

Cook

Purpose: To learn how to cook so you can fix meals for your family.



When you complete a requirement, have leader initial and date it.

1. Show how to measure dry, liquid, and solid ingredients. Know measuring equivalents.
2. Demonstrate how to: Control top burners. Preheat oven. Clean your stove safely. Use five cooking tools.
3. With your patrol list the name and meaning of ten cooking and food terms that are new to you. Name the basic four food groups and why each is important to you, and plan four menus using them.
4. Show that you know how to "clean up as you go" in cooking and how to store food.
5. Learn the history of your favorite food or spice.
6. Bake a cake from a prepared mix by following directions on the package. Frost it.
7. Learn how to prepare the following foods and use them in planning meals: One starchy and one leafy vegetable as a side dish. One fresh vegetable salad. One cooked fruit dessert. One fresh fruit for breakfast. White sauce or a milk dessert. Two main dishes of ground beef, fish, cheese, or eggs.
8. Learn how to use three kinds of cereal products in meals, and prepare a dish using one of them.
9. Describe three well balanced lunches you enjoy.
10. Plan and prepare a simple, well balanced dinner for your family or patrol.

My signature_____

Leader's signature_____Date badge completed_____