



# Cooking

## Merit Badge Workbook



This workbook can help you but you still need to read the merit badge pamphlet.

This Workbook can help you organize your thoughts as you prepare to meet with your merit badge counselor.

You still must satisfy your counselor that you can demonstrate each skill and have learned the information. You should use the work space provided for each requirement to keep track of which requirements have been completed, and to make notes for discussing the item with your counselor, not for providing full and complete answers.

If a requirement says that you must take an action using words such as "discuss", "show", "tell", "explain", "demonstrate", "identify", etc, that is what you must do.

**Merit Badge Counselors may not require the use of this or any similar workbooks.**

No one may add or subtract from the official requirements found in Boy Scout Requirements (Pub. 33216 – SKU 621535).

The requirements were last issued or revised in 2016 • This workbook was updated in January 2016.

Scout's Name: \_\_\_\_\_

Unit: \_\_\_\_\_

Counselor's Name: \_\_\_\_\_

Counselor's Phone No.: \_\_\_\_\_

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Please submit errors, omissions, comments or suggestions about this **workbook** to: [Workbooks@USScouts.Org](mailto:Workbooks@USScouts.Org)  
Comments or suggestions for changes to the **requirements** for the **merit badge** should be sent to: [Merit.Badge@Scouting.Org](mailto:Merit.Badge@Scouting.Org)

1. **Health and Safety.** Do the following:

- a. Explain to your counselor the most 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.

Hazard	How to anticipate, help prevent, mitigate, and respond


- b. Show that you know first aid for and how to prevent injuries or illnesses that could occur while preparing meals and eating, including burns and scalds, cuts, choking, and allergic reactions.

Burns and scalds

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Cuts

--

Choking

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Allergic reactions

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- c. Describe how meat, fish, chicken, eggs, dairy products, and fresh vegetables should be stored, transported, and properly prepared for cooking.

Meat

[illegible]

Fish

[illegible]

## Chicken

11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31 32 33 34 35 36 37 38 39 40 41 42 43 44 45 46 47 48 49 50 51 52 53 54 55 56 57 58 59 60 61 62 63 64 65 66 67 68 69 70 71 72 73 74 75 76 77 78 79 80 81 82 83 84 85 86 87 88 89 90 91 92 93 94 95 96 97 98 99 100 101 102 103 104 105 106 107 108 109 110 111 112 113 114 115 116 117 118 119 120 121 122 123 124 125 126 127 128 129 130 131 132 133 134 135 136 137 138 139 140 141 142 143 144 145 146 147 148 149 150 151 152 153 154 155 156 157 158 159 160 161 162 163 164 165 166 167 168 169 170 171 172 173 174 175 176 177 178 179 180 181 182 183 184 185 186 187 188 189 190 191 192 193 194 195 196 197 198 199 200 201 202 203 204 205 206 207 208 209 210 211 212 213 214 215 216 217 218 219 220 221 222 223 224 225 226 227 228 229 230 231 232 233 234 235 236 237 238 239 240 241 242 243 244 245 246 247 248 249 250 251 252 253 254 255 256 257 258 259 260 261 262 263 264 265 266 267 268 269 270 271 272 273 274 275 276 277 278 279 280 281 282 283 284 285 286 287 288 289 290 291 292 293 294 295 296 297 298 299 300 301 302 303 304 305 306 307 308 309 310 311 312 313 314 315 316 317 318 319 320 321 322 323 324 325 326 327 328 329 330 331 332 333 334 335 336 337 338 339 340 341 342 343 344 345 346 347 348 349 350 351 352 353 354 355 356 357 358 359 360 361 362 363 364 365 366 367 368 369 370 371 372 373 374 375 376 377 378 379 380 381 382 383 384 385 386 387 388 389 390 391 392 393 394 395 396 397 398 399 400 401 402 403 404 405 406 407 408 409 410 411 412 413 414 415 416 417 418 419 420 421 422 423 424 425 426 427 428 429 430 431 432 433 434 435 436 437 438 439 440 441 442 443 444 445 446 447 448 449 450 451 452 453 454 455 456 457 458 459 460 461 462 463 464 465 466 467 468 469 470 471 472 473 474 475 476 477 478 479 480 481 482 483 484 485 486 487 488 489 490 491 492 493 494 495 496 497 498 499 500 501 502 503 504 505 506 507 508 509 510 511 512 513 514 515 516 517 518 519 520 521 522 523 524 525 526 527 528 529 530 531 532 533 534 535 536 537 538 539 540 541 542 543 544 545 546 547 548 549 550 551 552 553 554 555 556 557 558 559 560 561 562 563 564 565 566 567 568 569 570 571 572 573 574 575 576 577 578 579 580 581 582 583 584 585 586 587 588 589 590 591 592 593 594 595 596 597 598 599 600 601 602 603 604 605 606 607 608 609 610 611 612 613 614 615 616 617 618 619 620 621 622 623 624 625 626 627 628 629 630 631 632 633 634 635 636 637 638 639 640 641 642 643 644 645 646 647 648 649 650 651 652 653 654 655 656 657 658 659 660 661 662 663 664 665 666 667 668 669 670 671 672 673 674 675 676 677 678 679 680 681 682 683 684 685 686 687 688 689 690 691 692 693 694 695 696 697 698 699 700 701 702 703 704 705 706 707 708 709 710 711 712 713 714 715 716 717 718 719 720 721 722 723 724 725 726 727 728 729 730 731 732 733 734 735 736 737 738 739 740 741 742 743 744 745 746 747 748 749 750 751 752 753 754 755 756 757 758 759 760 761 762 763 764 765 766 767 768 769 770 771 772 773 774 775 776 777 778 779 780 781 782 783 784 785 786 787 788 789 790 791 792 793 794 795 796 797 798 799 800 801 802 803 804 805 806 807 808 809 810 811 812 813 814 815 816 817 818 819 820 821 822 823 824 825 826 827 828 829 830 831 832 833 834 835 836 837 838 839 840 841 842 843 844 845 846 847 848 849 850 851 852 853 854 855 856 857 858 859 860 861 862 863 864 865 866 867 868 869 870 871 872 873 874 875 876 877 878 879 880 881 882 883 884 885 886 887 888 889 890 891 892 893 894 895 896 897 898 899 900 901 902 903 904 905 906 907 908 909 910 911 912 913 914 915 916 917 918 919 920 921 922 923 924 925 926 927 928 929 930 931 932 933 934 935 936 937 938 939 940 941 942 943 944 945 946 947 948 949 950 951 952 953 954 955 956 957 958 959 960 961 962 963 964 965 966 967 968 969 970 971 972 973 974 975 976 977 978 979 980 981 982 983 984 985 986 987 988 989 990 991 992 993 994 995 996 997 998 999 1000 1001 1002 1003 1004 1005 1006 1007 1008 1009 1010 1011 1012 1013 1014 1015 1016 1017 1018 1019 1020 1021 1022 1023 1024 1025 1026 1027 1028 1029 1030 1031 1032 1033 1034 1035 1036 1037 1038 1039 1040 1041 1042 1043 1044

## Eggs

[illegible]Dairy  
Products[illegible]

Fresh  
Vegetables

[illegible]

Explain how to prevent cross-contamination.

	07	08	09	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48	49	50	51	52	53	54	55	56	57	58	59	60	61	62	63	64	65	66	67	68	69	70	71	72	73	74	75	76	77	78	79	80	81	82	83	84	85	86	87	88	89	90	91	92	93	94	95	96	97	98	99	100	101	102	103	104	105	106	107	108	109	110	111	112	113	114	115	116	117	118	119	120	121	122	123	124	125	126	127	128	129	130	131	132	133	134	135	136	137	138	139	140	141	142	143	144	145	146	147	148	149	150	151	152	153	154	155	156	157	158	159	160	161	162	163	164	165	166	167	168	169	170	171	172	173	174	175	176	177	178	179	180	181	182	183	184	185	186	187	188	189	190	191	192	193	194	195	196	197	198	199	200	201	202	203	204	205	206	207	208	209	210	211	212	213	214	215	216	217	218	219	220	221	222	223	224	225	226	227	228	229	230	231	232	233	234	235	236	237	238	239	240	241	242	243	244	245	246	247	248	249	250	251	252	253	254	255	256	257	258	259	260	261	262	263	264	265	266	267	268	269	270	271	272	273	274	275	276	277	278	279	280	281	282	283	284	285	286	287	288	289	290	291	292	293	294	295	296	297	298	299	300	301	302	303	304	305	306	307	308	309	310	311	312	313	314	315	316	317	318	319	320	321	322	323	324	325	326	327	328	329	330	331	332	333	334	335	336	337	338	339	340	341	342	343	344	345	346	347	348	349	350	351	352	353	354	355	356	357	358	359	360	361	362	363	364	365	366	367	368	369	370	371	372	373	374	375	376	377	378	379	380	381	382	383	384	385	386	387	388	389	390	391	392	393	394	395	396	397	398	399	400	401	402	403	404	405	406	407	408	409	410	411	412	413	414	415	416	417	418	419	420	421	422	423	424	425	426	427	428	429	430	431	432	433	434	435	436	437	438	439	440	441	442	443	444	445	446	447	448	449	450	451	452	453	454	455	456	457	458	459	460	461	462	463	464	465	466	467	468	469	470	471	472	473	474	475	476	477	478	479	480	481	482	483	484	485	486	487	488	489	490	491	492	493	494	495	496	497	498	499	500	501	502	503	504	505	506	507	508	509	510	511	512	513	514	515	516	517	518	519	520	521	522	523	524	525	526	527	528
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- d. Discuss with your counselor food allergies, food intolerance, and food-related illnesses and diseases.

## Food allergies

[illegible]

Food-related illnesses

Year	1990	1991	1992	1993	1994	1995	1996	1997	1998	1999	2000	2001	2002	2003	2004	2005	2006	2007	2008	2009	2010	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	2021	2022	2023	2024	2025	2026	2027	2028	2029	2030	2031	2032	2033	2034	2035	2036	2037	2038	2039	2040	2041	2042	2043	2044	2045	2046	2047	2048	2049	2050	2051	2052	2053	2054	2055	2056	2057	2058	2059	2060	2061	2062	2063	2064	2065	2066	2067	2068	2069	2070	2071	2072	2073	2074	2075	2076	2077	2078	2079	2080	2081	2082	2083	2084	2085	2086	2087	2088	2089	2090	2091	2092	2093	2094	2095	2096	2097	2098	2099																																																																																																																																																																																																																																						
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Food  
intoleranceFood-related  
diseases

Explain why someone who handles or prepares food needs to be aware of these concerns.

- e. Discuss with your counselor why reading food labels is important.

Explain how to identify common allergens such as peanuts, tree nuts, milk, eggs, wheat, soy, and shellfish.

Peanuts

Tree nuts

Milk

Eggs

Wheat

Soy

Shellfish

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:

b. Explain why you should limit your intake of oils and sugars.

Q1	Q2	Q3	Q4	Q5	Q6	Q7	Q8	Q9	Q10	Q11	Q12	Q13	Q14	Q15	Q16	Q17	Q18	Q19	Q20	Q21	Q22	Q23	Q24	Q25	Q26	Q27	Q28	Q29	Q30	Q31	Q32	Q33	Q34	Q35	Q36	Q37	Q38	Q39	Q40	Q41	Q42	Q43	Q44	Q45	Q46	Q47	Q48	Q49	Q50	Q51	Q52	Q53	Q54	Q55	Q56	Q57	Q58	Q59	Q60	Q61	Q62	Q63	Q64	Q65	Q66	Q67	Q68	Q69	Q70	Q71	Q72	Q73	Q74	Q75	Q76	Q77	Q78	Q79	Q80	Q81	Q82	Q83	Q84	Q85	Q86	Q87	Q88	Q89	Q90	Q91	Q92	Q93	Q94	Q95	Q96	Q97	Q98	Q99	Q100
1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48	49	50	51	52	53	54	55	56	57	58	59	60	61	62	63	64	65	66	67	68	69	70	71	72	73	74	75	76	77	78	79	80	81	82	83	84	85	86	87	88	89	90	91	92	93	94	95	96	97	98	99	100

- c. Determine your daily level of activity and your caloric need based on your activity level.

Activity	Frequency	Duration	Calories Burned
Walking	30 min	10 min	100
Light exercise	30 min	10 min	150
Medium exercise	30 min	10 min	200
Heavy exercise	30 min	10 min	300
Very heavy exercise	30 min	10 min	400
Rest	30 min	10 min	0
Sleeping	30 min	10 min	0
Other	30 min	10 min	0

Then, based on the MyPlate food guide, discuss with your counselor an appropriate meal plan for yourself for one day.

Food Group	Amount	Calories
Grains	1/2 cup	100
Vegetables	1/2 cup	50
Fruits	1/2 cup	50
Protein	1/4 cup	100
Dairy	1/2 cup	100
Other	1/2 cup	100

- d. Discuss your current eating habits with your counselor and what you can do to eat healthier, based on the MyPlate food guide.

Food Group	Amount	Calories
Grains	1/2 cup	100
Vegetables	1/2 cup	50
Fruits	1/2 cup	50
Protein	1/4 cup	100
Dairy	1/2 cup	100
Other	1/2 cup	100

- e. Discuss the following food label terms: calorie, fat, saturated fat, trans fat, cholesterol, sodium, carbohydrate, dietary fiber, sugar, protein.

Calorie

Fat

Saturated fat

Trans fat

Cholesterol

Sodium

Carbohydrate

Dietary fiber

Sugar

Protein



Explain how to calculate total carbohydrates and nutritional values for two servings, based on the serving size specified on the label.


3. Cooking Basics. Do the following:

- a. Discuss EACH of the following cooking methods. For each one, describe the equipment needed, how temperature control is maintained, and name at least one food that can be cooked using that method: baking, boiling, broiling, pan frying, simmering, steaming, microwaving, grilling, foil cooking, and use of a Dutch oven.

Method	Food	Equipment needed	How is food cooked and temperature maintained?
Baking			
Boiling			
Broiling			



Pan frying			
Simmering			
Steaming			
Microwaving			
Grilling			
Foil cooking			
Use of a Dutch oven			

- b. Discuss the benefits of using a camp stove on an outing vs. a charcoal or wood fire.

Blank lined area for discussion.

- c. Describe with your counselor how to manage your time when preparing a meal so components for each course are ready to serve at the same time.

Blank lined area for discussion.

Note: The meals prepared for Cooking merit badge requirements 4, 5, and 6 will count only toward fulfilling those requirements and will not count toward rank advancement. Meals prepared for rank advancement may not count toward the Cooking merit badge. You must not repeat any menus for meals actually prepared or cooked in requirements 4, 5, and 6.

4. Cooking at home. Using the MyPlate food guide or the current USDA nutrition model, plan a menu for three full days of meals (three breakfasts, three lunches, and three dinners) plus one dessert. Your menu 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.

Day 1

Menu                      Quantity                      Calories                      Equipment                      Utensils

BREAKFAST

Fruits					
Vegetables					
Grains					
Proteins					
Dairy					

LUNCH

Fruits					
Vegetables					
Grains					
Proteins					
Dairy					

DINNER

Fruits					
Vegetables					
Grains					
Proteins					
Dairy					

Day 2

BREAKFAST

Menu

Quantity

Calories

Equipment

Utensils

Fruits

Vegetables

Grains

Proteins

Dairy

LUNCH

Fruits

Vegetables

Grains

Proteins

Dairy

DINNER

Fruits

Vegetables

Grains

Proteins

Dairy

Day 3

Menu

Quantity

Calories

Equipment

Utensils

BREAKFAST

Fruits

Vegetables

Grains

Proteins

Dairy

LUNCH

Fruits

Vegetables

Grains

Proteins

Dairy

DINNER

Fruits

Vegetables

Grains

Proteins

Dairy

DESSERT

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.

Menu Item	Components to purchase	Quantity	Cost
Breakfast 1			Total Cost

Menu Item	Components to purchase	Quantity	Cost
Breakfast 2			Total Cost

Menu Item	Components to purchase	Quantity	Cost
Breakfast 3			Total Cost

Menu Item	Components to purchase	Quantity	Cost
Lunch 1			Total Cost

Menu Item	Components to purchase	Quantity	Cost
Lunch 2			Total Cost

Menu Item	Components to purchase	Quantity	Cost
Lunch 3			Total Cost



Menu Item	Components to purchase	Quantity	Cost
Dinner 1			Total Cost

Menu Item	Components to purchase	Quantity	Cost
Dinner 2			Total Cost

Menu Item	Components to purchase	Quantity	Cost
Dinner 3		Total Cost	

- ☐ b. Share and discuss your meal plan and shopping list with your counselor.

[illegible]

- ☐ c. Using at least five of the 10 cooking methods from requirement 3, prepare and serve yourself and at least one adult (parent, family member, guardian, or other responsible adult) one breakfast, one lunch, one dinner, and one dessert from the meals you planned.\*

Cooking methods used:

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

- ☐ d. Time your cooking to have each meal ready to serve at the proper time. Have an adult verify the preparation of the meal to your counselor.

- ☐ Breakfast No. \_\_\_\_\_ Date: \_\_\_\_\_ Adult's verification: \_\_\_\_\_
- ☐ Lunch No. \_\_\_\_\_ Date: \_\_\_\_\_ Adult's verification: \_\_\_\_\_
- ☐ Dinner No. \_\_\_\_\_ Date: \_\_\_\_\_ Adult's verification: \_\_\_\_\_

- e. After each meal, ask a person you served to evaluate the meal on presentation and taste, then evaluate your own meal. Discuss what you learned with your counselor, including any adjustments that could have improved or enhanced your meals. Tell how better planning and preparation help ensure a successful meal.

\*The meals for requirement 4 may be prepared on different days, and they need not be prepared consecutively. The requirement calls for Scouts to plan, prepare, and serve one breakfast, one lunch, and one dinner to at least one adult; those served need not be the same for all meals.

5. Camp Cooking. Do the following.
  - a. Using the MyPlate food guide or the current USDA nutrition model, plan a menu for your patrol or a similar size group of up to eight youth, including you) for a camping trip Your menu should include enough food for each person, keeping in mind any special needs (such as food allergies) and how you keep your foods safe and free from cross-contamination. These five meals must include at least one breakfast, one lunch, one dinner, AND at least one snack OR one dessert. List the equipment and utensils needed to prepare and serve these meals.

	Menu	Quantity	Calories	Equipment	Utensils
Meal 1	Fruits				
	Vegetables				
	Grains				
	Proteins				
	Dairy				
Meal 2	Fruits				
	Vegetables				
	Grains				
	Proteins				
	Dairy				

	Menu	Quantity	Calories	Equipment	Utensils
Meal 3	Fruits				
	Vegetables				
	Grains				
	Proteins				
	Dairy				
Meal 4	Fruits				
	Vegetables				
	Grains				
	Proteins				
	Dairy				

	Menu	Quantity	Calories	Equipment	Utensils
Meal 5	Fruits				
	Vegetables				
	Grains				
	Proteins				
	Dairy				
Desert or Snack					

Then do the following:

- b. 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.

Menu Item	Components to purchase	Quantity	Cost
Meal 1		Total Cost	

Menu Item	Components to purchase	Quantity	Cost
Meal 2			Total Cost

Menu Item	Components to purchase	Quantity	Cost
Meal 3			Total Cost



Menu Item	Components to purchase	Quantity	Cost
Meal 4	Total Cost		

Menu Item	Components to purchase	Quantity	Cost
Meal 5	Total Cost		

Menu Item	Components to purchase	Quantity	Cost
Snack or Dessert	Total Cost		

- | DATE | TIME | LOCATION | WIND | TEMP | SEA  | REMARKS |
|------|------|----------|------|------|------|---------|
| 1964 | 0000 | 0000     | 0000 | 0000 | 0000 | 0000    |
| 1964 | 0100 | 0100     | 0100 | 0100 | 0100 | 0100    |
| 1964 | 0200 | 0200     | 0200 | 0200 | 0200 | 0200    |
| 1964 | 0300 | 0300     | 0300 | 0300 | 0300 | 0300    |
| 1964 | 0400 | 0400     | 0400 | 0400 | 0400 | 0400    |
| 1964 | 0500 | 0500     | 0500 | 0500 | 0500 | 0500    |
| 1964 | 0600 | 0600     | 0600 | 0600 | 0600 | 0600    |
| 1964 | 0700 | 0700     | 0700 | 0700 | 0700 | 0700    |
| 1964 | 0800 | 0800     | 0800 | 0800 | 0800 | 0800    |
| 1964 | 0900 | 0900     | 0900 | 0900 | 0900 | 0900    |
| 1964 | 1000 | 1000     | 1000 | 1000 | 1000 | 1000    |
| 1964 | 1100 | 1100     | 1100 | 1100 | 1100 | 1100    |
| 1964 | 1200 | 1200     | 1200 | 1200 | 1200 | 1200    |
| 1964 | 1300 | 1300     | 1300 | 1300 | 1300 | 1300    |
| 1964 | 1400 | 1400     | 1400 | 1400 | 1400 | 1400    |
| 1964 | 1500 | 1500     | 1500 | 1500 | 1500 | 1500    |
| 1964 | 1600 | 1600     | 1600 | 1600 | 1600 | 1600    |
| 1964 | 1700 | 1700     | 1700 | 1700 | 1700 | 1700    |
| 1964 | 1800 | 1800     | 1800 | 1800 | 1800 | 1800    |
| 1964 | 1900 | 1900     | 1900 | 1900 | 1900 | 1900    |
| 1964 | 2000 | 2000     | 2000 | 2000 | 2000 | 2000    |
| 1964 | 2100 | 2100     | 2100 | 2100 | 2100 | 2100    |
| 1964 | 2200 | 2200     | 2200 | 2200 | 2200 | 2200    |
| 1964 | 2300 | 2300     | 2300 | 2300 | 2300 | 2300    |

- ☐ Meal 1 \_\_\_\_\_ Heat Source: \_\_\_\_\_ Method: \_\_\_\_\_ Date: \_\_\_\_\_
- ☐ Meal 2 \_\_\_\_\_ Heat Source: \_\_\_\_\_ Method: \_\_\_\_\_ Date: \_\_\_\_\_
- ☐ Meal 3 \_\_\_\_\_ Heat Source: \_\_\_\_\_ Method: \_\_\_\_\_ Date: \_\_\_\_\_

- ☐ Dessert or Snack: \_\_\_\_\_ Date: \_\_\_\_\_

- ☐ f. After each meal, have those you served evaluate the meal on presentation and taste, and then evaluate your own meal.

Meal	Evaluation by those served		Self Evaluation	
	Presentation	Taste	Presentation	Taste
Meal 1				
Meal 2				

Meal 3				
Meal 4				
Meal 5				
Snack				

Discuss what you learned with your counselor, including any adjustments that could have improved or enhanced your meals. Tell how planning and preparation help ensure successful outdoor cooking.

- g. Explain to your counselor how you cleaned the equipment, utensils, and the cooking site thoroughly after each meal. Explain how you properly disposed of dishwater and of all garbage.

[illegible]

Explain how you properly disposed of dishwater and of all garbage.

[illegible]

- h. Discuss how you followed the Outdoor Code and no-trace principles when preparing your meals.

[illegible]

6. Trail and backpacking meals. Do the following.
- Using the MyPlate food guide or the current USDA nutrition model, plan a menu for trail hiking or backpacking that includes one breakfast, one lunch, one dinner, and one snack. These meals must not require refrigeration and are to be consumed by three to five people (including you). Be sure to keep in mind any special needs (such as food allergies) and how you will keep your foods safe and free from cross-contamination. List the equipment and utensils needed to prepare and serve these meals.

	Menu	Quantity	Calories	Equipment	Utensils
Breakfast	Fruits				
	Vegetables				
	Grains				
	Proteins				
	Dairy				

	Menu	Quantity	Calories	Equipment	Utensils
Lunch	Fruits				
	Vegetables				
	Grains				
	Proteins				
	Dairy				

## Cooking

Scout's Name: \_\_\_\_\_

Dinner

	Menu	Quantity	Calories	Equipment	Utensils
Fruits					
Vegetables					
Grains					
Proteins					
Dairy					

Snack

	Menu	Quantity	Calories	Equipment	Utensils

- b. 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.

Menu Item	Components to purchase	Quantity	Cost
Breakfast	Total Cost		

Menu Item	Components to purchase	Quantity	Cost
Lunch	Total Cost		



Menu Item	Components to purchase	Quantity	Cost
Dinner		Total Cost	

Menu Item	Components to purchase	Quantity	Cost
Snack		Total Cost	

- ☐ c. Share and discuss your meal plan and shopping list with your counselor. Your plan must include how to repackage foods for your hike or backpacking trip to eliminate as much bulk, weight, and garbage as possible.

[illegible]

- ☐ d. While on a trail hike or backpacking trip, prepare and serve two meals and a snack from the menu planned for this requirement. At least one of those meals must be cooked over a fire, or an approved trail stove (with proper supervision).\*\*

☐ Meal 1 \_\_\_\_\_ Heat Source: \_\_\_\_\_ Date: \_\_\_\_\_

☐ Meal 2 \_\_\_\_\_ Heat Source: \_\_\_\_\_ Date: \_\_\_\_\_

☐ Snack \_\_\_\_\_ Heat Source: \_\_\_\_\_ Date: \_\_\_\_\_

## Cooking

Scout's Name: \_\_\_\_\_

- ☐ e. After each meal, have those you served evaluate the meal on presentation and taste, and then evaluate your own meal.

Meal	Evaluation by those served		Self Evaluation	
	Presentation	Taste	Presentation	Taste
Meal 1				
Meal 2				
Snack				

Discuss what you learned with your counselor, including any adjustments that could have improved or enhanced your meals. Tell how planning and preparation help ensure successful trail hiking or backpacking meals.

- ☐ f.. Discuss how you followed the Outdoor Code and no-trace principles during your outing.

Explain to your counselor how you cleaned any equipment, utensils, and the cooking site after each meal.

[illegible]

Explain how you properly disposed of any dishwater and packed out all garbage.

[illegible]

**\*\*Where local regulations do not allow you to build a fire, the counselor may adjust the requirement to meet the law. The meals in requirements 5 and 6 may be prepared for different trips and need not be prepared consecutively. Scouts working on this badge in summer camp should take into consideration foods that can be obtained at the camp commissary.**

7.. Food-related careers. Find out about three career opportunities in cooking.

1.	
2.	
3.	

Select one and find out the education, training, and experience required for this profession.

**Career:**

\_\_\_\_\_

Education:

[illegible]

## Cooking

Scout's Name: \_\_\_\_\_

Training:

[illegible]

Experience:

[illegible]

Discuss this with your counselor, and explain why this profession might interest you.

1. NAME \_\_\_\_\_

2. ADDRESS \_\_\_\_\_

3. CITY \_\_\_\_\_

4. STATE \_\_\_\_\_

5. ZIP \_\_\_\_\_

6. PHONE \_\_\_\_\_

7. DATE \_\_\_\_\_

8. TIME \_\_\_\_\_

9. DAY \_\_\_\_\_

10. MONTH \_\_\_\_\_

11. YEAR \_\_\_\_\_

12. AGE \_\_\_\_\_

13. SEX \_\_\_\_\_

14. RELIGION \_\_\_\_\_

15. EDUCATION \_\_\_\_\_

16. OCCUPATION \_\_\_\_\_

17. INTERESTS \_\_\_\_\_

18. HOBBIES \_\_\_\_\_

19. SPORTS \_\_\_\_\_

20. TRAVEL \_\_\_\_\_

21. DIET \_\_\_\_\_

22. DRUGS \_\_\_\_\_

23. ALCOHOL \_\_\_\_\_

24. TABACCO \_\_\_\_\_

25. WEAPONS \_\_\_\_\_

26. VEHICLES \_\_\_\_\_

27. PROPERTY \_\_\_\_\_

28. INCOME \_\_\_\_\_

29. EXPENSES \_\_\_\_\_

30. SAVINGS \_\_\_\_\_

31. DEBTS \_\_\_\_\_

32. INVESTMENTS \_\_\_\_\_

33. CHARITABLE \_\_\_\_\_

34. POLITICAL \_\_\_\_\_

35. RELIGIOUS \_\_\_\_\_

36. CULTURAL \_\_\_\_\_

37. ARTS \_\_\_\_\_

38. SCIENCE \_\_\_\_\_

39. TECHNOLOGY \_\_\_\_\_

40. ENVIRONMENT \_\_\_\_\_

41. HEALTH \_\_\_\_\_

42. WELLNESS \_\_\_\_\_

43. FOOD \_\_\_\_\_

44. DRINKS \_\_\_\_\_

45. SMOKE \_\_\_\_\_

46. TOBACCO \_\_\_\_\_

47. WEAPONS \_\_\_\_\_

48. VEHICLES \_\_\_\_\_

49. PROPERTY \_\_\_\_\_

50. INCOME \_\_\_\_\_

51. EXPENSES \_\_\_\_\_

52. SAVINGS \_\_\_\_\_

53. DEBTS \_\_\_\_\_

54. INVESTMENTS \_\_\_\_\_

55. CHARITABLE \_\_\_\_\_

56. POLITICAL \_\_\_\_\_

57. RELIGIOUS \_\_\_\_\_

58. CULTURAL \_\_\_\_\_

59. ARTS \_\_\_\_\_

60. SCIENCE \_\_\_\_\_

61. TECHNOLOGY \_\_\_\_\_

62. ENVIRONMENT \_\_\_\_\_

63. HEALTH \_\_\_\_\_

64. WELLNESS \_\_\_\_\_

65. FOOD \_\_\_\_\_

66. DRINKS \_\_\_\_\_

67. SMOKE \_\_\_\_\_

68. TOBACCO \_\_\_\_\_

69. WEAPONS \_\_\_\_\_

70. VEHICLES \_\_\_\_\_

71. PROPERTY \_\_\_\_\_

72. INCOME \_\_\_\_\_

73. EXPENSES \_\_\_\_\_

74. SAVINGS \_\_\_\_\_

75. DEBTS \_\_\_\_\_

76. INVESTMENTS \_\_\_\_\_

77. CHARITABLE \_\_\_\_\_

78. POLITICAL \_\_\_\_\_

79. RELIGIOUS \_\_\_\_\_

80. CULTURAL \_\_\_\_\_

81. ARTS \_\_\_\_\_

82. SCIENCE \_\_\_\_\_

83. TECHNOLOGY \_\_\_\_\_

84. ENVIRONMENT \_\_\_\_\_

85. HEALTH \_\_\_\_\_

86. WELLNESS \_\_\_\_\_

87. FOOD \_\_\_\_\_

88. DRINKS \_\_\_\_\_

89. SMOKE \_\_\_\_\_

90. TOBACCO \_\_\_\_\_

91. WEAPONS \_\_\_\_\_

92. VEHICLES \_\_\_\_\_

93. PROPERTY \_\_\_\_\_

94. INCOME \_\_\_\_\_

95. EXPENSES \_\_\_\_\_

96. SAVINGS \_\_\_\_\_

97. DEBTS \_\_\_\_\_

98. INVESTMENTS \_\_\_\_\_

99. CHARITABLE \_\_\_\_\_

100. POLITICAL \_\_\_\_\_

101. RELIGIOUS \_\_\_\_\_

102. CULTURAL \_\_\_\_\_

103. ARTS \_\_\_\_\_

104. SCIENCE \_\_\_\_\_

105. TECHNOLOGY \_\_\_\_\_

106. ENVIRONMENT \_\_\_\_\_

107. HEALTH \_\_\_\_\_

108. WELLNESS \_\_\_\_\_

109. FOOD \_\_\_\_\_

110. DRINKS \_\_\_\_\_

111. SMOKE \_\_\_\_\_

112. TOBACCO \_\_\_\_\_

113. WEAPONS \_\_\_\_\_

114. VEHICLES \_\_\_\_\_

115. PROPERTY \_\_\_\_\_

116. INCOME \_\_\_\_\_

117. EXPENSES \_\_\_\_\_

118. SAVINGS \_\_\_\_\_

119. DEBTS \_\_\_\_\_

120. INVESTMENTS \_\_\_\_\_

121. CHARITABLE \_\_\_\_\_

122. POLITICAL \_\_\_\_\_

123. RELIGIOUS \_\_\_\_\_

124. CULTURAL \_\_\_\_\_

125. ARTS \_\_\_\_\_

126. SCIENCE \_\_\_\_\_

127. TECHNOLOGY \_\_\_\_\_

128. ENVIRONMENT \_\_\_\_\_

129. HEALTH \_\_\_\_\_

130. WELLNESS \_\_\_\_\_

131. FOOD \_\_\_\_\_

132. DRINKS \_\_\_\_\_

133. SMOKE \_\_\_\_\_

134. TOBACCO \_\_\_\_\_

135. WEAPONS \_\_\_\_\_

136. VEHICLES \_\_\_\_\_

137. PROPERTY \_\_\_\_\_

138. INCOME \_\_\_\_\_

139. EXPENSES \_\_\_\_\_

140. SAVINGS \_\_\_\_\_

141. DEBTS \_\_\_\_\_

142. INVESTMENTS \_\_\_\_\_

143. CHARITABLE \_\_\_\_\_

144. POLITICAL \_\_\_\_\_

145. RELIGIOUS \_\_\_\_\_

146. CULTURAL \_\_\_\_\_

147. ARTS \_\_\_\_\_

148. SCIENCE \_\_\_\_\_

149. TECHNOLOGY \_\_\_\_\_

150. ENVIRONMENT \_\_\_\_\_

151. HEALTH \_\_\_\_\_

152. WELLNESS \_\_\_\_\_

153. FOOD \_\_\_\_\_

154. DRINKS \_\_\_\_\_

155. SMOKE \_\_\_\_\_

156. TOBACCO \_\_\_\_\_

157. WEAPONS \_\_\_\_\_

158. VEHICLES \_\_\_\_\_

159. PROPERTY \_\_\_\_\_

160. INCOME \_\_\_\_\_

161. EXPENSES \_\_\_\_\_

162. SAVINGS \_\_\_\_\_

163. DEBTS \_\_\_\_\_

164. INVESTMENTS \_\_\_\_\_

165. CHARITABLE \_\_\_\_\_

166. POLITICAL \_\_\_\_\_

167. RELIGIOUS \_\_\_\_\_

168. CULTURAL \_\_\_\_\_

169. ARTS \_\_\_\_\_

170. SCIENCE \_\_\_\_\_

171. TECHNOLOGY \_\_\_\_\_

172. ENVIRONMENT \_\_\_\_\_

173. HEALTH \_\_\_\_\_

174. WELLNESS \_\_\_\_\_

175. FOOD \_\_\_\_\_

176. DRINKS \_\_\_\_\_

177. SMOKE \_\_\_\_\_

178. TOBACCO \_\_\_\_\_

179. WEAPONS \_\_\_\_\_

180. VEHICLES \_\_\_\_\_

181. PROPERTY \_\_\_\_\_

182. INCOME \_\_\_\_\_

183. EXPENSES \_\_\_\_\_

184. SAVINGS \_\_\_\_\_

185. DEBTS \_\_\_\_\_

186. INVESTMENTS \_\_\_\_\_

187. CHARITABLE \_\_\_\_\_

188. POLITICAL \_\_\_\_\_

189. RELIGIOUS \_\_\_\_\_

190. CULTURAL \_\_\_\_\_

191. ARTS \_\_\_\_\_

192. SCIENCE \_\_\_\_\_

193. TECHNOLOGY \_\_\_\_\_

194. ENVIRONMENT \_\_\_\_\_

195. HEALTH \_\_\_\_\_

196. WELLNESS \_\_\_\_\_

197. FOOD \_\_\_\_\_

198. DRINKS \_\_\_\_\_

199. SMOKE \_\_\_\_\_

200. TOBACCO \_\_\_\_\_

201. WEAPONS \_\_\_\_\_

202. VEHICLES \_\_\_\_\_

203. PROPERTY \_\_\_\_\_

204. INCOME \_\_\_\_\_

205. EXPENSES \_\_\_\_\_

206. SAVINGS \_\_\_\_\_

207. DEBTS \_\_\_\_\_

208. INVESTMENTS \_\_\_\_\_

209. CHARITABLE \_\_\_\_\_

210. POLITICAL \_\_\_\_\_

211. RELIGIOUS \_\_\_\_\_

212. CULTURAL \_\_\_\_\_

213. ARTS \_\_\_\_\_

214. SCIENCE \_\_\_\_\_

215. TECHNOLOGY \_\_\_\_\_

216. ENVIRONMENT \_\_\_\_\_

217. HEALTH \_\_\_\_\_

218. WELLNESS \_\_\_\_\_

219. FOOD \_\_\_\_\_

220. DRINKS \_\_\_\_\_

221. SMOKE \_\_\_\_\_

222. TOBACCO \_\_\_\_\_

223. WEAPONS \_\_\_\_\_

224. VEHICLES \_\_\_\_\_

225. PROPERTY \_\_\_\_\_

226. INCOME \_\_\_\_\_

227. EXPENSES

Requirement resources can be found here:

[http://www.meritbadge.org/wiki/index.php/Cooking#Requirement\\_resources](http://www.meritbadge.org/wiki/index.php/Cooking#Requirement_resources)



## Important excerpts from the Guide To Advancement - 2015, No. 33088 (SKU-620573)

### [1.0.0.0] —Introduction

The current edition of the Guide to Advancement is the official source for administering advancement in all Boy Scouts of America programs: Cub Scouting, Boy Scouting, Varsity Scouting, Venturing, and Sea Scouts. It replaces any previous BSA advancement manuals and previous editions of the Guide to Advancement.

### [Page 2, and 5.0.1.4] —Policy on Unauthorized Changes to Advancement Program

No council, committee, district, unit, or individual has the authority to add to, or subtract from, advancement requirements. There are limited exceptions relating only to youth members with special needs. For details see section 10, "Advancement for Members With Special Needs".

### [Page 2] —The "Guide to Safe Scouting" Applies

Policies and procedures outlined in the Guide to Safe Scouting, No. 34416, apply to all BSA activities, including those related to advancement and Eagle Scout service projects.

### [7.0.3.1] —The Buddy System and Certifying Completion

A youth member must not meet one-on-one with an adult. Sessions with counselors must take place where others can view the interaction, or the Scout must have a buddy: a friend, parent, guardian, brother, sister, or other relative—or better yet, another Scout working on the same badge—along with him attending the session. If merit badge counseling or instruction includes any Web-based interaction, it must be conducted in accordance with the BSA Social Media Guidelines (<http://www.scouting.org/Marketing/Resources/SocialMedia>). For example, always copy one or more authorized adults on email messages between counselors and Scouts.

When the Scout meets with the counselor, he should bring any required projects. If these cannot be transported, he should present evidence, such as photographs or adult verification. His unit leader, for example, might state that a satisfactory bridge or tower has been built for the Pioneering merit badge, or that meals were prepared for Cooking. If there are questions that requirements were met, a counselor may confirm with adults involved. Once satisfied, the counselor signs the blue card using the date upon which the Scout completed the requirements, or in the case of partials, initials the individual requirements passed.

Note that from time to time, it may be appropriate for a requirement that has been met for one badge to also count for another. See "Fulfilling More Than One Requirement With a Single Activity," 4.2.3.6.

### [7.0.3.2] —Group Instruction

It is acceptable—and sometimes desirable—for merit badges to be taught in group settings. This often occurs at camp and merit badge midways, fairs, clinics, or similar events. Interactive group discussions can support learning. The method can also be attractive to "guest experts" assisting registered and approved counselors. Slide shows, skits, demonstrations, panels, and various other techniques can also be employed, but as any teacher can attest, not everyone will learn all the material.

There must be attention to each individual's projects and his fulfillment of all requirements. We must know that every Scout—actually and personally—completed them. If, for example, a requirement uses words like "show," "demonstrate," or "discuss," then every Scout must do that. It is unacceptable to award badges on the basis of sitting in classrooms watching demonstrations, or remaining silent during discussions.

It is sometimes reported that Scouts who have received merit badges through group instructional settings have not fulfilled all the requirements. To offer a quality merit badge program, council and district advancement committees should ensure the following are in place for all group instructional events.

- ☐ A culture is established for merit badge group instructional events that partial completions are acceptable expected results.
- ☐ A guide or information sheet is distributed in advance of events that promotes the acceptability of partials, explains how merit badges can be finished after events, lists merit badge prerequisites, and provides other helpful information that will establish realistic expectations for the number of merit badges that can be earned at an event.
- ☐ Merit badge counselors are known to be registered and approved.
- ☐ Any guest experts or guest speakers, or others assisting who are not registered and approved as merit badge counselors, do not accept the responsibilities of, or behave as, merit badge counselors, either at a group instructional event or at any other time. Their service is temporary, not ongoing.
- ☐ Counselors agree to sign off only requirements that Scouts have actually and personally completed.
- ☐ Counselors agree not to assume prerequisites have been completed without some level of evidence that the work has been done. Pictures and letters from other merit badge counselors or unit leaders are the best form of prerequisite documentation when the actual work done cannot be brought to the camp or site of the merit badge event.
- ☐ There is a mechanism for unit leaders or others to report concerns to a council advancement committee on summer camp merit badge programs, group instructional events, and any other merit badge counseling issues—especially in instances where it is believed BSA procedures are not followed. See "Reporting Merit Badge Counseling Concerns," 11.1.0.0.
- ☐ There must be attention to each individual's projects and his fulfillment of all requirements. We must know that every Scout—actually and personally—completed them.

It is permissible for guest speakers, guest experts, or others who are not merit badge counselors to assist in the counseling process. Those providing such assistance must be under the direction of a registered and approved counselor who is readily available onsite, and provides personal supervision to assure all applicable BSA policies and procedures—including those related to BSA Youth Protection—are in place and followed.

### [7.0.3.3] —Partial Completions

A Scout need not pass all the requirements of one merit badge with the same counselor. It may be that due to timing or location issues, etc., he must meet with a different counselor to finish the badge. The Application for Merit Badge has a place to record what has been finished—a "partial." In the center section on the reverse of the blue card, the counselor initials for each requirement passed. In the case of a partial completion, the counselor does not retain his or her portion of the card. A subsequent counselor may choose not to accept partial work, but this should be rare. A Scout, if he believes he is being treated unfairly, may work with his unit leader to find another counselor. An example for the use of a signed partial would be to take it to camp as proof of prerequisites. Partials have no expiration except the Scout's 18th birthday. Units, districts, or councils shall not establish other expiration dates for partial merit badges.

### [7.0.4.8] —Unofficial Worksheets and Learning Aids

Worksheets and other materials that may be of assistance in earning merit badges are available from a variety of places including unofficial sources on the Internet and even troop libraries. Use of these aids is permissible as long as the materials can be correlated with the current requirements that Scouts must fulfill. Completing "worksheets" may suffice where a requirement calls for something in writing, but this would not work for a requirement where the Scout must discuss, tell, show, or demonstrate, etc. Note that Scouts shall not be required to use these learning aids in order to complete a merit badge.