

- Print your name, address, city, unit type & number, District, Council & Merit Badge legibly.

- for this merit badge on District's list.
- Your unit leader signs & dates.
- Read the merit badge pamphlet.

- Always meet with your counselor along with a buddy (a Scout, friend, or parent).

Counselor's Section

Applicant's Section

Council Section

Information for Applicant

- A merit badge application can be approved only by a registered merit badge counselor.
- You must have a buddy with you (Scout buddy system) at each meeting with the merit badge counselor.
- Turn in your approved application to your unit leader. You will be awarded the merit badge and certificate at a suitable occasion.

Information for Counselor

- Merit badge applications must be signed in advance by the applicant's unit leader.
- The Scout must have his buddy (Scout buddy system) in attendance at all instructional sessions.
- You may not change any requirement, but you may share your knowledge or experience that will make the counseling more interesting and valuable.

#34124A

InitialCounselor	J	J	J	J	J	J	J
ApprovalDate of	6/17	6/17	6/17	6/17	6/17	6/17	6/17
RequirementApprovalDate of	4b	4c	4d	4e	5a	5b	#2
InitialCounselor	J	J	J	J	J	J	J
ApprovalDate of	6/17	6/17	6/17	6/17	6/17	6/17	6/17
RequirementApprovalDate of	4a	4b	4c	4d	4e	5a	5b

APPLICATION FOR MERIT BADGE

Name [] [] [] []

Address [] [] [] []

City [] [] [] []

is a registered

- Boy Scout
- Varsity Scout
- Venturer

of Troop No. [] [] [] []
Troop, team, crew, ship

District [] [] [] []

Council [] [] [] []

and is qualified to begin working for this merit badge

X
Date Signature of unit leader
34124A **BOY SCOUTS OF AMERICA**
2001 Boy Scouts of America

COUNSELOR'S RECORD

Applicant [] [] [] []

[] [] [] []

[] [] [] []

Troop Unit number [] [] [] []

Troop, team, crew, ship

[] [] [] []

Merit Badge

Date completed _____

Remarks:

It is suggested that the counselor keep this record for at least 1 year in case any question is raised later in regard to this award.

APPLICANT'S RECORD

Name [] [] [] [] BURKE MASON

[] [] [] []

[] [] [] []

Has given me his completed application for the

[] [] [] []

Merit Badge

Completed on _____ by

Date

Signature of Counselor

Signature of Unit Leader

Note to Scout: Retain this copy for your permanent records.

The applicant has personally appeared before me and demonstrated to my satisfaction that he has met all requirements for the (please print)

[] [] [] []

Merit badge

[] [] [] []

Name of counselor

[] [] [] []

Address of counselor

[] [] [] []

City

[] [] [] []

Zip code

[] [] [] []

Telephone number of counselor

X Tom Smith

Signature of counselor

6/17/11
Date Completed

Checked and recorded:

Date

Initials

Certificate and badge presented _____

Date

Applicant will turn in this portion to his unit leader for record posting.

INSTRUCTIONS TO COUNSELOR:

- Your Leader must verify that the counselor is registered & approved
- Never meet alone with a Scout.
- Verify all info & merit badge name.

- Call counselor for appointment.

- Print your name, address, & ph. #
- Date/initial requirements as done.

INSTRUCTIONS TO UNIT:

- A 2nd counselor can finish card.
- Note each name, address & phone.

- Print your name, address, city, unit type & number, District, Council & Merit Badge legibly.

- for this merit badge on District's list.
- Your unit leader signs & dates.
- Read the merit badge pamphlet.

- Always meet with your counselor along with a buddy (a Scout, friend, or parent).

Counselor's Section

Applicant's Section

Council Section

Information for Applicant

- A merit badge application can be approved only by a registered merit badge counselor.
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Information for Counselor

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- The Scout must have his buddy (Scout buddy system) in attendance at all instructional sessions.
- You may not change any requirement, but you may share your knowledge or experience that will make the counseling more interesting and valuable.

#34124A

Initial Counselor																			
	Date of Approval																		
Initial Counselor																			
	Date of Approval																		
Initial Counselor																			
	Date of Approval																		

APPLICATION FOR MERIT BADGE

Name Burke Mason

Address 3817 E. Plossmoor Cir

City Mesa

is a registered
 Boy Scout Varsity Scout Venturer

of Troop No. Troop, team, crew, ship

District Mesa

Council Grand Canyon
and is qualified to begin working for this merit badge

6-17-11 X

Date Signature of unit leader
 34124A BOY SCOUTS OF AMERICA
 2001 Boy Scouts of America

COUNSELOR'S RECORD

Applicant

Troop Unit number
 Troop, team, crew, ship

Merit Badge

Date completed _____
 Remarks:

It is suggested that the counselor keep this record for at least 1 year in case any question is raised later in regard to this award.

APPLICANT'S RECORD

Name

Has given me his completed application for the

Merit Badge

Completed on _____ by _____
 Date

Signature of Counselor

Signature of Unit Leader

Note to Scout: Retain this copy for your permanent records.

The applicant has personally appeared before me and demonstrated to my satisfaction that he has met all requirements for the (please print)

Environment Science
 Merit badge

Mike Cox
 Name of counselor

3831 E. Clear
 Address of counselor

Mesa AZ
 City 641 3946 Zip code

Telephone number of counselor
 X Signature of counselor 6/17/11
 Date Completed

Checked and recorded: _____
 Date Initials

Certificate and badge presented _____
 Date

Applicant will turn in this portion to his unit leader for record posting.

INSTRUCTIONS TO COUNSELOR:

- Your Leader must verify that the counselor is registered & approved
- Never meet alone with a Scout.
- Verify all info & merit badge name.

- Call counselor for appointment.
- Print your name, address, & ph. #
- Date/initial requirements as done.

INSTRUCTIONS TO UNIT:

- A 2nd counselor can finish card.
- Note each name, address & phone.

Print your name, address, city, unit type & number, District, Council & Merit Badge legibly.

for this merit badge on District's list.
 Your unit leader signs & dates.
 Read the merit badge pamphlet.

Always meet with your counselor along with a buddy (a Scout, friend, or parent).

Counselor's Section

Applicant's Section

Council Section

Information for Applicant

- A merit badge application can be approved only by a registered merit badge counselor.
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- Turn in your approved application to your unit leader. You will be awarded the merit badge and certificate at a suitable occasion.

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- The Scout must have his buddy (Scout buddy system) in attendance at all instructional sessions.
- You may not change any requirement, but you may share your knowledge or experience that will make the counseling more interesting and valuable.

#34124A

Initial	Counselor	No. and letter	Requirement	Approval	Date of															

APPLICATION FOR MERIT BADGE

Name

Address

City

is a registered

Boy Scout Varsity Scout Venturer

of Troop No.

Troop, team, crew, ship

District

Council

and is qualified to begin working for this merit badge

Date X Signature of unit leader
 34124A **BOY SCOUTS OF AMERICA**
 2001 Boy Scouts of America

COUNSELOR'S RECORD

Applicant

Troop Unit number

Troop, team, crew, ship

Merit Badge

Date completed _____

Remarks:

It is suggested that the counselor keep this record for at least 1 year in case any question is raised later in regard to this award.

APPLICANT'S RECORD

Name BURKE MASON

Has given me his completed application for the

Merit Badge

Completed on _____ by _____

Date


 Signature of Counselor

Signature of Unit Leader

Note to Scout: Retain this copy for your permanent records.

The applicant has personally appeared before me and demonstrated to my satisfaction that he has met all requirements for the (please print)

Archery

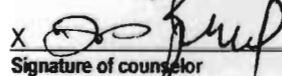
Merit badge

Name of counselor

Address of counselor

City Zip code

Telephone number of counselor

X 
 Signature of counselor Date Completed

Checked and recorded: _____
 Date Initials

Certificate and badge presented _____
 Date

Applicant will turn in this portion to his unit leader for record posting.

INSTRUCTIONS TO COUNSELOR:

- Your Leader must verify that the counselor is registered & approved
- Never meet alone with a Scout.
- Verify all info & merit badge name.

Call counselor for appointment.

- Print your name, address, & ph. #
- Date/initial requirements as done.

INSTRUCTIONS TO UNIT:

- A 2nd counselor can finish card.
- Note each name, address & phone.

MERIT BADGE APPLICATION INSTRUCTIONS TO SCOUT:

Press F1 for help for any blank.

Print your name, address, city, unit type & number, District, Council & Merit Badge legibly.

for this merit badge on District's list.
 Your unit leader signs & dates.
 Read the merit badge pamphlet.

Always meet with your counselor along with a buddy (a Scout, friend, or parent).

Counselor's Section

Applicant's Section

Council Section

Information for Applicant

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#34124A

Initial	Counselor																			
		Approval Date	Date of																	
Initial	Counselor																			
		Approval Date	Date of																	

APPLICATION FOR MERIT BADGE

Name Burke Mason
 Address 3877 E. FLOSSMOOR Cir.
 City Mesa, AZ
 is a registered
 Boy Scout Varsity Scout Venturer
 of Troop No.
 Troop, team, crew, ship
 District MESA
 Council GRAND CANYON
 and is qualified to begin working for this merit badge

Date X Signature of unit leader
 34124A **BOY SCOUTS OF AMERICA**
 2001 Boy Scouts of America

COUNSELOR'S RECORD

Applicant

Troop Unit number
 Troop, team, crew, ship

 Merit Badge
FINGER PRINTING

Date completed 6-14-11
 Remarks:

It is suggested that the counselor keep this record for at least 1 year in case any question is raised later in regard to this award.

APPLICANT'S RECORD

Name

Has given me his completed application for the

 Merit Badge
FINGER PRINTING

Completed on 6-14-11 by
 Date

 Signature of Counselor

Signature of Unit Leader

Note to Scout: Retain this copy for your permanent records.

The applicant has personally appeared before me and demonstrated to my satisfaction that he has met all requirements for the (please print)

 Merit badge
BRYANT Rockwood
 Name of counselor

4142 E HOLMES
 Address of counselor

 MESA AZ 85206
 City Zip code

480 635-8145
 Telephone number of counselor

 6-14-11
 Signature of counselor Date Completed

Checked and recorded: _____
 Date Initials

Certificate and badge presented _____
 Date

Applicant will turn in this portion to his unit leader for record posting.

INSTRUCTIONS TO COUNSELOR:

- Your Leader must verify that the counselor is registered & approved
- Never meet alone with a Scout.
- Verify all info & merit badge name.

- Call counselor for appointment.
- Print your name, address, & ph. #
- Date/initial requirements as done.

INSTRUCTIONS TO UNIT:

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- Note each name, address & phone.

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for this merit badge on District's list.
 Your unit leader signs & dates.
 Read the merit badge pamphlet.

Always meet with your counselor along with a buddy (a Scout, friend, or parent).

Counselor's Section

Applicant's Section

Council Section

Information for Applicant

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#34124A

No. and letter Requirement	Approval Date of	Initial/Counselor
1.	06/11	BB
2.	02/11	BB
3.	04/11	BB
4.	04/11	BB
5.	06/11	BB
6.	06/11	BB
7.	06/11	BB
8.	06/11	BB

APPLICATION FOR MERIT BADGE

Name

Address

City

is a registered

Boy Scout Varsity Scout Venturer

of **Troop** No.

Troop, team, crew, ship

District

Council

and is qualified to begin working for this merit badge

Date Signature of unit leader

34124A **BOY SCOUTS OF AMERICA**
2001 Boy Scouts of America

COUNSELOR'S RECORD

Applicant

Troop Unit number
 Troop, team, crew, ship

Merit Badge

Date completed
 Remarks:

It is suggested that the counselor keep this record for at least 1 year in case any question is raised later in regard to this award.

APPLICANT'S RECORD

Name **BURKE MASON**

Has given me his completed application for the

Merit Badge

Completed on by
 Date

Signature of Counselor

Signature of Unit Leader

Note to Scout: Retain this copy for your permanent records.

The applicant has personally appeared before me and demonstrated to my satisfaction that he has met all requirements for the (please print)

Fishing

Merit badge

Name of counselor

Address of counselor

City Zip code

Telephone number of counselor

X
 Signature of counselor Date Completed

Checked and recorded:
 Date Initials

Certificate and badge presented
 Date

Applicant will turn in this portion to his unit leader for record posting.

INSTRUCTIONS TO COUNSELOR:

- Your Leader must verify that the counselor is registered & approved
- Never meet alone with a Scout.
- Verify all info & merit badge name.

Call counselor for appointment.

- Print your name, address, & ph. #
- Date/initial requirements as done.

INSTRUCTIONS TO UNIT:

- A 2nd counselor can finish card.
- Note each name, address & phone.

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- Your unit leader signs & dates.
- Read the merit badge pamphlet.

- Always meet with your counselor along with a buddy (a Scout, friend, or parent).

Counselor's Section

Applicant's Section

Council Section

Information for Applicant

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#34124A

No. and letter Requirement	Approval Date of Initial Counselor										

APPLICATION FOR MERIT BADGE

Name [] [] [] []

Address [] [] [] []

City [] [] [] []

is a registered

- Boy Scout
- Varsity Scout
- Venturer

of Troop No. [] [] [] []
Troop, team, crew, ship

District [] [] [] []

Council [] [] [] []

and is qualified to begin working for this merit badge

Date _____ X _____
Signature of unit leader
34124A **BOY SCOUTS OF AMERICA**
2001 Boy Scouts of America

COUNSELOR'S RECORD

Applicant [] [] [] []
[] [] [] []
[] [] [] []

Troop _____ Unit number [] [] [] []
Troop, team, crew, ship

[] [] [] []
Merit Badge

Date completed _____
Remarks:

It is suggested that the counselor keep this record for at least 1 year in case any question is raised later in regard to this award.

APPLICANT'S RECORD

Name [] [] [] [] BURKE WASON

[] [] [] []
[] [] [] []
Has given me his completed application for the

[] [] [] []
Merit Badge

Completed on 06/16/11 by _____
Date

B _____
Signature of Counselor

Signature of Unit Leader

Note to Scout: Retain this copy for your permanent records.

The applicant has personally appeared before me and demonstrated to my satisfaction that he has met all requirements for the (please print)

Wilderness Survival

[] [] [] []
Merit badge
BENSON GARNER
Name of counselor

[] [] [] []
Address of counselor

[] [] [] [] [] [] [] [] [] [] [] []
City Zip code

[] [] [] [] [] [] [] []
Telephone number of counselor

X B _____ 06/16/11
Signature of counselor Date Completed

Checked and recorded: _____
Date Initials

Certificate and badge presented _____
Date

Applicant will turn in this portion to his unit leader for record posting.

INSTRUCTIONS TO COUNSELOR:

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- Never meet alone with a Scout.
- Verify all info & merit badge name.

- Call counselor for appointment.
- Print your name, address, & ph. #
- Date/initial requirements as done.

INSTRUCTIONS TO UNIT:

- A 2nd counselor can finish card.
- Note each name, address & phone.

BURICE MASAN



Cooking

Merit Badge Workbook

This workbook can help you but you still need to read the merit badge pamphlet (book). No one can add or subtract from the Boy Scout Requirements #33216. Merit Badge Workbooks and much more are below: [Online Resources](#).

Workbook developer: craig@craiglincoln.com. Requirements revised: 2007, Workbook updated: March 2009.

Scout's Name: _____ Unit: _____

Counselor's Name: _____ Counselor's Ph #: _____

1. Do the following:

a) Review with your counselor the injuries that might arise from cooking, including burns and scalds, and the proper treatment.

scalded hands, gas explosions

b) Describe how meat, fish, chicken, eggs, dairy products, and fresh vegetables should be stored, transported, _____

and properly prepared for cooking. _____

c) Describe the following food-related illnesses and tell what you can do to help prevent each from happening:

1) **Salmonella enteritis** linked to unwashed ^{raw} eggies and eggs

Prevention: cook thoroughly

2) **Staphylococcal enteritis** multiplies in warm temps. and thrives on protein

Prevention: wash hands and food before eating

3) **E. coli (Escherichia coli) enteritis** bacteris that attacks the intestinal tracts

Prevention: wash your hands

4) **Botulism** caused by ingesting bacteria found in many foods

Prevention: never use food from damaged or bulging containers
reheat all refrigerate foods

5) **Trichinosis** caused by the parasite, the parasite infection sometimes comes w/out symptoms

Prevention: cook food to temp.

6) Hepatitis

Prevention: wash hands before preparing food

2. Do the following:

a) Illustrate for your counselor the food pyramid that fits you. Label the following food groups in the pyramid and how much of each you should eat each day.

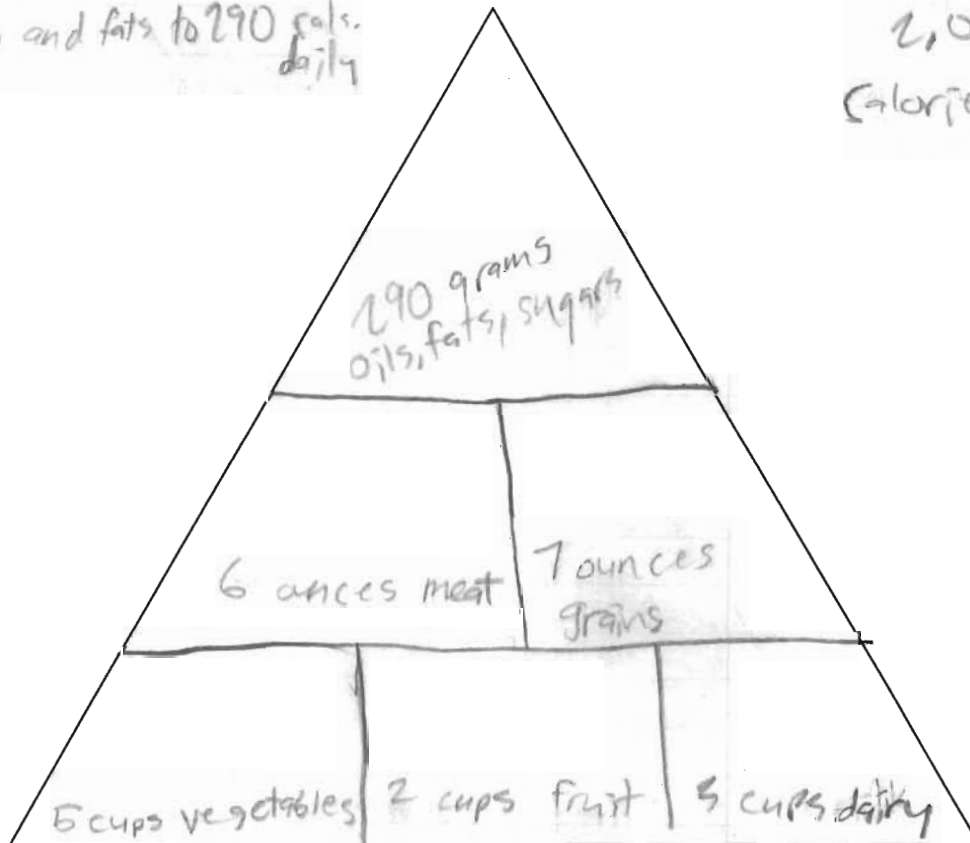
1) The food groups

- i) Grains 7 oz. grains
- ii) Vegetables 5 cups
- iii) Fruits 2 cups
- iv) Milk, yogurt, cheese 3 cups
- v) Meats, poultry, fish, beans, eggs, nuts 6 ounces
- vi) Oils (fats) and sugars _____

b) Explain why you should limit your intake of oils and sugars. They are fattening and too much is bad for you

limit oils and fats to 290 cal. daily

2,000-2,800
calories daily



c) Explain the number of servings recommended per day from each group.

d) Give your counselor examples from each food group.

e) Describe for your counselor the measurements of servings for each food group.

f) Describe to your counselor food preparation techniques that result in more healthful and nutritious meals. _____

3. Plan a menu for two straight days (six meals) of camping. Include the following:

- a) A camp dinner with soup; meat, fish, poultry, or an appropriate substitute; two fresh vegetables; drink; and dessert. All are to be properly prepared. When preparing your menu, follow the nutritional guidelines set by the food pyramid.
- b) A one-pot dinner. Use foods other than canned.

DAY ONE MENU

	Bread/Grain	Main Course	Dairy	Fruit	Drink	Dessert
BREAKFAST For in camp or on the trail.	French Toast	Cereal	Yogurt	Strawberries	Milk	Syrup
		Main Course	Vegetable	Fruit	Drink	Dessert
LUNCH For in camp or on the trail.	Bread	Sandwich	Lettuce	Tomato	Gatorade	Brownies
	Soup/Salad	Main Course	Vegetable	Vegetable	Drink	Dessert
DINNER	Alphabet soup	buffalo wings	Carrots	Celery	Crystal light	Peach Cobbler

DAY TWO MENU

	Bread/Grain	Main Course	Dairy	Fruit	Drink	Dessert
BREAKFAST For in camp or on the trail.	Cereal	Cereal	Milk	Strawberry	Milk	Cookies
		Main Course	Vegetable	Fruit	Drink	Dessert
LUNCH For in camp or on the trail.	hamburger buns	hamburgers	Lettuce	ketchup	Sprite	
	Soup/Salad	Main Course	Vegetable	Fruit	Drink	Dessert

DINNER - Requirement 3B. A one-pot dinner using foods other than canned.			
--	--	--	--

c) Using the menu planned for requirement 3, make a food list showing cost and amount needed to feed three or more boys.

Breakfast Day 1			Breakfast Day 2		
Food Item	Amount	Cost	Food Item	Amount	Cost
French Toast					
Lunch Day 1			Lunch Day 2		
Dinner Day 1			Dinner Day 2		

Total Estimated cost for food: _____

d) List the utensils needed to cook and serve these meals.

4. Using the menu planned for requirement 3, do the following and discuss the process with your merit badge counselor:

- a) Prepare and server for yourself and two others, the two dinners, one lunch, and one breakfast. Time your cooking so that each course will be ready to serve at the proper time.
- The meals for this requirement may be prepared for different trips. They need not be prepared consecutively. Scouts working on this badge at summer camp should plan around food they can get at the camp commissary.

b) For meals prepared in requirement 4a for which a fire is needed, use a lightweight stove or build a low-impact fire. Include support for your cooking utensils from rocks, logs, or like material. The same fireplace may be used for more than one meal. Use a backpacking stove to cook at least one meal. (Where local regulations do not allow you to do this, the counselor may change the requirement to meet the law.)

c) For each meal prepared in requirement 4a, use safe food-handling practices. Dispose of garbage, cans, foil, paper, and other rubbish by packing them out and depositing them in a proper container. After each meal, clean up the site thoroughly.

5. Plan a menu for one day (three meals) or for four meals over a two-day period of trail hiking or backpacking. Include the following:

a) A breakfast, lunch, and dinner for a trail or backpacking trip where light weight is important. You should be able to store all foods used for several days without refrigeration. When preparing your menu, follow the nutritional guidelines set by the food pyramid.

The meals for this requirement may be prepared for different trips. They need not be prepared consecutively. Scouts working on this badge at summer camp should plan around food they can get at the camp commissary.

3 (OR 4) TRAIL MEAL MENUS

	Bread/Grain	Main Course	Dairy	Fruit	Drink	Dessert
BREAKFAST	Oats	Cereal	Yogurt	Strawberries	Milk	
		Main Course	Vegetable	Fruit	Drink	Dessert
LUNCH	Bread	Sandwich	lettuce	tomatoes	Gatorade	brownies
	Soup/Salad	Main Course	Vegetable	Fruit/Vegetable	Drink	Dessert
DINNER	Alphabet soup	Buffalo wings	Carrots	celery	Crystal light	Peach cobbler
	Bread/Grain	Main Course	Dairy/Vegetable	Fruit/Vegetable	Drink	Dessert
Opt Meal 4	hamburger buns	hamburgers	lettuce	ketchup	Sprite	

b) Using the menu planned for requirement 5, make a food list showing cost and amount needed to feed three or more boys.

Breakfast 1		
Food Item	Amount	Cost

Lunch 1		
Food Item	Amount	Cost

Dinner 1		
Food Item	Amount	Cost

Optional Additional Meal		
Food Item	Amount	Cost

Total Estimated cost for food: _____

c) List the utensils needed to cook and serve these meals.

d) Figure the weight of the foods in requirement 5a.

Meal 1:		Meal 2:		Meal 3:		Meal 4: (if needed)	
Food Item	Weight	Food Item	Weight	Food Item	Weight	Food Item	Weight

Total Weight: _____

6. Using the menu planned for requirement 5a, do the following:

- a) Prepare and serve for yourself and two others, the trail breakfast and dinner. Time your cooking so that each course will be ready to serve at the proper time.

The meals for this requirement may be prepared for different trips. They need not be prepared consecutively. Scouts working on this badge at summer camp should plan around food they can get at the camp commissary.

- b) Use an approved trail stove (with proper supervision) or charcoal to prepare your meals.
- c) For each meal prepared in requirement 6a, use safe food-handling practices. Dispose of garbage, cans, foil, paper, and other rubbish by packing them out and depositing them in a proper container. After each meal, clean up the site thoroughly.

7. Plan a menu for three full days of meals (breakfast, lunch, and 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.

DAY 1 MENU

	Bread/Grain	Main Course	Dairy	Fruit	Drink	Dessert
BREAKFAST						
		Main Course	Vegetable	Fruit	Drink	Dessert
LUNCH						
	Soup/Salad	Main Course	Vegetable	Vegetable	Drink	Dessert
DINNER						

DAY 2 MENU

	Bread/Grain	Main Course	Dairy	Fruit	Drink	Dessert
BREAKFAST						
		Main Course	Vegetable	Fruit	Drink	Dessert
LUNCH						
	Soup/Salad	Main Course	Vegetable	Vegetable	Drink	Dessert

DINNER						
---------------	--	--	--	--	--	--

DAY 3 MENU

	Bread/Grain	Main Course	Dairy	Fruit	Drink	Dessert
BREAKFAST						
		Main Course	Vegetable	Fruit	Drink	Dessert
LUNCH						
	Soup/Salad	Main Course	Vegetable	Vegetable	Drink	Dessert
DINNER						

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 (parent, family member, guardian, or other responsible adult).

Breakfast Day 1		
Food Item	Amount	Cost
Lunch Day 1		

Breakfast Day 2		
Food Item	Amount	Cost
Lunch Day 2		

Dinner Day 1

Dinner Day 2

Breakfast Day 3

Lunch Day 3

Food Item	Amount	Cost
-----------	--------	------

Food Item	Amount	Cost
-----------	--------	------

Dinner Day 3

Dinner Day 3 (Continued)

Total Estimated cost for food: _____

c) Tell what utensils were needed to cook and serve these meals.

d) Prepare and serve a breakfast, lunch, and 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.

8. Find out about three career opportunities in cooking. _____

Pick one _____

and find out the education, training, and experience required for this profession. _____

Discuss this with your counselor, and explain why this profession might interest you. _____

Online Resources (Use any Internet resource with caution and only with your parent's or guardian's permission.)

Boy Scouts of America: ► scouting.org ► [Guide to Safe Scouting](#) ► [Age-Appropriate Guidelines](#) ► [Safe Swim Defense](#)
 ► [Scout](#) ► [Tenderfoot](#) ► [Second Class](#) ► [First Class](#) ► [Rank Videos](#) ► [Safety Afloat](#)

Merit Badge Books: www.scoutstuff.org **Please don't post workbooks on your site. Please instead post links to these:**
 MeritBadge.org: <http://meritbadge.org/wiki/index.php/MBW> -or- usscouts.org: <http://www.usscouts.org/mb/worksheets/list.asp>

Requirement Resources

These resources and much more are at: <http://meritbadge.org/wiki/index.php/Cooking>

- 1a. **First Aid Lesson Videos:** [Basics](#) - [Basics2](#) - [Wilderness First Aid](#) - [CPR Basics](#) - [Venomous Snake Bite](#) - [First Aid Kits](#)
Other First Aid Links: [First Aid Merit Badge](#) - [First Aid Kit](#) - [Annual Health & Medical Record](#) - [Mayo Clinic Guide](#) - [Bleeding Video](#) - [Warning Signs of Cancer](#) - [Heart Disease](#)
- 1b. & 1c. **Food Safety:** [Int. Food Safety Council](#) - [Food Safety](#) - fightbac.org - [National Restaurant Assn.](#)
2. **Food Pyramid** - [USDA Nutrition](#) - [AAFCS](#) - [The Healthy Fridge](#) - [U.S. Department of Agriculture](#) - [Healthiest Foods](#) - [American Diabetes Assn.](#) - [American Heart Assn.](#) - [USDA Nat. Organic Program](#)
- 3 - 6. **Outdoor Cooking:**
Outdoor Cooking Lesson Videos: [Food Selection](#) - [Food Quality](#) - [Stoves](#) - [Utensils](#) - [Water Purification](#) - [Leave No Trace](#)
Outdoor cooking links: Scoutstuff.org - Scoutorama - USScouts.Org - MacScouter - RecipeSource.com - CampRecipes.com - Scouter.net - [Foil-Cooking](#) - [Cub Scout Cookbook](#) - NetWoods.com - [Scout Camp Cooking](#) - [The Trailside Cookbook](#) - [Buckskinner Cookbook](#) - [Ol' Buffalo Outdoor Cooking Page](#)
Dutch Oven Cooking: USScouts.Org - MacScouter - dutchovencookware.com
Other cooking links: [Cooking Merit badge](#) - [Leave No Trace](#) - [Stove Safety](#)
7. **Indoor Cooking links:** [Cooking Merit badge](#) - [Food Network](#) - [Meals.com](#) - [The Recipe Link](#) - [Exploratorium](#) - [The Cook's Thesaurus](#) - [The Recipes Folder](#) - MyRecipe.com
8. **Careers:** [Culinary Institute of America](#) - [Epicurious](#) - [Cooking Schools](#)

Print your name, address, city, unit type & number, District, Council & Merit Badge legibly.

for this merit badge on District's list. Your unit leader signs & dates. Read the merit badge pamphlet.

Always meet with your counselor along with a buddy (a Scout, friend, or parent).

Counselor's Section

Applicant's Section

Council Section

Information for Applicant

- A merit badge application can be approved only by a registered merit badge counselor. You must have a buddy with you (Scout buddy system) at each meeting with the merit badge counselor. Turn in your approved application to your unit leader. You will be awarded the merit badge and certificate at a suitable occasion.

Information for Counselor

- Merit badge applications must be signed in advance by the applicant's unit leader. The Scout must have his buddy (Scout buddy system) in attendance at all instructional sessions. You may not change any requirement, but you may share your knowledge or experience that will make the counseling more interesting and valuable.

#34124A

Table with 10 columns and 4 rows. Headers: Initial/Counselor, Approval/Date of, Requirement/No., and letter. Content: Grid of boxes for recording.

APPLICATION FOR MERIT BADGE

Name, Address, City, Troop No., District, Council and is qualified to begin working for this merit badge.

Date Signature of unit leader 34124A BOY SCOUTS OF AMERICA 2001 Boy Scouts of America

COUNSELOR'S RECORD

Applicant, Troop, Unit number, Merit Badge, Date completed, Remarks.

It is suggested that the counselor keep this record for at least 1 year in case any question is raised later in regard to this award.

APPLICANT'S RECORD

Name, Has given me his completed application for the Merit Badge, Completed on Date by, Signature of Counselor, Signature of Unit Leader.

Note to Scout: Retain this copy for your permanent records.

The applicant has personally appeared before me and demonstrated to my satisfaction that he has met all requirements for the (please print)

Merit badge, Name of counselor, Address of counselor, City, Zip code, Telephone number of counselor.

Signature of counselor, Date Completed, Checked and recorded: Date, Initials, Certificate and badge presented Date.

Applicant will turn in this portion to his unit leader for record posting.

INSTRUCTIONS TO COUNSELOR:

- Your Leader must verify that the counselor is registered & approved. Never meet alone with a Scout. Verify all info & merit badge name.

- Call counselor for appointment. Print your name, address, & ph. #. Date/initial requirements as done.

INSTRUCTIONS TO UNIT:

- A 2nd counselor can finish card. Note each name, address & phone.