



Cooking

Merit Badge Workbook

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

Breakfast Day 2

Food Item	Amount	Cost	Food Item	Amount	Cost
_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____

Lunch Day 1		

Lunch Day 2		

Dinner Day 1		

Dinner Day 2		

Breakfast Day 3		
Food Item	Amount	Cost

Lunch Day 3		
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.