



COOKING

All levels

Purpose

To learn some basic cooking skills, an understanding of good nutrition, and the responsibility of preparing and cleaning up after a meal.

Exploring

1. Make an attractive **Cooking merit badge** title page.

Next show the six basic food groups below.

1. Meat, Eggs, Fish
2. Milk and Milk Products
3. Vegetables
4. Fruit
5. Cereals, Bread
6. Fats, Oils

You can paste in pictures of food from that group which you can cut out from magazines.

2. Explain the following terms.

Fry

Boil

Simmer

Roast

Brown

Drain

Beat

Dice

3. Explain the use of the following equipment.

Vegetable Peeler

Hand Mixer

Blender

Electric Fry Pan

Grater

Measuring Cups

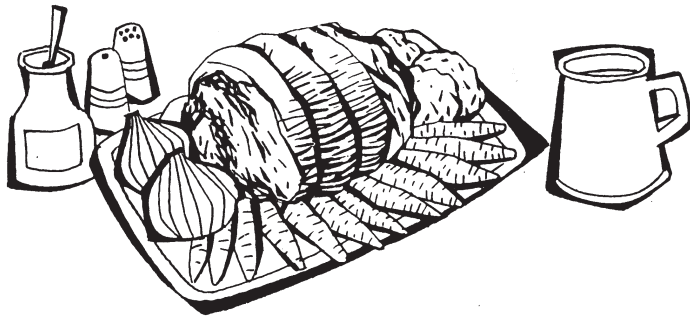
Measuring Spoons

Colander

Crock Pot

Microwave Oven

You may use pictures for your explanations if you wish.



Doing

1. Prepare and serve a meal for yourself, your Counsellor plus two friends (or your group). The menu must include: a drink, a salad, choice of potato, rice or pasta (macaroni etc.), meat, vegetables, a dessert.
2. Clean up properly after your meal. This includes washing dishes and getting rid of the garbage. If you prepared your meal on a camp fire, you must also put out your fire or clean your camp stove.

Get rid of your dishwater properly.

Ask your Counsellor to sign below and arrange for the presentation of your badge.

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