

	COOKING Meeting Plan: Introduction to Cooking		
Week 1 Date _____			
ACTIVITY	DESCRIPTION	RUN BY	TIME*
Preopening 15 minutes before meeting	As Scouts arrive, ask them what was the worst camp meal they have ever eaten. Ask why they didn't like it and how it could have been made better. Make a list to use during the opening session.		6:45 p.m.
Opening Ceremony 10 minutes	Flag presentation Oath and Law Uniform inspection Safety Moment SAFE Assessment		7 p.m.
Group Instruction 5 minutes	Review the list from the preopening. Ask Scouts why those meals were so bad. (Were meals cooked improperly? Were the ingredients substandard?) Explain that this month's meetings will help them learn to be better cooks and to be proud of their meals.		7:10 p.m.
Skills Instruction 45 minutes	- Explain that there are six essentials to cooking a good meal: time, ingredients, recipes, cookware, heat sources, and technique. - Give each group a complete dinner menu. Then give them 25 minutes to plan what they need for the six essentials and who will take each role in the preparation. - For the balance of the time, have a review board evaluate the groups' plans and then help in reviewing them.		7:15 p.m.
	Have these Scouts serve as the review board for the Essential activity. They do the same planning as the Essential group but then serve as the review board.		
	This group prepares the dessert from the menu described above to be served during the last 10 minutes of the session.		
Breakout Groups 15 minutes	- Plan a menu using camp stoves for breakfast, lunch, and dinner on a campout. - Begin planning for participation in the main event.		8 p.m.
Game 10 minutes	Play Flapjack-Flipping Relay (described earlier).		8:15 p.m.
Closing 5 minutes	Announcements Leader's minute Closing		8:25 p.m.
Total 90 minutes of meeting			
After the Meeting 15 minutes	Leadership team reviews plans for the next meeting and for the main event.		

*All times are suggested.



COOKING

Meeting Plan: Health and Safety



Week 2 Date _____

ACTIVITY	DESCRIPTION	RUN BY	TIME*
Preopening 15 minutes before meeting	Test the Scouts' handwashing skills as they arrive. Have early arrivers spread a teaspoon of washable paint over their hands (including between the fingers) and then wash their hands with their eyes closed or while blindfolded. This exercise will demonstrate how well or poorly they do at handwashing.		6:45 p.m.
Opening Ceremony 10 minutes	Flag presentation Oath and Law Uniform inspection Safety Moment SAFE Environment		7 p.m.
Group Instruction 10 minutes	Show a food safety video from the USDA (www.youtube.com/user/USDAFoodSafety/videos).		7:10 p.m.
Skills Instruction 40 minutes   	• Present the importance of safety while cooking. • Discuss the risk of burns and how to minimize burn incidents. Also discuss other possible cooking injuries, primarily cuts, and how to prevent them. • Explain proper treatment for burns, cuts, etc.		7:20 p.m.
	• Introduce proper food handling procedures to prevent foodborne illnesses. • Emphasize the need to follow safe handling practices including cleanliness and proper food storage. • Discuss the need to be aware of allergies and food intolerances among those who will eat the meal you are cooking.		
	• Present nutritional guidelines based on the USDA's MyPlate model. • Explain the balance needed from the food groups and how the proper mix may vary depending on activities and the age and size of those for whom you are cooking.		
Breakout Groups 15 minutes	• Plan a dinner menu incorporating the MyPlate nutritional basics. • The leadership group then evaluates the menu for proper understanding. • Continue planning for participation in the main event.		8 p.m.
Game 10 minutes	Play What's Cooking? (described earlier).		8:15 p.m.
Closing 5 minutes	Announcements Leader's minute Closing		8:25 p.m.
Total 90 minutes of meeting			
After the Meeting 15 minutes	Leadership team reviews plans for the next meeting and for the main event.		

*All times are suggested.

	COOKING Meeting Plan: Planning for Success		
Week 3 Date_____			
ACTIVITY	DESCRIPTION	RUN BY	TIME*
Preopening 15 minutes before meeting	Develop several recipes with obvious errors, such as missing food group items, mismatched cooking resources, or missing ingredients. Have Scouts review the recipes and see if they can identify the errors.		6:45 p.m.
Opening Ceremony 10 minutes	Flag presentation Oath and Law Uniform inspection Safety Moment SAFE Equipment		7 p.m.
Group Instruction 10 minutes	Present the basics of menu planning. Review the principle of balancing food groups, matching the menu to planned activities and cooking resources.		7:10 p.m.
Skills Instruction 40 minutes	• Form multiple groups, each including some Scouts who are more experienced than the others. • Have the experienced Scouts teach by example how to develop a full menu plan for a weekend trip. Include two breakfasts, two lunches, and two dinners. • Focus on — Planning complete, tasty meals — Developing a complete food list — Making plans to prepare and cook the food — Determining the costs and how the food items will be purchased		7:20 p.m.
Breakout Groups 15 minutes	• Plan a camp menu that includes breakfast, lunch, and dinner and can be cooked without utensils. All meals must use a heat source, and at least one must use a technique other than foil cooking. • Continue planning for participation in the main event. • Work on advancement requirements as needed.		8 p.m.
Game 10 minutes	Play Cooking Kim's Game (described earlier).		8:15 p.m.
Closing 5 minutes	Announcements Leader's minute Closing		8:25 p.m.
Total 90 minutes of meeting			
After the Meeting 15 minutes	Leadership team reviews plans for the next meeting and for the main event.		

*All times are suggested.



COOKING

Meeting Plan: Cooking Basics



Week 4 Date _____

ACTIVITY	DESCRIPTION	RUN BY	TIME*
Preopening 15 minutes before meeting	As Scouts arrive, have an array of cookbooks available with both camping and home recipes. Preview several cooking websites to make sure the content is appropriate, and have computers or tablets set up to display those websites. Encourage the Scouts to browse and look for new recipes to try during the main event.		6:45 p.m.
Opening Ceremony 10 minutes	Flag presentation Oath and Law Uniform inspection Safety Moment SAFE Supervision		7 p.m.
Group Instruction 5 minutes	Explain that Scouts will rotate in 10-minute intervals to observe four different cooking methods at separate stations: 1) camp stoves, 2) foil packs, 3) backpacking stoves, and 4) Dutch ovens.		7:10 p.m.
Skills Instruction 45 minutes   	- Scouts will move by patrol in a round robin to get basic instruction on the four different styles of cooking, focusing on the benefits of each style and how to use them effectively. - If possible, real cooking demonstrations would be good, but instruction can be given without food.		7:15 p.m.
	Scouts with some cooking experience should run the first two stations, demonstrating how to cook with camp stoves and foil cooking.		
	Scouts with the most cooking experience should run the instruction for Dutch ovens and backpacking stoves.		
Breakout Groups 15 minutes	Participants finalize their menus, cooking methods, equipment lists, and duty rosters for the main event. Challenge them to try new methods.		8 p.m.
Game 10 minutes	Play Potato Peel Relay (described earlier).		8:15 p.m.
Closing 5 minutes	Announcements Leader's minute Closing		8:25 p.m.
Total 90 minutes of meeting			
After the Meeting 15 minutes	Leadership team reviews plans for the next meeting and for the main event.		

*All times are suggested.

	COOKING Main Event: Cooking at Every Main Event		
	Date _____		
Logistics Location: _____ _____ Departure time: _____ Return time: _____ Duration of activity: Varies Budget: Completed _____ Approved _____ Camping: Duty roster _____ Menu _____ Transportation: Group _____ Self _____		Essential (Tier I) Cooking is an important part of most main events, so plan a main event where cooking shares top billing with another type of activity. New Scouts can focus on basic menus with limited ingredients, while more experienced Scouts will prepare more complex recipes or help to teach and guide the other Scouts.	
Equipment List	- Cooking equipment: pots, pans, and utensils appropriate for meals planned - Menu plan, including times for preparation and cooking, duty roster, etc. - All needed food, properly packed to ensure sound food safety - Clean water or a way to treat non-potable water - Cleaning supplies: paper towels, garbage bags, biodegradable soap, sanitizing tablets or bleach, etc.		
Activity	- Develop a theme for the weekend's meals (i.e., a particular type of cuisine or a specific cooking method). - Try different cooking methods each month, focusing on areas in which Scouts have less experience. - Develop menus that fit the experience level of the group. - Include elements of challenge or competition to increase the fun.		
Safety	- Safety precautions are important at all cooking events, especially to prevent burns or cuts. - Proper food handling is always mandatory, and extra care is essential when cooking outdoors. - Two-deep adult leadership is required for all activities.		
Notes			
Consider having each group bring its menu items to a central location for a smorgasbord meal. This allows Scouts to see how others cook. The more complex menu items will inspire the less experienced Scouts to advance their cooking skills.			



COOKING

Main Event: The Master Iron Chopped Chef Kitchen Showdown



Date _____

Logistics

Location: _____

Departure time: _____

Return time: _____

Duration of activity: Varies

Budget: Completed _____ Approved _____

Camping: Duty roster _____ Menu _____

Transportation: Group _____ Self _____

Challenging (Tier II)

Plan a competition that can be done by groups or individuals in a set amount of time with specific ingredients or just a general category of food. Whether the goal is being the best or the most creative at preparing a specific dish, everyone will get a chance to be judged on technique, taste, and presentation. Decide on your own rules, but always remember to have fun.

Equipment List

- Enough space and heat sources for everyone to be able to cook at once
- Enough cooking equipment for every participant or team
- Agreed upon ingredients
- Criteria on which teams or individuals will be judged
- Appropriate serving dishes for tasting
- Awards
- Cleanup supplies

Activity

- Decide what type of cooking competition will be held. You might design your own based on a favorite TV show or use the “Chopped” Camp Style example described earlier.
- Set the criteria on how the competition will be judged.
- Prepare and set out the ingredients.
- Hold an opening ceremony.
- Have individuals or teams compete by cooking their menu items.
- Have the meals judged and award prizes as needed.
- Everyone helps with cleanup.

Safety

- Safety precautions are important at all cooking events, especially to prevent burns or cuts.
- Proper food handling is always mandatory, and extra care is essential when cooking outdoors.
- Two-deep adult leadership is required for all activities.

Notes

Exactly how you run the competition is less important than having fun while everyone practices their cooking skills. Numerous TV shows feature cooking competitions so with a little research and some imagination, your group should be able to design a fun activity.

	COOKING Main Event: Ultimate Self-Reliant Cooking		
	Date _____		
Logistics Location: _____ _____ Departure time: _____ Return time: _____ Duration of activity: Weekend Budget: Completed _____ Approved _____ Camping: Duty roster _____ Menu _____ Transportation: Group _____ Self _____		Advanced (Tier III) Can you cook without pots and pans? How about without a kitchen and utensils? What if you didn't have a store to shop for items? Spend a weekend learning and practicing the art of cooking with these limitations. This activity is not for the timid. Does your group have what it takes?	
Equipment List	- If camping, appropriate shelter and sleeping gear - Recipes not requiring pots and pans (e.g., spit-roasted chicken, eggs in a paper cup, etc.) - An appropriate location with fire pit - Items for starting and maintaining a cooking fire - Proper equipment for cleanup		
Activity	- Set up camp as appropriate. - Assemble food items as needed. - Make sure the area is safe from fire hazards. - Safely prepare a cooking fire. - Cook without utensils, pots, or pans. - Enjoy your meal. - Clean up as appropriate. - Always put out your fire.		
Safety	- Safety precautions are important at all cooking events, especially to prevent burns or cuts. - Proper food handling is always mandatory, and extra care is essential when cooking outdoors. - If you are cooking without utensils, give special consideration to fire safety. - Two-deep adult leadership is required for all activities.		
Notes			
This main event might be considered an add-on to teaching the Wilderness Survival merit badge. Since food, water, and shelter are the most basic of human needs, ultimate self-reliant cooking can make hardship somewhat bearable.			