

TROOP 84 - COOKING - MERIT BADGE

MANY OF THE SCOUTS WHO HAVE NOT EARNED THIS BADGE YET ARE VERY CLOSE TO COMPLETING IT. IN THE SPRING WE WILL GIVE THEM SOME HOMEWORK AND COMPLETE ANYTHING ELSE AT A MEETING.

THE HAWKS WILL BE DOING THIS SOONER AS IT TIES IN WITH A FEW FIRST CLASS REQUIREMENTS. BUT THERE IS A NEW REQUIREMENT THAT THEY MUST ACCOMPLISH AT HOME BEFORE COMPLETING BADGE. PLEASE HAVE YOUR SON DO THE FOLLOWING REQUIREMENT, AND HAVE HIM BRING IN A SIGNED NOTE THAT IT WAS COMPLETED AT HOME, ALONG WITH HIS MENU CHART AS DESCRIBED BELOW.

REQUIREMENT 7

PLAN A MENU FOR THREE FULL DAYS OF MEALS (BREAKFAST, LUNCH, DINNER) TO BE COOKED AT HOME.

A. WHEN PREPARING YOUR MENU, FOLLOW THE NUTRITIONAL GUIDELINES SET BY THE FOOD PYRAMID. ALL MEALS ARE TO BE COOKED OR PROPERLY PREPARED (LUNCH).

B. USING THE MENU PLANNED FOR REQUIREMENT 7. MAKE A FOOD LIST, SHOWING COST AND AMOUNT NEEDED TO FEED YOURSELF AND AT LEAST ONE ADULT.

C. LIST UTENSILS NEEDED TO COOK THESE ITEMS.

D. PREPARE AND SERVE A BREAKFAST, LUNCH, DINNER FROM

THE MENU YOU PLANNED FOR REQUIREMENT 7. TIME YOUR COOKING TO HAVE EACH COURSE READY TO SERVE AT THE PROPER TIME. HAVE AN ADULT VERIFY THE PREPARATION OF THE MEAL TO YOUR COUNSELOR.

QUESTIONS:

CALL COUNSELOR, MR. CHRIS MUNLEY