

PREFACE:

In scouting you will learn many skills, cooking being one of those skills. However, while cooking is one of the skills you will be learning, there are other skills you will be gaining at the same time. In all of Trail to First Class, the first class cooking requirements require the most planning, documentation, and preparation prior to demonstrating the final skill of being a grub master on a campout. From this requirement you will gain planning, documentation, and preparation skills necessary for completing Merit Badges, Eagle Projects, more advanced school projects, in fact they are the building blocks for completing almost any project. I make this point because to meet these requirements, the process is just as important as the task of being grub master.

In the last first class cooking requirement, you must demonstrate your skills to an adult leader. Since adult leaders always travel in groups of at least 2, you should plan to include/serve 2 adults as well as your patrol during each meal.

It is preferable that you complete 4a, 4b, 4c, and 4d (except securing the ingredients) by the Monday night troop meeting prior to the campout. By doing so and reviewing your plans with an adult, it decreases your risk of failing any of the requirements. If for instance you forgot to include any fruits or vegetables in your meal plans, wouldn't you rather catch this prior to the campout instead of finding out after the campout that your meal plan wasn't good therefore you will need to do it again as well as being grub master with that plan to meet the requirements?

Let's get started with the first requirement:

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.

Help plan – this means you must do the planning with your patrol. You can accomplish this in a patrol meeting, patrol corners, using email, phone calls, or other means of communication. It cannot be done alone. When you get to step 4e (actually being grubmaster), you must demonstrate your skills to an adult leader. Since adult leaders always travel in groups of at least 2, you should plan to include/serve 2 adults as well as your patrol during each meal.

Here is a chart to help you out. There is a section for each meal: breakfast, lunch, and dinner (if you have more meals, just make a copy of the chart for each day. In the first column write down the foods you plan to have. In the columns for the 4 food groups, you can either put an X to indicate which food groups these foods belong to or if the item is for instance cheese burgers, you could write ground beef and sliced cheese in the "Meat and Dairy" column and buns in the "Bread and Cereal" column. The size (width) of each column should give you some idea of which groups there should be more of and which groups should be served sparingly.

	Bread, Cereal, Rice and Pasta	Fruit and Vegetable	Meat, Poultry, Fish, Dry Beans, Eggs, Nuts, Milk, Yogurt and Cheese	Fats, Oils and Sweets
BREAKFAST				
LUNCH				
DINNER				

Describe how foods meet our nutritional needs: _____

Now that you have your plan, lets move onto the second requirement.

4b Using the menu planned in requirement 4a, make a list showing the cost and food amounts needed to feed the number of boys for whom you will be grub master (must be 3 or more) and secure the ingredients.

Let's say you were having cheeseburgers and apples for one of your meals. Before you go shopping fill out the first 3 columns so you know what you should be buying, the amounts, and you will have some idea of the budget you have for shopping. The last column will be completed as part of the next requirement. The list showing cost and food amounts might look like this:

I will be cooking for FIVE boys and TWO adults.

Item	Amount Needed	Estimated Cost	Actual Cost	Pans and Utensils
Ground Beef	2lb	4.00		
Buns	1 pkg of 8	1.00		
Onion	1	.80		
Sliced Cheese	8 oz	2.50		
Apples	5	3.00		
Lemonade	2qt mix	2.00		
TOTAL		\$13.30		

Of course your list will be much longer since you will be responsible for at least 3 (usually 4) meals on the campout. Either while you are shopping or after fill in the actual costs and total them. This total will be the amount you will split up and collect from your patrol for the weekend meals.

The next page is a blank form for you to use:

4c Tell which pans, utensils and other gear will be needed to cook and serve these meals.

Using the same form above, you would fill in the pans and utensils column and the section at the bottom for other gear. Using the same cheeseburger example it might look like this:

I will be cooking for FIVE boys and TWO adults.

Item	Amount Needed	Estimated Cost	Actual Cost	Pans and Utensils
Ground Beef	2lb	4.00	3.57	Shepard Stove, spatula
Buns	1 pkg of 8	1.00	.98	
Onion	1	.80	.75	Sharp Knife
Sliced Cheese	8 oz	2.50	4.00	
Apples	5	3.00	3.22	
Lemonade	2qt mix	2.00	2.25	
TOTAL		\$13.30	14.77	

Other Gear: Soap or hand sanitizer, 2 rolls of paper towels, 1 roll toilette paper, Tin foil, salt, pepper, Coal for the Shepard Stove, matches or a lighter, ...
FROM THE TRAILER: Cook Kit (Spatula), table, lantern, Propane Tank, ...

This list of pans, utensils, and other gear should come in handy when packing up for the weekend and especially when checking out gear from the trailer, this way you will know exactly what you need.

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.

Safe handling and storage of:

Fresh Meats: _____

Dairy products: _____

Eggs: _____

Vegetables: _____

Other Perishable Products: _____

Tell how to properly dispose of:

Camp Garbage: _____

Cans: _____

Plastic Containers: _____

Other Rubbish: _____

4e. On one campout, serve as your patrol's cook. Supervise you 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.

You have spent a good amount of time completing the planning phase of the project, now is the time to **demonstrate**. In order to demonstrate, there must be someone to whom you demonstrate. As I mentioned earlier you should have planned for 2 adults to be included in your meals. Check with your Scout Master or Assistant Scout Master and they will help you get adults to join in your meals. These adults are there to observe and to partake of the meal; you should not allow them to assist in cooking or cleanup.

You only need signoff on 1 breakfast, 1 lunch and 1 dinner, but again you will typically be grub master for 4 meals on a two night campout.

Immediately after the prayer, meal and cleanup ask one (or both) adults who joined you to signoff all three items for the given meal:

	BREAKFAST	LUNCH	DINNER
Supervise Cooking			
Led Prayer			
Supervise Cleanup			

Once you have all three complete you can present these signoffs to an adult leader and ask that they sign off on requirement 4e in your scout book.