

First Class Cooking

This packet will help you complete your First Class Cooking requirements. Note that in order to work on First Class cooking, you must already have completed the cooking requirements for Tenderfoot and Second Class.

The requirements for First Class Cooking are listed in your Scout Handbook and are repeated on the following page. In summary, you need to do the following:

- > Plan a well-balanced menu for your patrol for a weekend (two-night) campout.
- > Purchase all of the ingredients and supplies for the meals (you will be reimbursed by the troop for expenses up to \$13 per scout served).
- > Determine how to safely store and handle the food, as well as what utensils are required to prepare the meals.
- > Serve as the cook for at least one breakfast, one lunch, and one dinner, and supervise others in preparation and cleanup.

The worksheets in this packet will help you keep track of these steps and serve as "proof" that you completed the requirements. Completing the requirements will develop useful skills and give you real-world experience with budgeting and shopping. Since these are your requirements, don't give your Mom your menu and have her figure out what needs to be bought or go to the store for you.

After receiving this packet, contact your Patrol Leader or Troop Guide to let him know you are working on First Class Cooking for this month's campout. He will then assign you responsibility for all of the menu planning, buying, and cooking. **This means that once you've accepted this responsibility you must follow through!** Otherwise, your patrol will go hungry at this month's campout.

Two final points:

Your Menu. At least two of the meals during the weekend need to be cooked or "hot" meals. So make sure you plan something more than cold cereal for breakfast! Some suggested menus are included in this packet. Review your menu planner with a Scoutmaster if you need guidance.

Food Purchases. You need to work within a budget of \$13 per scout. This means that, if you are feeding 8 scouts in your patrol (including yourself), you can spend up to \$104 (8 x \$13) for food and supplies. Stuff is expensive! So you will need to be a smart shopper and be prepared to make some tradeoffs on brand-name foods, drink mixes, etc.

Requirements Checklist

Requirement	Pages	Complete?
<p>TENDERFOOT</p> <p>3. On the campout, assist in preparing and cooking one of your patrol's meals. Tell why it is important for each patrol member to share in meal preparation and cleanup, and explain the importance of eating together.</p>	265 - 281	<input type="checkbox"/>
<p>SECOND CLASS</p> <p>2e. Discuss when it is appropriate to use a cooking fire and a lightweight stove. Discuss the safety procedures for using both.</p> <p>2f. Demonstrate how to light a fire and a lightweight stove.</p> <p>2g. On one campout, plan and cook over an open fire one hot breakfast or lunch for yourself, selecting foods from the food pyramid. Explain the importance of good nutrition. Tell how to transport, store, and prepare the foods you selected.</p>	248 - 249 252 - 255 249 - 255 257 - 263 265 - 268	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
<p>FIRST CLASS</p> <p>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 of the meals. Tell how the menu includes the foods from the food pyramid and meets nutritional needs.</p> <p>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.</p> <p>4c. Tell which pans, utensils, and other gear will be needed to cook and serve these meals.</p> <p>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.</p> <p>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.</p>	257 - 262 265 - 280 260 264 258 263 281 129 248 - 251 253 - 255 265 - 280	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>

EXAMPLE - Menu Planner

Meal / Ingredient	Food Pyramid (FC 4a)	Quantity (FC 4a)	Safe Handling (FC 4d)	Utensils (FC 4c)
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Friday Night - Cracker Barrel

Summer Sausage	Meat	1 pound	Patrol Box	Cutting Board, Knife, Apple Peeler
Crackers	Grains	1 box	Patrol Box	
Cheese Chunks	Dairy	1 pound	Cooler	
Apples	Fruit	1 bag	Patrol Box	
Cider	Fruit	1 gallon	Cooler	

Saturday Breakfast - Train Wreck

Eggs	Meat	1 dozen	Cooler	Cutting Board, Knife, Grater, Bowl, Frying Pan, Dutch Oven, Spatula, Large Spoon
Sausage	Meat	1 pound	Cooler	
Yellow Onion	Vegetable	1 small	Patrol Box	
Hash Browns (frozen)	Vegetable	1 package	Cooler	
Cheddar Cheese	Dairy	1 pound	Cooler	
Butter	Fats/Sweets	1 stick	Cooler	
English Muffins	Grains	2 6-count packs	Patrol Box	
Milk	Dairy	1 gallon	Cooler	
Orange Juice	Fruit	1/2 gallon	Cooler	

Saturday Lunch - Chicken Soup

Chicken (parts or whole)	Meat	1 pound	Cooler	Cutting Board, Knife, Large Pot, Medium Pot, Dutch Oven, Spatula, Large Spoon
Carrots	Vegetable	3 medium	Patrol Box	
Celery Stalks	Vegetable	3 medium	Patrol Box	
Yellow Onion	Vegetable	2 small	Patrol Box	
Peas (canned or frozen)	Vegetable	8 ounces	Cooler	
Bouillon Cubes	Fats/Sweets	2 cubes	Patrol Box	
Egg Noodles	Grains	8 ounces	Patrol Box	
Corn Bread (ready mix)	Grains	2 packages	Patrol Box	
Milk	Dairy	1 gallon	Cooler	

Saturday Dinner - Corned Beef and Cabbage

Corned Beef	Meat	2 pounds	Cooler	Cutting Board, Knife, Large Pot, Aluminum Foil, Large Spoon
Cabbage	Vegetable	1 head	Patrol Box	
Potatoes	Vegetable	4 large	Patrol Box	
Carrots	Vegetable	3 medium	Patrol Box	
Yellow Onion	Vegetable	2 small	Patrol Box	
French Bread	Grains	1 large loaf	Patrol Box	

Sunday Breakfast - French Toast and Bacon

French Toast Bread	Grains	2 loaves	Patrol Box	Cutting Board, Knife, Griddle, Spatula, Tongs, Aluminum Foil
Eggs	Meat	1 dozen	Cooler	
Milk	Dairy	1 quart	Cooler	
Bacon	Meat	1 pound	Cooler	
Syrup	Fats/Sweets	1 24-oz bottle	Patrol Box	
Orange Juice	Fruit	1 gallon	Cooler	

Menu Planner

Meal / Ingredient	Food Pyramid (FC 4a)	Quantity (FC 4a)	Safe Handling (FC 4d)	Utensils (FC 4c)
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Friday Night - Cracker Barrel

Saturday Breakfast -

Saturday Lunch -

Saturday Dinner -

Sunday Breakfast -

Shopping List

Ingredient / Food	Quantity	Cost (FC 4b)
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Fruits/Vegetables

Meats

Breads

Dairy Products

Canned/Frozen Goods

Miscellaneous

Menu Ideas

Breakfast	Lunch	Dinner
<p>#1 Oatmeal (cooked, not instant) Bacon or Sausage Toast or Biscuits (biscuits=Dutch Oven dish) Fruit Orange Juice Milk</p>	<p>#1 Vegetable Soup (from scratch) Sandwich Fruit Milk</p>	<p>#1 Shish Kabobs (fire-cooked meal) Rice Fruit Fruit Drink or Milk</p>
<p>#2 Eggs (scrambled, fried, boiled) Bacon or Sausage Toast or Biscuits (biscuits=Dutch Oven dish) Fruit Orange Juice Milk</p>	<p>#2 Stew (Dutch Oven dish) Rolls Chips Fruit Milk</p>	<p>#2 Pot Roast (Dutch Oven dish) Side Vegetable (green beans, peas, carrots) Bread Fruit Fruit Drink or Milk</p>
<p>#3 Pancakes or French Toast Bacon or Sausage Toast or Biscuits (biscuits=Dutch Oven dish) Fruit Orange Juice Milk</p>	<p>#3 Spaghetti and Meatballs Bread Fruit Milk</p>	<p>#3 Roast Chicken (fire-cooked meal) Side Vegetable (green beans, peas, carrots) Bread Fruit Fruit Drink or Milk</p>
	<p>#4 Grilled Ham/Cheese (or Cheese) Sandwiches Fruit Milk</p>	<p>#4 Grilled Steak/Pork (fire-cooked meal) Side Vegetable (green beans, peas, carrots) Bread Fruit Fruit Drink or Milk</p>