

Second Class Cooking

2g. On one campout, plan and cook over an open fire one hot breakfast or lunch for yourself, selecting foods from the food pyramid. Explain the importance of good nutrition. Tell how to transport, store, and prepare the foods you selected.

First Class Cooking

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 meals. Tell how the menu includes the foods from the food pyramid and meets nutritional needs.

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.

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

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.

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.

Examples of Acceptable Meals	Examples of Unacceptable Meals
	These items become unacceptable if they are the entire meal. For example if you have bacon, eggs, and logan bread that's OK, but if you have heat and eat bacon and logan bread, that is not OK. A breakfast sandwich with sausage, egg, and cheese would be OK, a peanut butter sandwich would not be OK.
Egg in an Orange Peel	Sweet Rolls
Egg's in plastic bag	Instant Oatmeal
Sausage & Eggs	Pop-Tarts
French Toast	Sandwiches (unless has cooked parts)
Mountain Man Breakfast	Commercial Backpacking Meals
Bacon & Eggs (messy though)	
Breakfast Burritos	Jerky (unless as part of a meal)
Pancakes	Gorp
French Toast Casserole	Logan Bread
Backpacking Meals involving at home prep	No-cook bacon (except if combined)
Chili	Spaghetti with commercial sauce
Stew	"tortilla" pizza's with commercial sauce and packaged pepperoni
Backpacking Meals involving at home prep	Hot dogs (unless part of a bigger meal)
Foil Cooked Meals	Commercial "just add water" meals
Hamburgers (as a part of a menu item)	Gorp
Spaghetti with cooked sauce	Sandwiches (PB&J or lunch meat)
Shish ka bobs	Logan Bread

First Class Meal Plannin

Plan for 4 people (yourself +3 others)
Plan needs to meet food pyramid

Example of Menu Plan

Breakfast

Tang

Breakfast Tacos (Eggs, Meat, Cheese, Tomato Salsa)

Lunch

Turkey/Cheese Sandwiches w/ Lettuce and Tomato

Grapes

Bug Juice

Chips

Cookie

Dinner

Scout Stew (Ground Meat, Tomatos, Green Beans, Corn, Potatoes, Onion)

Cornbread

Baked Apples in Foil

Bug Juice

Ingredients List

Breakfast

8 eggs

8 tortillas

8 oz grated cheese

8 slices bacon

16 oz Salsa

salt / pepper

tang for 64oz

Lunch

12 slices bread

14 oz turkey

6 slices chees

mustard/mayo

lettuce

1 sliced tomato

1# grapes

4 bags chips

12 cookies

Bug Juice for 64oz

Dinner

1# ground meat

1 can tomatoes

1# green beans

1 can whole corn

2 medium potatoes

1 medium onion

Worchestershire Sauce

Salt/Pepper

Cornbread mix

2 eggs

butter or oil

4 apples

2 small boxes raisins

1 cup light brown sugar

bug juice for 64 oz.

Utensils

Frying pan

Spatula

Serving plate

Mixing spoon

Pitcher

Griddle

Table Knife

8 qt pot

Can opener

Chef's Knife

Serving Ladle

Foil

Dutch Oven

Crisco (for cleaning)

Measuring spoons / cups

Cheese grater