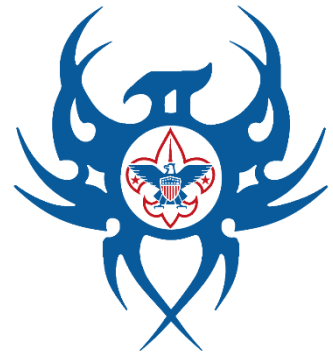


TROOP 182



Cooking Merit Badge

2016 Requirements

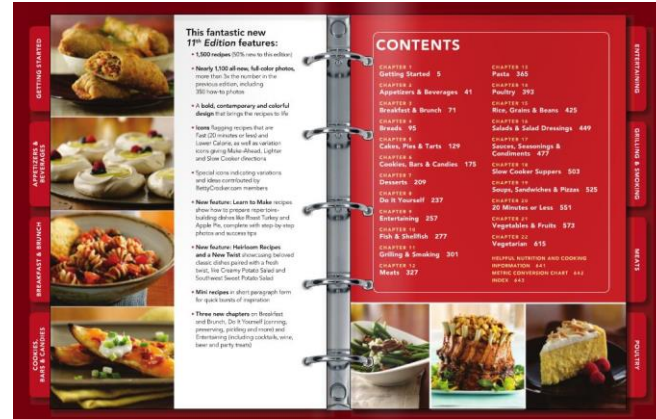


7) Food-related Careers

- Select 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.



7) Food-related Careers





2) Nutrition

Do the following:

- a. Using the MyPlate food guide or the current USDA nutrition model, give five examples for EACH of the following food groups, the recommended number of daily servings, and the recommended serving size:





Choose **MyPlate**.gov

CHOOSE MY PLATE

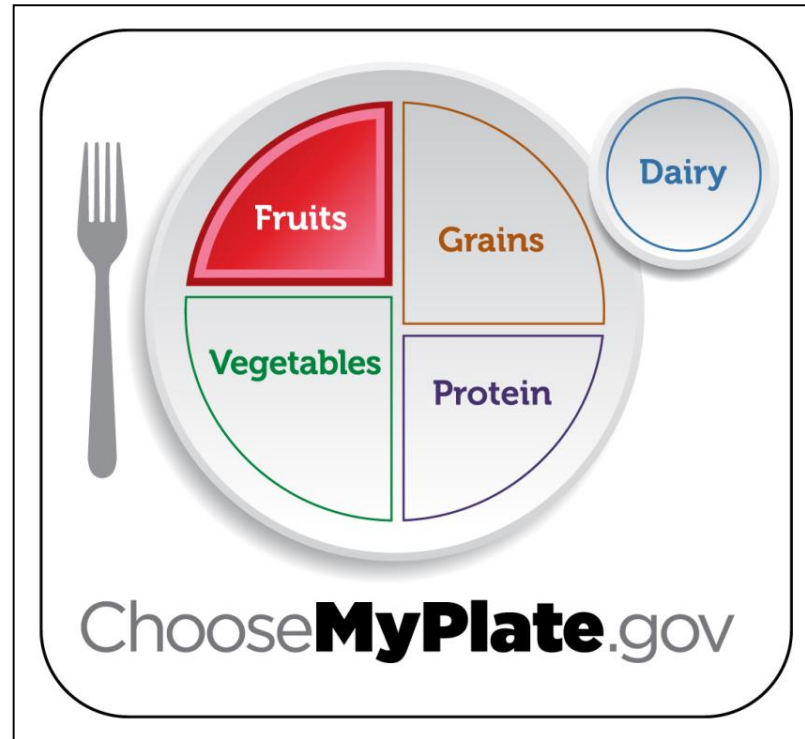
Fruits Group

Use fruits as snacks, salads or desserts.

Choose whole or cut up fruits more often than fruit juice.

Key Consumer Message:

Make half your plate fruits and vegetables.



Boys 9-13	1 ½ c. daily
Boys 14-18	2 c. daily
Girls 9-18	1 ½ c. daily

1. Example
2. Example
3. Example
4. Example
5. Example



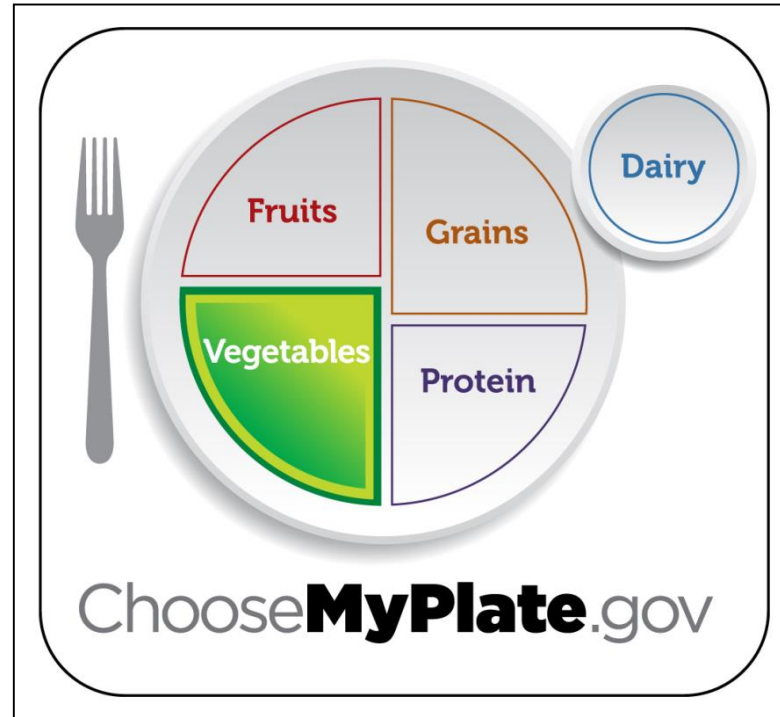
Vegetable Group

Choose fresh, frozen, canned or dried.

Eat red, orange and dark green vegetables.

Key Consumer Message:

Make half your plate fruits and vegetables.



Boys 9-13	2 ½ c. daily
Boys 14-18	3 c. daily
Girls 9-13	2 c. daily
Girls 14-18	2 ½ c. daily

1. Example
2. Example
3. Example
4. Example
5. Example

Protein Group

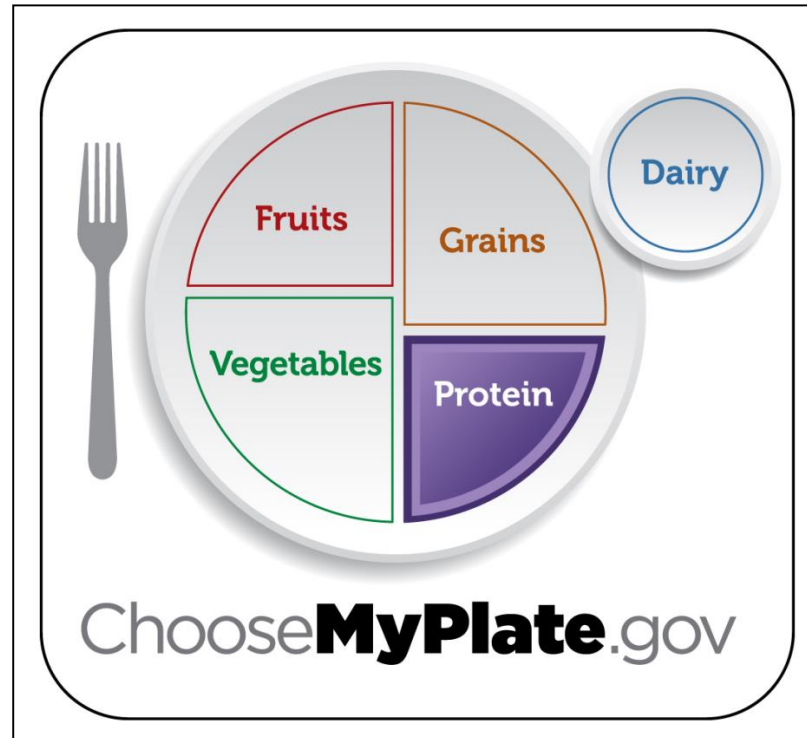
Choose a variety of different protein sources.

In place of *some* meat and poultry, choose 8 oz. seafood per week.

Try grilling, broiling, poaching or roasting.

Key Consumer Message:

Keep meat and poultry portions small and lean.



Boys 9-13	5 oz. daily
Boys 14-18	6 ½ oz. daily
Girls 9-18	5 oz. daily

1. Example
2. Example
3. Example
4. Example
5. Example

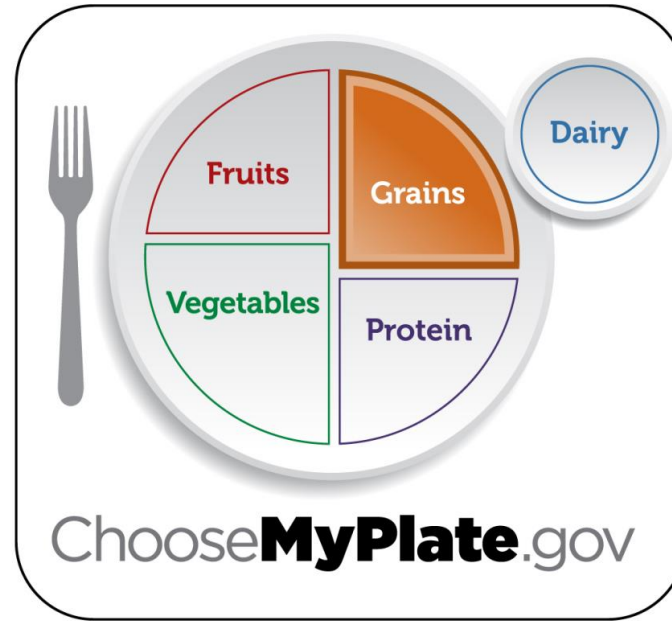


Grains Group

Choose 100% whole grain cereals, breads, crackers, rice and pasta.

Check the ingredients list on food packages to find whole grain foods.

Key Consumer Message:
Make half your grains whole grains.



	Grains	Whole Grains
Boys 9-13	6 oz. daily	3 oz. daily
Boys 14-18	8 oz. daily	4 oz. daily
Girls 9-13	5 oz. daily	2.5 oz. daily
Girls 14-18	6 oz. daily	3 oz. daily

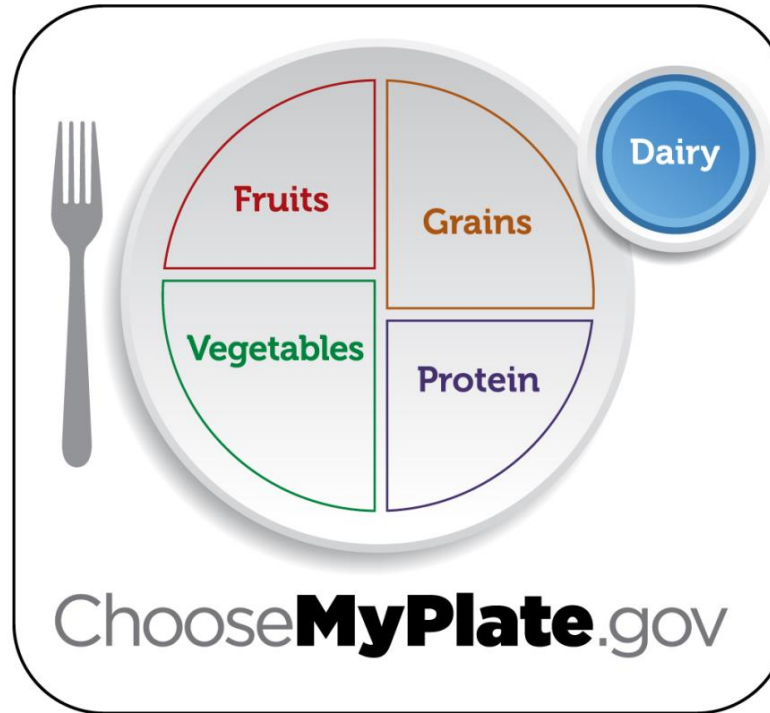
1. Example
2. Example
3. Example
4. Example
5. Example

Dairy Group

Low-fat or fat-free dairy products have the same amount of calcium and other essential nutrients as whole milk, but less fat and calories.

Key Consumer Message:

Switch to low-fat or fat-free milk.
Get your calcium rich foods.



Boys 9-18	3 c. daily
Girls 9-18	3 c. daily

1. Example
2. Example
3. Example
4. Example
5. Example



2) Nutrition

- b. Explain why you should limit your intake of oils and sugars.
- c. Determine your daily level of activity and your caloric need based on your activity level.
 - o Then, based on the MyPlate food guide, discuss with your counselor an appropriate meal plan for yourself for one day.

3,500 calories = 1 pound

DAILY CALORIC INTAKE CALCULATOR

Age Years

Gender Female Male

Current Weight Pounds Kilos

Height Feet & Inches CMs

Feet Inches

Exercise level

Exercise = 15-30 mins elevated heart rate.
Intense = 45+ mins elevated heart rate.

RESULTS

Total Calories Including Exercise

Maintenance	1912 CALORIES/DAY
Fat Loss	1530 CALORIES/DAY
Extreme Fat Loss	1147 CALORIES/DAY

DAILY CALORIC INTAKE CALCULATOR

Age Years

Gender Female Male

Current Weight Pounds Kilos

Height Feet & Inches CMs

Feet Inches

Exercise level

Exercise = 15-30 mins elevated heart rate.
Intense = 45+ mins elevated heart rate.

RESULTS

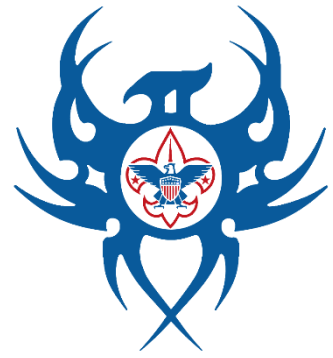
Total Calories Including Exercise

Maintenance	2331 CALORIES/DAY
Fat Loss	1864 CALORIES/DAY
Extreme Fat Loss	1398 CALORIES/DAY



2) Nutrition

- d. Discuss your current eating habits with your counselor and what you can do to eat healthier, based on the MyPlate food guide.



2) Nutrition

e. Discuss the following food label terms:

1. Calorie
2. Fat
3. Saturated fat (solid)
4. Trans fat (liquid)
5. Cholesterol
6. Sodium
7. Carbohydrate (energy)
8. Dietary fiber
9. Sugar
10. Protein (builds muscle)

2) Nutrition

Explain how to calculate total carbohydrates and nutritional values for two servings, based on the serving size specified on the label.

Old Label



Nutrition Facts	
Serving Size 2/3 cup (55g) Servings Per Container About 8	
Amount Per Serving	
Calories 230	Calories from Fat 72
% Daily Value*	
Total Fat 8g	12%
Saturated Fat 1g	5%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	12%
Dietary Fiber 4g	16%
Sugars 1g	
Protein 3g	
Vitamin A	10%
Vitamin C	8%
Calcium	20%
Iron	45%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g

New Label



Nutrition Facts	
8 servings per container	
Serving size	2/3 cup (55g)
Amount per 2/3 cup	
Calories	230
% DV*	
12%	Total Fat 8g
5%	Saturated Fat 1g
	<i>Trans</i> Fat 0g
0%	Cholesterol 0mg
7%	Sodium 160mg
12%	Total Carbs 37g
14%	Dietary Fiber 4g
	Sugars 1g
	Added Sugars 0g
	Protein 3g
10%	Vitamin D 2mcg
20%	Calcium 260mg
45%	Iron 8mg
5%	Potassium 235mg
* Footnote on Daily Values (DV) and calories reference to be inserted here.	



3) Cooking Basics

- b. Discuss the benefits of using a camp stove on an outing vs. a charcoal or wood fire.
- c. Describe with your counselor how to manage your time when preparing a meal so components for each course are ready to serve at the same time

Note: The meals prepared for Cooking merit badge requirements 4, 5, and 6 will count only toward fulfilling those requirements and will not count toward rank advancement. Meals prepared for rank advancement may not count toward the Cooking merit badge. You must not repeat any menus for meals actually prepared or cooked in requirements 4, 5, and 6.



4) Cooking at Home

- Using the MyPlate food guide or the current USDA nutrition model, plan a **menu for 3 full days** of meals.
 1. 3 breakfasts
 2. 3 lunches
 3. 3 dinners
 4. plus 1 dessert
- Your menu 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.



Day 1	Menu	Quantity	Calories	Equipment	Utensils
BREAKFAST	Fruits				
	Vegetables				
	Grains				
	Proteins				
	Dairy				
LUNCH	Fruits				
	Vegetables				
	Grains				
	Proteins				
	Dairy				
DINNER	Fruits				
	Vegetables				
	Grains				
	Proteins				
	Dairy				



4) Cooking at Home

Then do the following:

- a. 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.

Menu Item	Components to purchase	Quantity	Cost
Breakfast 1		Total Cost	



4) Cooking at Home

- b. Share and discuss your meal plan and shopping list with your counselor
- c. Using **at least five** of the 10 cooking methods, 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.❓

1. Baking

2. Boiling

3. Broiling

4. Pan Frying

5. Simmering

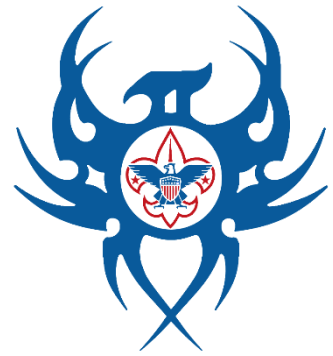
6. Steaming

7. Microwaving

8. Grilling

9. Foil Cooking

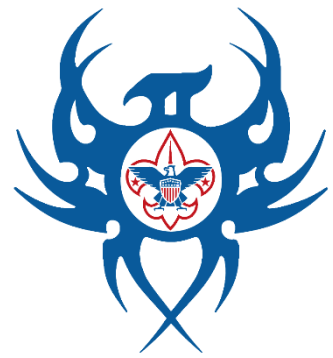
10. Dutch Oven



4) Cooking at Home

- d. 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.

<input type="checkbox"/>	Breakfast No. _____	Date: _____	Adult's verification: _____
<input type="checkbox"/>	Lunch No. _____	Date: _____	Adult's verification: _____
<input type="checkbox"/>	Dinner No, _____	Date: _____	Adult's verification: _____



4) Cooking at Home

- 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.

**The meals for requirement 4 may be prepared on different days, and they need not be prepared consecutively. The requirement calls for Scouts to plan, prepare, and serve one breakfast, one lunch, and one dinner to at least one adult; those served need not be the same for all meals.*