



Royal Rangers

Merit Requirements: **Red-Bordered Merit**

COOKING

Note: This merit is required to earn the Gold Medal of Achievement.

1. Provide the following food pyramid information:
 - a. Draw a food pyramid diagram.
 - b. List the five major food groups.
 - c. List what items are at the top of the food pyramid.
 - d. Show on the diagram where the food groups fit inside the food pyramid.
 - e. Show on the diagram the recommended number of servings per day for each food group.
2. Plan the menus for three one-day campouts or outings for a six-boy patrol. This will be a total of nine meals. Each meal should be planned to include items from each of the food groups. Three of the required meals must be trail or backpack trip meals.
3. Make a list of cooking equipment and utensils needed to complete the meals in Requirement 2.
4. Make a list showing the cost and amount of food needed to complete the meals in Requirement 2.
5. Cook two different individual items and, in addition, cook four complete meals using at least three different cooking methods, such as baking, boiling, frying, broiling, or aluminum foil dinner. Campfire or charcoal cooking is preferred; however, a camp or backpack stove may be substituted (if local restrictions do not allow open fires).
6. Set up a dish wash station using the “wash-rinse-rinse” method demonstrated in Adventures in Camping. Properly wash all cooking utensils for at least three meals using this washing method.
7. On a separate sheet of paper write down the rules for safely handling foods, and explain the reasons why safe food handling is important.