

Columbia-Montour Council, BSA
Camp Lavigne – Scouts BSA Summer Camp 2020
Merit Badge Prerequisites



COOKING

The following requirements must be completed prior to arrival at camp, if the Scout is to complete the merit badge at the end of his long-term camping experience this summer. A Scout should decide with his Scoutmaster's counseling and approval what merit badges he will work on at summer camp at least six weeks prior to his arrival. Numbers and letters refer to the requirements listed in the Merit Badge's worksheet/pamphlet.

If a requirement is not listed below, it can be completed at camp, unless otherwise specified while there.

Be sure use the most recent Merit Badge Pamphlet.

A Scout MUST bring proof of the completion of his prerequisites to camp.

2. Nutrition. Do the following:

- a. Using the MyPlate food guide or the current USDA nutrition model, give five examples for EACH of the following food groups, the recommended number of daily servings, and the recommended serving size:

(1) Fruits	(3) Grains	(5) Dairy
(2) Vegetables	(4) Proteins	
- c. Determine your daily level of activity and your caloric need based on your activity level. Then, based on the MyPlate food guide, discuss with your counselor an appropriate meal plan for yourself for one day.
- d. Discuss your current eating habits with your counselor and what you can do to eat healthier, based on the MyPlate food guide.

4. Cooking at home. Using the MyPlate food guide or the current USDA nutrition model, plan menus for three full days of meals (three breakfasts, three lunches, and three dinners) plus one dessert. Your menus should include enough to feed yourself and at least one adult, keeping in mind any special needs (such as food allergies) and how you kept your foods safe and free from cross-contamination. List the equipment and utensils needed to prepare and serve these meals. Then do the following:

- a. Create a shopping list for your meals showing the amount of food needed to prepare and serve each meal, and the cost for each meal.
- *Bring a labeled, non-plastic flatware (Fork, knife, and spoon) (Required)*