Cooking Merit Badge

Troop 113

Overview

1. Health and safety
2. Planning (must discuss with counselor)
   a. Nutrition
   b. Shopping
3. Preparing
   a. Safety
   b. Time management
4. Cooking, serving and cleanup
   a. Home (1 breakfast, 1 lunch and 1 dinner)
   b. In the outdoors (3 meals for a patrol-size group, including 1 meal using Dutch oven, foil pack or kabobs; 1 desert or snack)
   c. Trail (2 meals – including 1 cooked – and a snack)

1A: Health and Safety

Explain likely hazards you may encounter while participating in cooking activities and what you should do to anticipate, help prevent, mitigate, and respond to these hazards.

1A: Hazards

Each year, hundreds of thousands of Americans are admitted to hospitals on account of these three injuries and illnesses:

- Food/Bacterial Poisoning
- Chemical poisoning
- Slips and falls

1A: Hazards

Other common hazards:

- Unsafe water, water-born illnesses
- Food allergies
- Food sensitivities and illnesses
- Cuts
- Burns
- Scalding
- Choking

1B: First Aid: Choking

Video: [Conscious choking, adult and child]

1 GIVE 5 BACK BLOWS

- Adult:

- Child:

2 GIVE 5 ABDOMINAL THRUSTS

- Adult:

- Child:

3 REPEAT STEPS 1 AND 2 UNTIL THE:

- Object is forced out.
- Person can cough forcefully or breathe.
- Person becomes unconscious.

WHAT TO DO NEXT

- IF PERSON BECOMES UNCONSCIOUS — Carefully lower the person to the ground and give CARE for unconscious choking, beginning with looking for an object.
- Make sure **9-1-1** has been called.

1B: First Aid: Choking

Video: [Unconscious choking, adult and child]

No Breathing

1 GIVE 30 CHEST COMPRESSIONS

Push hard, push fast in the middle of the chest at least 2 inches deep and at a rate of at least 100 compressions per minute.

Person must be on a firm, flat surface.

2 GIVE 2 RESCUE BREATHS

Tilt the head back and lift the chin up.

Pinch the nose shut and make a complete seal over the mouth.

Blow in for about 1 second to make the chest clearly rise.

Give rescue breaths, one after another.

If chest does not rise with the initial rescue breath, retilt the head before giving a second breath.

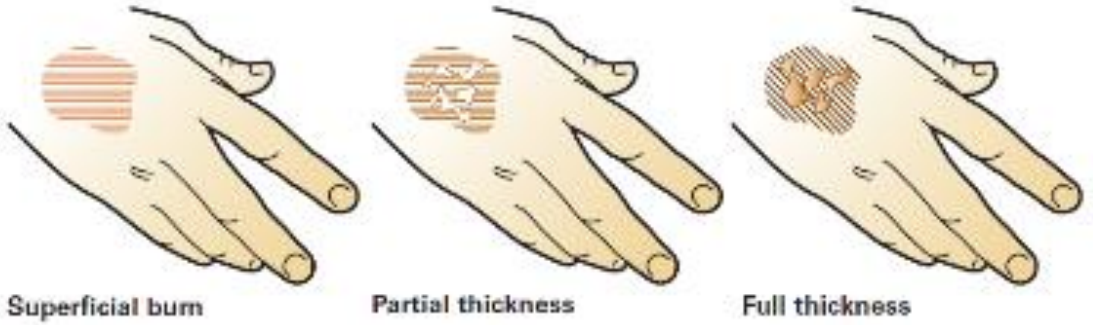
If the second breath does not make the chest rise, the person may be choking. After each subsequent set of chest compressions and before attempting breaths, look for an object and, if seen, remove it. Continue CPR.

3 DO NOT STOP

Continue cycles of CPR. Do not stop unless you find an obvious sign of life (such as breathing), an AED is ready to use, another trained responder or EMS personnel take over, you are too exhausted to continue or the scene becomes unsafe.

1B: First aid: Burns

- First Degree: Mild, painful reddening of the skin
  - Move to safety
  - Cool
  - Cover
- Second Degree: More serious, may blister; includes scalds
- Third Degree: Very serious, possibly life threatening
  - Immediate medical attention
  - Raise above heart if possible
  - Protect from drafts
  - Do not remove charred clothing
  - Treat for shock



1B: First Aid: Cuts

1. Stop the bleeding
    a. Apply direct pressure using clean cloth or fingers.
    b. Apply additional cloths if blood soaks through; do not remove initial bandage.
2. If bleeding continues, raise the wound above the heart.
3. Clean the wound
4. Apply antibiotic ointment and bandage

1B: First Aid: Allergies

- Rashes, itching, swelling
- Trouble breathing
- Loss of consciousness
- Anaphylactic shock

8 foods account for 90% of food allergies in the US:

- Peanuts
- Tree nuts
- Milk
- Eggs
- Wheat
- Soy
- Fish
- Shellfish

People who know they have severe allergies carry emergency kits that include epinephrine.

1C: Storing, transporting and Preparing

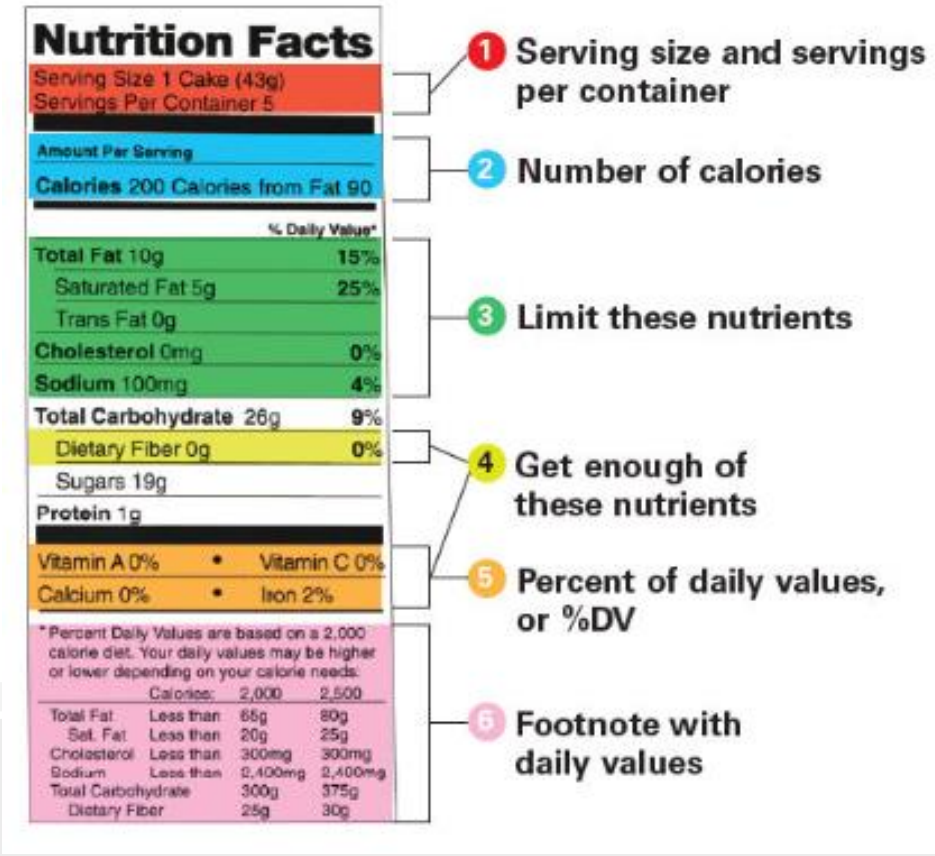
- Avoid cross-contamination
- Clean
  - Wash hands (20 seconds +)
  - Clean surfaces (clean as you go)
  - Clean utensils
- Separate
  - Keep meat, eggs, poultry away from ready-to-eat food
- Cook
  - Proper temperatures, use food thermometer
- Chill
  - 40 degrees or cooler

1D: Food Allergies, Illnesses, Intolerances

- What's the difference?
- Why should you be aware of these concerns?

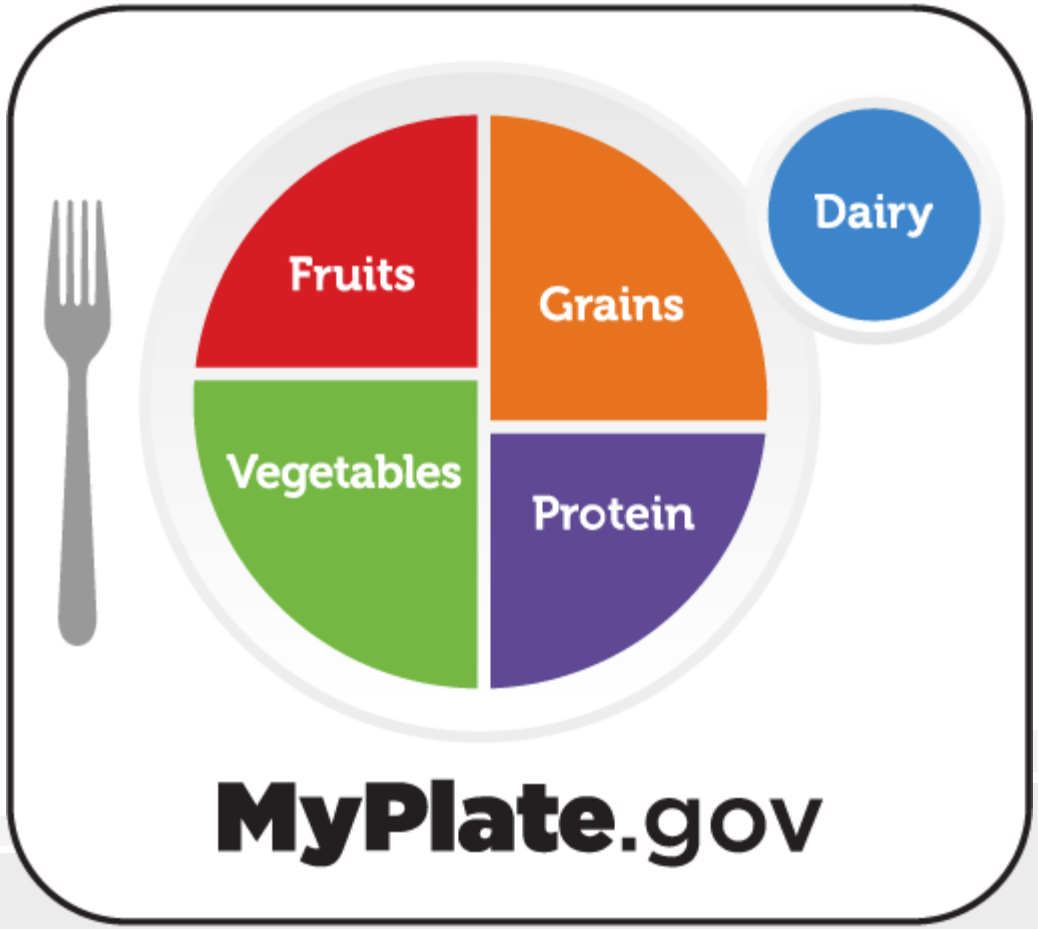
1E: Why are Food Labels Important?

- How do you identify common allergens?
  - Required by law to list common allergens in ingredients.
- After what date should you throw something away?
  - "Use by"
  - Others: "Sell by," "Best by"



2. Nutrition

- MyPlate | U.S. Department of Agriculture
- Next week:
  - Be ready to discuss requirements 2a, 2b, 2c, 2d, and 2e



3A: Cooking Methods

- Baking
- Boiling
- Broiling
- Pan frying
- Simmering
- Steaming
- Microwaving
- Grilling
- Foil cooking
- Dutch oven

- Equipment needed?
- Controlling temperature?
- One food that can be cooked using this method?

3b: Stoves and fires

- What are the benefits of using
  - Camp stoves
  - Charcoal
  - Wood fires

3C: Managing Prep Time

- Use a recipe – it will include estimated prep time
- List dishes by how long each one takes
- Create a timeline or schedule
- Start with the dish that takes the longest
- While one dish cooks, work on others

4-6: Get Cooking!

- Plan, prep; use your worksheets plus extra paper if needed.
  - Recipes will tell you serving amounts and cooking times.
  - Use grocery store websites for shopping lists and prices.
- Cook using different methods

4 - Home (1 breakfast, 1 lunch and 1 dinner)

5 - In the outdoors (3 meals for a patrol-size group, including 1 meal using Dutch oven, foil pack or kabobs; 1 desert or snack)

6 - Trail (2 meals – including 1 cooked – and a snack)

- Meals and menus cannot be reused.

5-6: KP and Leave No Trace

- How do you properly clean utensils and equipment?
  - Describe the three-pot cleaning method
- How do you dispose of left-over food
- How do you dispose of dishwater
- How else would you follow the Outdoor Code while camp or trail cooking?


IRON CHEF
TROOP 113

Iron Chef Rules

- Each week 2 scouts will cook one of the required camp meals, deserts or snacks
- Cooks must use approved meal plans
- Meals must feed approximately 6 people
- Must be ready at agreed time
- Must use troop cooking stoves and equipment, but can bring family grills if you choose.
- Other scouts will grade the meal on presentation and taste
  - 4 stars: Excellent 
  - 3 stars: Good 
  - 2 stars: Meh 
  - 1 star: Barely edible 
  - 0 stars: Barf 
- The scouts with the highest scores at the end of the competition will receive a special honor