First Class Cooking Requirements Workbook

No.	Scout Name _____ Troop 516	Leader Date and Initials

4a.	Help plan a patrol menu for one campout that includes at least one breakfast, one lunch, and one dinner, and that requires cooking at least two of the meals. Tell how the menu includes the foods from the My Plate food guide or the current USDA nutrition model and meets nutritional needs.	

For which campout did you plan your meals? _____

What did you plan for the breakfast meal? _____

_____

_____

What did you plan for the lunch meal? _____

_____

_____

What did you plan for the dinner meal? _____

_____

_____

Which two meals above will require cooking?

1. _____

2. _____

Describe how the meals above include the foods from the My Plate food guide or the current USDA nutrition model. _____

_____

_____

Describe how the meals above meet the nutritional needs. _____

_____

_____

_____ *Pages 102-105,316-317,320*

4b.	Using the menu planned in requirement 4a, make a list showing the cost and food amounts needed to feed three or more boys and secure the ingredients.

Breakfast ingredients:	*How much did you have to purchase to feed three or more scouts?*	*How much did this ingredient cost?*
1		$
2		$
3		$
4		$
5		$

No.	Scout Name _____ Troop 516			Leader Date and Initials

Lunch ingredients:	How much did you have to purchase to feed three or more scouts?	How much did this ingredient cost?	
1		$	
2		$	
3		$	
4		$	
5		$	

Dinner ingredients:	How much did you have to purchase to feed three or more scouts?	How much did this ingredient cost?	
1		$	
2		$	
3		$	
4		$	
5		$ *Page 321-323*	

4c.	Tell which pans, utensils, and other gear will be needed to cook and serve these meals.

Which pans, utensils, or other gear will you need to cook and serve the breakfast meal? _____

_____
_____
_____
_____

Which pans, utensils, or other gear will you need to cook and serve the lunch meal? _____

_____
_____
_____
_____

First Class Cooking Requirements Workbook

No.	Scout Name _____ Troop 516	Leader Date and Initials
	Which pans, utensils, or other gear will you need to cook and serve the dinner meal? _____ _____ _____ _____*Page 324*	
4d.	Explain the procedures to follow in the safe handling and storage of fresh meats, dairy products, eggs, vegetables, and other perishable food products. Tell how to properly dispose of camp garbage, cans, plastic containers, and other rubbish. *What are the procedures for safe handling and storage of perishable food products such as, fresh meats, dairy products, eggs and vegetables?* _____ _____ _____ _____ _____ *What is the proper way to dispose of camp garbage, cans, plastic containers, and other rubbish?* ____ _____ _____ _____ *Pages 328-329*	
4e.	On one campout, serve as your patrol's cook. Supervise your assistant(s) in using a stove or building a cooking fire. Prepare the breakfast, lunch, and dinner planned in requirement 4a. Lead your patrol in saying grace at the meals and supervise cleanup. *Breakfast:* *Which campout did you serve as your patrol's cook?* _____ *Who were your assistant(s)?* _____ _____ _____ *Have the leader in charge of this campout initial here that you met the requirement for this meal* ____ *Lunch:* *Which campout did you serve as your patrol's cook?* _____ *Who were your assistant(s)?* _____ _____ _____ *Have the leader in charge of this campout initial here that you met the requirement for this meal* ____ *Dinner:* *Which campout did you serve as your patrol's cook?* _____ *Who were your assistant(s)?* _____ _____ _____ *Have the leader in charge of this campout initial here that you met the requirement for this meal* ____ *Pages 325-327, 342-- end of requirement!*	