



Cooking for Rank Advancement



Prepared. For Life.™



SCOUTS BSA: TROOP 1028/1029



Cooking Requirements for Tenderfoot



2. Cooking requirements for rank advancement

- a. On a campout, assist in preparing one of the meals. Tell why it is important for each Patrol member to share in meal preparation and cleanup
- b. While on a campout, demonstrate the appropriate method of safely cleaning items used to prepare, serve, and eat a meal.
- c. Explain the importance of eating together as a Patrol.





Cooking Requirements for Second Class



*Crazy Mr. Eric's
Guide to
Campout
Cooking*

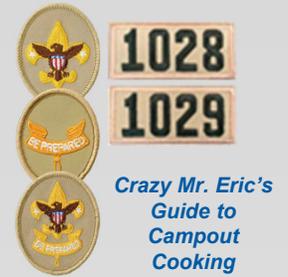
2. Cooking requirements for rank advancement

- a. Explain when it is appropriate to use a fire for cooking or other purposes and when it would not be appropriate to do so.
- b. Use [knife, saw, ax] to prepare tinder, kindling, and fuel wood for a cooking fire.
- c. Use the items from 2b to demonstrate how to build a fire, light it, allow it to burn at least 2 minutes, and then safely extinguish it when done.





Cooking Requirements for Second Class



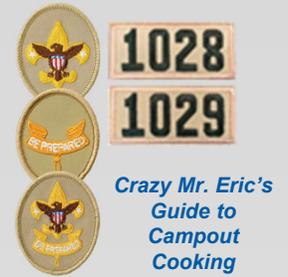
2. Cooking requirements for rank advancement

- d. Explain when it is appropriate to use a lightweight stove and when it is appropriate to use a propane stove. Setup and light either type of stove, and describe the safety procedures for using it.
- e. On one campout, plan a cook one hot breakfast or lunch, selecting foods from MyPlate or the current USDA nutritional model. Demonstrate how to transport, store, and prepare the foods you selected.





Cooking Requirements for First Class



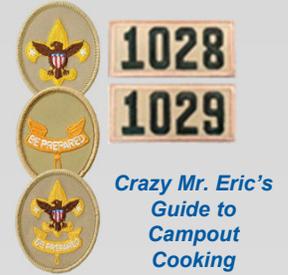
2. Cooking requirements for rank advancement

- a. Help plan a campout menu 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 MyPlate or the current USDA nutritional model and how it meets the nutritional needs for the campout.
- b. Using the menu planned in 2a, make a list showing a budget and the food amounts needed to feed three or more youth. Secure the ingredients.
- c. Show which pans, utensils, and other gear will be needed to cook and serve these meals.





Cooking Requirements for First Class



2. Cooking requirements for rank advancement

- d. Demonstrate the procedures to follow in the safe handling and storage of fresh meats, dairy products, eggs, vegetables, and other perishable food products. Show how to properly dispose of camp garbage, cans, plastic containers, and other rubbish.
- e. On a campout, serve as cook. Supervise your assistant(s) in using a stove or building a cooking fire. Prepare the meals planned in 2a. Supervise the cleanup.

