

Proper Cooking Methods

First Class Requirement 4



Steps in Making a Meal

A group of hikers with backpacks are gathered around a campsite by a stream. They are preparing food, with some sitting on rocks and others standing. The scene is outdoors with trees and rocks in the background.

- Picking the Menu
- Budgeting & Shopping
- Cooking Equipment
- Food Storage and Handling
- Meal Preparation & Cleanup

Picking the Menu

1st Class Requirement 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 meals. Tell how the menu includes the foods from the food pyramid and meets nutritional needs.

Budgeting & Shopping

First Class Requirement 4b

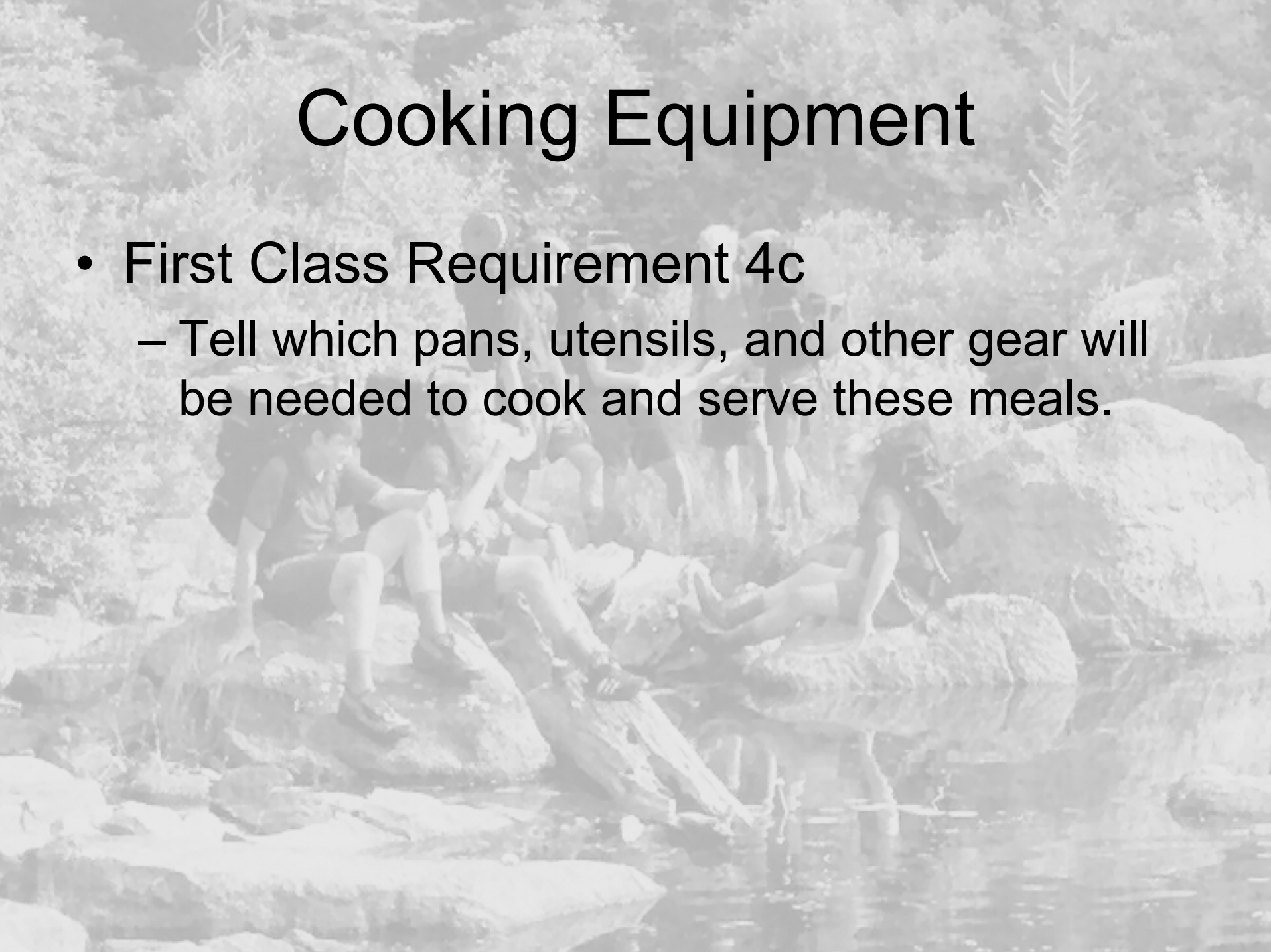
- Using the menu planned in requirement 4a, make a list showing the cost and food amounts needed to feed three or more boys and secure the ingredients.

How much should we spend?

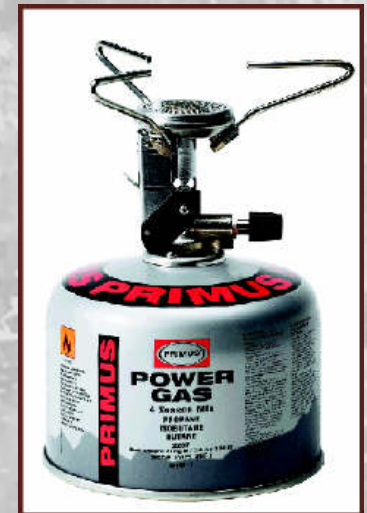
- How many people are going?
- How much do we want to spend?
- What brand or quality food do we want?
 - Oreos vs. Hydrox
- Where do we shop?
- How much is all the food in our basket?
- What happens if we go over our budget?

Cooking Equipment

- First Class Requirement 4c
 - Tell which pans, utensils, and other gear will be needed to cook and serve these meals.



What do you need to Cook?



Food Storage and Handling

- **First Class Requirement 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.

Preventing Foodborne Illness



Meal Preparation & Cleanup

First Class Requirement 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.

I'm in Charge... No I am!

- How long do we have to make the meal?
- Who's doing what?
- What about Safety?
- What's the plan of attack?
- Who's doing Cleanup?

