

HOW TO PASS THE FIRST CLASS COOKING REQUIREMENT

FIRST CLASS COOKING REQUIREMENTS (First Class requirements 4a - 4e from the <i>Scout Handbook</i>)	
4a	Help plan a patrol menu for one campout-including one breakfast, lunch, and dinner-that requires cooking. Tell how the menu includes the four basic food groups and meets nutritional needs.
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.
4c	Tell which pans, utensils, and other gear will be needed to cook and serve these meals.
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.
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.

STEPS	WHAT YOU SHOULD DO TO PASS THOSE REQUIREMENTS
1	Read the cooking section in your <i>Boy Scout Handbook</i> , pages 257 thru 283. That will tell you how to pass these requirements.
2	<p>REQ 4a: Work with your patrol to plan a menu for one breakfast, lunch and supper, ALL of which require some cooking. Use the troop "Menu Planning Form."</p> <ul style="list-style-type: none"> • You don't have to plan the menu alone...your patrol can and should help, as long as you're in charge. A scoutmaster or parent may give you suggestions, but they may not do all or most of the planning for you. • Not all foods must be cooked, but some foods from each meal must be cooked. (For example, lunch might be grilled cheese sandwiches, chicken noodle soup, chips, an apple and juice). • Your menu must be for three or more scouts. Before you buy the food, have the menu approved by a scoutmaster. Tell him that you are working on First Class Cooking. If your menu has not been approved in advance by a scoutmaster, you may have to do the requirement again. • You may use some canned foods, but not for the main course. For example, canned Dinty Moore beef stew would <i>not</i> qualify as a main course, but you <i>could</i>

	<p>serve canned baked beans with hamburgers, or canned soup with any meal. We want to test your cooking ability, not your ability to open and heat the contents of a can.</p>
3	<p>REQ 4b: Make a list of the foods you will have to bring to cook the meals you planned in Step 2. Use the troop APatrol Equipment and Food I Am Taking@ form. (You will need one form for each meal. Ask the SM for extra copies).</p> <ul style="list-style-type: none"> List exactly how much of each food item you will need. For example, if you are cooking hamburgers for a patrol of eight scouts, and you want each scout to have two 1/4 lb hamburgers, you will need four pounds of hamburger. (That is, 2 lb per scout X 8 scouts = 4 lbs.) List <i>every single</i> food item you will need, including such things as salt and butter. Don't leave anything off the food list.
4	<p>REQ 4b: Take the food list you prepared in Step 3 to the grocery store and buy the food. Write down the cost of each item you buy. (The scouts in your patrol will share the cost of the food). If you are bringing some foods from home, such as salt, write down the cost while you are at the store. Save your lists.</p>
5	<p>REQ 4c: Make a list of the pots and pans, utensils, (such as a stirring spoon, spatula, and can opener), and other gear (such as aluminum foil, dish soap, and dish washing scrubbers), that you will need to cook all three meals and clean up afterwards. Save your lists.</p> <ul style="list-style-type: none"> Tell how many, how much or the size of each item you will need. Use the troop APatrol Equipment And Food I Am Taking@ form to list these items. Use extra paper to write down things not listed on that form.
6	<p>REQ 4d: Review pages 257-283 in your <i>Handbook</i> to learn how to do these things. Be prepared to meet with a scoutmaster to tell what you learned. Don't expect that scoutmaster to teach it to you at that meeting...know it in advance.</p>
7	<p>REQ 4e: You must cook all three meals on the same campout. You can have other scouts help as long as you are in charge and do most of the actual cooking.</p> <ul style="list-style-type: none"> The three meals you cook must be the same meals you planned in Requirements 4a and 4b. You may not make any changes without asking a scoutmaster in advance. Bring all of your planning and shopping forms and lists with you on the campout. All three meals must be cooked on the same campout, but do not have to be cooked on the same day. Plan your cooking so that all foods for that meal are ready to eat at the same time, and your patrol can sit down and eat together, family-style. You may not cook one item at a time and hand it out as it's ready. Everyone must actually sit down and eat together, not just stand around and eat. Just before the meal is ready to serve, have an assistant invite a scoutmaster to join you. You will serve him a small portion of each item you actually cooked. (For example, you would serve the scoutmaster perhaps 1/4 of a grilled cheese sandwich and 2 cup of soup, but not chips or an apple). The scoutmaster must actually be present when you serve your patrol...it is not enough to just tell him later that you did it.

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| | <ul style="list-style-type: none">• After each meal the dishes must be done and all equipment put away. Your assistants may help you with this chore. When everything is done, ask a scoutmaster to inspect. |
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