

Cooking Merit Badge Worksheet

Scout Name: _____ Date: _____ Counselor: _____

1. Cooking Safety

A. Kitchen Safety

Write three important kitchen safety rules.

- 1. _____
- 2. _____
- 3. _____

B. Food Safety

Why is it important to wash your hands before preparing food?

Name two ways to prevent cross-contamination.

- 1. _____
- 2. _____

2. Nutrition

What are the major food groups?

- 1. _____
- 2. _____
- 3. _____
- 4. _____
- 5. _____

Why is eating a balanced diet important?

3. Cooking Methods

Match each cooking method with its description.

Methods:

A. Baking B. Boiling C. Frying D. Grilling E. Steaming

1. _____ Cooking food in hot oil
2. _____ Cooking food with dry heat in an oven
3. _____ Cooking food over direct heat
4. _____ Cooking food in hot water
5. _____ Cooking food using hot steam

4. Meal Planning

Plan a healthy meal for your family.

Main dish: _____

Vegetable: _____

Fruit: _____

Grain/starch: _____

Drink: _____

Why is this a balanced meal?

5. Recipe Worksheet

Recipe Name: _____

Ingredients:

1. _____
2. _____
3. _____
4. _____
5. _____

Equipment Needed:

1. _____
2. _____
3. _____

Cooking Instructions:

1. _____
2. _____
3. _____
4. _____

6. Cooking Practice

Describe a meal you prepared.

What did you cook?

What cooking method did you use?

What did you do well?

What would you do differently next time?

7. Camp Cooking

List three things to consider when planning a meal for camping.

1. _____
2. _____
3. _____

What equipment would you need?

8. Clean-Up Checklist

Check each task when completed.

- ☐ Put away unused ingredients
- ☐ Wash dishes and utensils
- ☐ Clean the cooking area
- ☐ Store food safely
- ☐ Dispose of waste properly
- ☐ Clean cooking equipment
- ☐ Wash hands

9. Reflection

What is one new cooking skill you learned?

What is one cooking skill you want to improve?

Scout Signature: _____

Counselor Signature: _____