



2nd & 1st Class Cooking Recommendations



Cooking is a skill that every scout needs to know and master. The cooking requirements for the Second and First class ranks are specifically designed in a way for a scout to display his skill. It is important to follow the guidelines and recommendations below in order for the Scout to achieve his advancements and display his cooking ability.

General Guidelines for Second and First Class cooking:

- It is highly recommended that scouts read the requirements for second and first class cooking in the scout handbook before planning their meals(s)
- The scout needs to explain the importance of good nutrition, taking into account the food pyramid.
- Scouts should have their menus approved by a register adult leader who is not the scout's parent.
- In general, every meal should include mixing and measuring a variety of ingredients and or following recipes or boxed food directions.
- For Second Class cooking, the scout is making one meal for himself. For First Class cooking, the scout prepares breakfast, lunch and dinner for six.
- All food preparation must be done at camp, for example, cutting, dicing, peeling, and browning.
- Practice cooking your menu at home before completing the requirement at camp.
- Troop will provide all cooking gear, milk, butter, juice, hot chocolate, mustard, ketchup, charcoal, propane.
- If you have any questions about cooking requirements for 2nd or 1st class cooking, feel free to ask any registered adult leader.

Second-class cooking

It is the intent of this requirement that the Scout demonstrate basic cooking skills.

Requirement 2g (pages 257-63, 265-68 in the Scout Handbook)

On one campout, plan and cook over an open fire one hot breakfast or lunch for yourself, selecting foods from the food pyramid. Explain the importance of good nutrition. Tell how to transport, store and prepare the foods you select.

This checklist is a Troop recommendation to aid the scout in fulfilling his second-class cooking requirement.

- () Obtain approval for your menu from one of the adult leaders.
- () Discuss with an adult leader how your menu takes into account the food pyramid.
- () Scout must explain how the food will be safely stored and transported to camp.
- () With the assistance of an adult, obtain needed food from approved menu.
- () It is strongly suggested that the scout practice making his food at home before the campout.
- () Scout must gather tinder, kindling and fuel, and build and ignite a fire suitable for cooking.
- () On a Troop campout, start fire in an approved location and prepare meal as stated in the requirement.



First-class cooking

It is the intent of this requirement is to demonstrate general cooking skills, which is more than just heating foods. The scout should plan his meals to feed six people. The maximum food reimbursement is \$36.

Requirements:

- 4a.** *Help plan a patrol menu for one campout 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 the food pyramid and meets nutritional needs. (Pages 257-62, 265-80)*
- 4b.** *Using the menu planned in requirement 4a, make a list showing the cost and food amounts needed to feed three or more boy and secure the ingredients. (Page 260)*
- 4c.** *Tell which pans, utensils, and other gear will be needed to cook and serve these meals. (Page 264)*
- 4d.** *Explain the procedures to follow in the safe handling and storage of fresh meats, dairy products, eggs, vegetables, and other perishable food products. Tell how to properly dispose of camp garbage, cans, plastic containers, and other rubbish. (Pages 258, 263, 281)*
- 4e.** *On one campout, serve as your patrol's cook. Supervise your assistant(s) in using a stove or building a cooking fire. Prepare the breakfast, lunch and dinner planned in requirement 4a. Lead your patrol in saying grace at the meals and supervise cleanup.*

This checklist is a Troop recommendation to aid the scout in fulfilling his first-class cooking requirement.

- Obtain approval for your menu from one of the adult leaders.
- Discuss with an adult leader how your menu takes into account the food pyramid.
- Scout must explain how the food will be safely stored and transported to camp.
- With the assistance of an adult, purchase needed food from approved menu. Remember to keep the store receipt to fulfill requirement 4b.
- It is strongly suggested that the scout practice making his meals at home before the campout.
- Supervise your patrol in setting up the cooking area, including the stove, cooking and cleanup of all the meals.