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