COOKING MERIT BADGE
Requirements

1. **Health & Safety** – Do the following:
   
a) Explain to your counselor the most likely hazards you may encounter while participating in cooking activities and what you should do to anticipate, help prevent, mitigate, and respond to these hazards.

b) Show that you know first aid for and how to prevent injuries or illness that could occur while preparing meals and eating, including burns and scalds, choking, and allergic reactions.

c) Describe how meat, fish, chicken, eggs, dairy products, and fresh vegetables should be stored, transported, and properly prepared for cooking. Explain how to prevent cross-contamination.

d) Discuss with your counselor food allergies, food intolerance, and food-related illnesses and diseases. Explain why someone who handles or prepares food needs to be aware of these concerns.

e) Discuss with your counselor why reading food labels is important. Explain how to identify common allergens such as peanuts, tree nuts, milk, eggs, wheat, soy, and shellfish.
Common Cooking Hazards
Slipping & Falling

A newly cleaned floor or a fresh spill can make it easy to lose footing and sustain a concussion or lacerations. The involuntary flailing associated with a fall can also spill hot liquids, shatter glassware, or bring limbs into contact with hot stovetops or knives.

To prevent a falling injury-

- NEVER cook on a wet or greasy floor
- Clean spills thoroughly as soon as they happen
- Turn all handles of pots and pans
- Keep knives away from the edge of the countertop
Common Cooking Hazards
Cuts & Lacerations

Lacerations in the kitchen are extremely common. A knife blade can slip while cutting foods. Metal cans can have sharp and jagged edges.

To prevent a cut or laceration injury-

• Always use a sharp knife. A sharp knife requires less pressure, so your hand is less likely to slip.

• Cut correctly, don’t hold something in your hand while cutting, curl your fingers under when holding food and cut away from you.

• Be careful with cans, lids and openings can sever fingers, use a tool.

• Use caution with glass. Never expose hot glass to water, especially cold water, it WILL shatter. If a glass breaks make sure you clean up with a vacuum or a wet paper towel to get all of the nearly invisible shards.
Common Cooking Hazards
Burns & Scalding

Burns take place when contact is made with hot objects, chemicals, electrical sources, radiated heat, frozen surfaces, friction, radiation and fire. Scalds are burns caused by contact with boiling fluids or steam.

To prevent a burn or scalding injury-

• Always use pot holders that are dry and in good repair. Do not keep towels, oven mitts, or pot holders close to the heat source.

• Keep pot handles turned toward the back of the stove.

• Use caution when moving heavy pots of liquids from the stove.

• Keep all heated liquid and food out of children’s reach. Be careful of the type of clothing being worn.

• Dress appropriately, try not to wear loose clothing or anything that will dangle in the heat source or could get caught on the stove.

• Ensure camp stoves are working properly. Do not leave a lit stove unattended.

• Ensure all safety standards are followed when cooking around an open fire.

• Make sure all pots are stabilized so they don’t fall and burn anyone.

• Keep stove/oven area clean. Clean up the area as soon as it is safe. A little grease on a burner can make a big fire.

• Always have a kitchen fire extinguisher on hand.
Common Cooking Hazards
Bacteria

128,000 Americans are hospitalized with foodborne illness every year. Failure to follow safe-food handling procedures could result in foodborne illness.

To prevent foodborne bacterial illness-

• WASH YOUR HANDS! WASH YOUR HANDS! WASH YOUR HANDS! Make sure your hands and cooking utensils are clean before preparing food.

• Avoid cross-contamination. Use a separate cutting board and knife for raw meats and seafood.

• Wash all fruits and vegetables. Even if it says it has been washed, wash it again.

• Never put cooked food back on surface that had raw food on it. Microscopic bacteria can still be reintroduced.

• Sanitize countertops and cutting boards. Replace surfaces with cuts or gouges.

• DO NOT USE A SPONGE OR WASHCLOTH TO CLEAN YOUR COUNTER. The dirtiest thing in your kitchen is a sponge.

• If you use a sponge to wash dishes, always make sure that it is dried out or put in the dishwasher before you use it.

• Keep hot foods hot and cold foods cold.

• Refrigerate any leftovers and discard if not eaten within three days or more. Refrigeration will slow down bacterial, but not stop it.

• Pay attention to expiration, best by, use by, and sell by dates.

• WHEN IN DOUBT THROW IT OUT! Don’t try to guess. Even if it doesn’t look bad or smell bad, it can still be bad.
**Common Cooking Hazards**

**Poisoning**

Accidental poisoning is an extremely common cause of injury and death in the United States among adults and children. Poisoning can be caused by ingesting chemicals or food. If you aren’t paying attention that delicious breakfast you made for your family could result in a trip to the emergency room or a call to Poison Control.

**To prevent poisoning -**

- Keep cleaning supplies and cooking supplies separate. Don’t put the cooking spray next to the furniture polish or the rat poison next to the sugar.

- Keep chemicals and cleaning supplies put away and secured.

- NEVER eat food from a can that appears swollen or releases pressurized gas when you open it.

- Respect expiration dates and never leave an open can or jar at room temperature for more than an hour.
First Aid for Cooking
Burns & Scalds

Treatment for minor burns and scalds is the same. Burns are generally characterized by degree, or the severity of the skin and damaged tissue.
First Aid for Cooking
Burns & Scalds

Regardless of the severity of the burn or scald always do the following:

A burn is an injury to the skin from something hot – a heater, oven, hot drink or boiling water in a kettle or saucepan. Scalds are the most common burn among children. They’re caused by hot liquids.

If your child gets a burn or scald, first make sure the area is safe and there is no risk of further injury to your child or yourself. Take your child to a safe place if possible.

If the burn or scald is over your child’s clothing, remove the clothing immediately, if it isn’t stuck to the burn. Remove watches or jewellery. Leave any blisters alone.

If the burn is a possible 3rd degree burn DO NOT try to remove clothing, as it may be sticking to the victim’s flesh.
First Aid for Cooking
Burns & Scalds - 1st Degree

Treating Superficial (1st degree) Burns & Scalds: Superficial mild burns will cause a painful reddening of the skin and only affect the outer layer of skin.

Superficial burns do not usually require further medical treatment unless they affect more than 20-25 percent of the body.
**First Aid for Cooking**
**Burns & Scalds - 2<sup>nd</sup> Degree**

**Treating Partial-Thickness (2<sup>nd</sup> degree) Burns & Scalds:** A partial-thickness burn affects the outer layer of skin and part of the layer below. Such burns are more serious than superficial burns and typically include reddening and blistering.

The treatment for partial-thickness burns is the same as for superficial burns.

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**First aid treatment**

Treat the burn under running water for 20 minutes. Do this straight away. This treatment is still useful up to three hours after the burn.

Cool the burn, not the child. If the burn is large, stop cooling it after 20 minutes. This is because hypothermia can happen quickly in children.

Cover the burn with a loose, light, non-sticky dressing such as plastic wrap or a clean, wet cloth. Raise burned limbs.
Treating Full-thickness (3rd degree) Burns & Scalds: Full thickness burns are very serious and can be life threatening. They destroy the outer layer of skin and the layer below that. A victim who has been exposed to open flames, electricity, or chemicals may sustain such a burn. If nerves are damaged, the victim may feel no pain. Such burns require immediate medical attention.

Unless the victim is having trouble breathing, have the victim lay down. Try to raise the burned area above the level of the victim's heart if possible, and protect the victim from drafts.

DO NOT TRY TO REMOVE CLOTHING from the burn, it maybe sticking to the victim's flesh.

After cooling the burn, cover the area with sterile dressings, treat for shock, and seek immediate medical attention.

DISTURBING IMAGE REMOVED

TRUST ME YOU DON'T WANT TO SEE IT!
GET IMMEDIATE MEDICAL TREATMENT IF THE VICTIM HAS:

- Trouble breathing
- Burns that cover more than one body part OR a large surface or 2\textsuperscript{nd} or 3\textsuperscript{rd} degree burns that affect the head, neck, hands, feet, or torso OR if the victim is younger than age 5 or older than age 60
- Burns that may affect the airway (such as burns to the mouth or nose)
- Burns from chemicals, explosions, or electricity
Knives, broken glass, and more may cause injury to people who are cooking. Follow these steps to treat minor cuts. If bleeding is bad go to the ER. If the cut is longer than 1 inch you may need stitches, seek medical attention.

To treat most cuts do the following:

**Step 1 – Stop the bleeding.** Apply pressure with a clean, absorbent cloth or your finger. Wear disposable gloves.

**Step 2 – If the bleeding soaks through, apply a 2\textsuperscript{nd} bandage on top.** Leave the first bandage on to preserve the clotting that has already taken place.

**Step 3 – Raise the wound.** If the bleeding continues raise the wound above the patient’s heart level.

**Step 4 – Clean the wound.** Once bleeding stops, clean the wound gently with soap and water, or flush the wound with water to remove all debris.

**Step 5 – Apply triple antibiotic ointment and bandage.** If the person has no known allergies to the medication or the bandage.
First Aid for Cooking
Choking

Choking occurs when a foreign object becomes lodged in the throat or windpipe, blocking the flow of air. A person who is choking and can cough, speak, or breathe is still getting some air to the lungs. Encourage him to cough up the object and be ready to administer first aid if needed. If the person is coughing weakly or making high-pitched noises, or if the person can’t cough, speak, or breathe, you need to take quick action.

To treat choking do the following:

Step 1 – If conscious administer a series of five back blows.

Step 2 – Stand behind the victim and give 5 abdominal thrusts.

Step 3 – Repeat steps 1 and 2 until the obstruction clears or medical help arrives.
First Aid for Cooking

Allergic Reaction

A food allergy results when the immune system mistakenly targets a harmless food protein—an allergen—as a threat and attacks it. An allergic reaction may include a range of symptoms from mild (rashes, hives, itching, swelling, etc.) to severe (trouble breathing, wheezing, loss of consciousness, etc.) and can be life threatening. For some people a life-threatening reaction called anaphylactic shock can occur. Symptoms include swelling of throat tissues or tongue that makes breathing difficult or impossible.

It is important to be aware of food allergies when you cook. Some people who are allergic can’t eat the foods, others just being in the same room as dust from the allergen can cause anaphylactic shock.

If an allergic reaction occurs do the following:

• Help the victim stay calm.

• Help them get in a position to ensure breathing

• If they have an Epi-Pen help them administer it, if they are unable, administer it for them.

• Give them an antihistamine, such as Benadryl

• Call for medical assistance.
Food Safety
How to Properly Store, Transport, & Prepare

All Meats –
- Keep refrigerated or frozen until ready to use
- Defrost in the refrigerator, never on the counter
- Store in sealed containers, juices may be filled with bacteria
- Wipe up any spilled juices immediately
- Use a separate cutting board
- Cook to the proper temperature

Meat (beef, veal, pork, lamb) – store in the refrigerator for 3 to 5 days. Cook until center reaches 160°.

Fish – store in the refrigerator for 1-3 days. Cook until center reaches 145° and fish flakes with fork.

Chicken – store in refrigerator 1 to 2 days. Cook until center reaches 165° and juices are clear.

Eggs – store in refrigerator 3 to 5 weeks. Cook until center reaches 160°.

Dairy products – store in refrigerator until best by date.
Food Safety
How to Properly Store, Transport, & Prepare

**Fresh Fruits & Vegetables** –
Always make sure you wash all fruits and vegetables

### How to Properly Store Fruits & Vegetables

#### Refrigerator

<table>
<thead>
<tr>
<th>FRUITS</th>
<th>VEGETABLES</th>
</tr>
</thead>
<tbody>
<tr>
<td>Apples (&gt;7 days)</td>
<td>Figs</td>
</tr>
<tr>
<td>Apricots</td>
<td>Honeydew</td>
</tr>
<tr>
<td>Cantaloupe</td>
<td></td>
</tr>
</tbody>
</table>

*Unwashed in a Single Layer*

| Blackberries | Raspberries |
| Blueberries  | Strawberries |

<table>
<thead>
<tr>
<th>Unwashed in a Plastic Bag</th>
</tr>
</thead>
<tbody>
<tr>
<td>Broccoli</td>
</tr>
<tr>
<td>Carrots</td>
</tr>
<tr>
<td>Cauliflower</td>
</tr>
<tr>
<td>Corn</td>
</tr>
</tbody>
</table>

*Store in a Paper Bag*

| Mushrooms               |
|                        |
| Artichokes             |
| Asparagus              |
| Beets                  |
| Brussels Sprouts       |
| Cabbage                |
| Celery                 |
| Cherries               |
| Grapes                 |

*Countertop*

<table>
<thead>
<tr>
<th>FRUITS</th>
<th>VEGETABLES</th>
</tr>
</thead>
<tbody>
<tr>
<td>Apples (&lt;7 days)</td>
<td>Tomatoes</td>
</tr>
<tr>
<td>Bananas</td>
<td></td>
</tr>
<tr>
<td>Basil</td>
<td>Mangoes</td>
</tr>
<tr>
<td>Cucumbers</td>
<td>Oranges</td>
</tr>
<tr>
<td>Eggplant</td>
<td>Papaya</td>
</tr>
<tr>
<td>Garlic</td>
<td>Peppers</td>
</tr>
<tr>
<td>Ginger</td>
<td>Persimmons</td>
</tr>
<tr>
<td>Grapefruit</td>
<td>Pineapple</td>
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<tr>
<td>Jicama</td>
<td>Plantains</td>
</tr>
<tr>
<td>Lemons</td>
<td>Pomegranates</td>
</tr>
<tr>
<td>Limes</td>
<td>Watermelon</td>
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</tbody>
</table>

*Cool, Dry Place*

| Acorn Squash | Pumpkins |
| Butternut Squash | Spaghetti Squash |
| Onions*       | Sweet Potatoes |
| Potatoes*     | Winter Squash  |

*Keep away from each other*

*Counter/Fridge (Ripen on Counter, Then Refrigerate)*

<table>
<thead>
<tr>
<th>FRUITS</th>
<th>VEGETABLES</th>
</tr>
</thead>
<tbody>
<tr>
<td>Avocados</td>
<td>Pears</td>
</tr>
<tr>
<td>Nectarines</td>
<td>Plums</td>
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<tr>
<td>Peaches</td>
<td></td>
</tr>
<tr>
<td>Kiwi</td>
<td></td>
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</table>

High Ethylene Producers:
Keep away from other fresh produce to slow down ripening/spoilage.
Food Safety
How to Properly Store, Transport, & Prepare

Cooking requires planning and attention to detail to keep safety first. Make sure the work area is clean and uncluttered before you begin, and clean as you go. Have all ingredients, utensils, pots, and pans ready to go. Prevent cross contamination by separating foods and washing your hands between ingredients.
Food Safety
Food Allergies

Although any food is capable of causing an allergic reaction, only eight foods account for 90 percent of all food allergies in the United States: peanuts, tree nuts, milk, egg, wheat, soy, fish, and shellfish. Food allergies are very serious and can be deadly. Extreme caution should be used when cooking for people with allergies. Keep ingredients separate and do not cross-contaminate.
Food Safety
Food Intolerances

Unlike food allergies, food intolerances do not involve the immune system. Although they can cause some of the same symptoms as a true food allergy, they do not trigger anaphylaxis, a life-threatening reaction.

• **Lactose Intolerance** – Not able to digest lactose, a type of sugar found in dairy products.
  • Symptoms – cramps, gas, bloating and diarrhea within 30 minutes of consuming dairy products.

• **Celiac Disease & Gluten Sensitivity** – Adverse reaction to gluten, which is found in wheat, rye barley, and oats. Some with Celiac Disease can have an immune reaction which may damage the lining of the small intestine, preventing proper absorption of nutrients in food.
  • Symptoms – bloating, gas, diarrhea, constipation, headaches, itchy skin rash, pale mouth sores

• **Non-Celiac Gluten Sensitivity** – Same symptoms as celiac disease and gluten sensitivity, but can also face non-gastrointestinal-related symptoms; however, the antibodies and intestinal damage do not accompany non-celiac gluten sensitivity.
  • Symptoms – bloating, gas, diarrhea, constipation, headaches, itchy skin rash, joint pain, numbness in legs, arms and fingers.
Food Safety
Food-Related Diseases You Can Prevent

Disease is a term denoting a specific medical condition. Illness is the patient's experience and symptoms

• **Clostridium botulinum** – Also known as botulism. Can be found in improperly canned foods, garlic in oil, and vacuum-packed and tightly wrapped foods.
  • **Symptoms** – double vision, blurred vision, drooping eyelids, slurred speech, difficulty swallowing, dry mouth, and muscle weakness, may last up to 10 days. If left untreated, it can be deadly.
  • **Prevention** – do not use damaged, crushed, or dented canned foods or packages that show signs of swelling, leakage, puncture, holes, rusting, or if gas is released when the package is opened.

• **Cryptosporidium** – Microscopic parasite that spreads via drinking water, recreational water (public pools, lakes, hot tubs), and contaminated food.
  • **Symptoms** – dehydration, stomach cramps or pain, fever, nausea, vomiting and weight loss, may last up to 14 days.
  • **Prevention** – ALWAYS WASH YOUR HANDS! Wash all fruits and vegetables. Avoid potentially contaminated waters.

• **Escherichia coli** – Also known as E. Coli. Spread via human and animal waste and contaminated foods such as uncooked or under cooked beef, unpasteurized milk and juices.
  • **Symptoms** – severe (often bloody) diarrhea, abdominal cramps, vomiting, low-grade fever, may last 5 to 7 days.
  • **Prevention** – properly cook meat to a safe minimum internal temperature. Consume only pasteurized milk, cheeses, and juice, rinse fruits and vegetables with running tap water. ALWAYS WASH YOUR HANDS!
Food Safety
Food-Related Diseases You Can Prevent

- **Listeria monocytogenes** – Listeria can be deadly, and is spread through contaminated ready-to-eat foods such as hot dogs, deli meats, fermented or dry sausages, soft cheeses made with unpasteurized milk, raw foods (milk, poultry, seafood, fresh fruits, and vegetables).
  - **Symptoms** – double vision, blurred vision, drooping eyelids, slurred speech, difficulty swallowing, dry mouth, and muscle fever, muscle, aches, and sometimes nausea or diarrhea. If the infection spreads to the nervous system, headaches, stiff neck, confusion, loss of balance, or convulsions can occur.
  - **Prevention** – avoid exposure by cooking raw meat, poultry, and seafood to a safe minimum internal temperature and by keeping work surfaces and knives clean, keep your refrigerator tidy and at 40° or lower, quickly wipe up spills, especially from hot dogs, deli meat, raw, meat, poultry, and seafood, rinse or scrub all produce.

- **Salmonella** – There are over 2,300 varieties, which can be found in raw or undercooked eggs, poultry, meat, unpasteurized milk and juice, cheese, seafood, and contaminated fresh fruits and vegetables.
  - **Symptoms** – diarrhea, fever, and abdominal cramps and can last up to 7 days.
  - **Prevention** – avoid exposure by cooking raw meat, poultry, eggs, and seafood to a safe minimum internal temperature, do not consume unpasteurized dairy products or juice, wash all produce.

Food-related illness is usually represented by the following symptoms: diarrhea, fever, nausea, vomiting, and abdominal cramps.

Food-related illnesses should always be taken very seriously, especially in the very young or old. Quite frequently dehydration becomes a very dangerous complication and left untreated can be fatal.
Food Safety
BE AWARE!

Always be aware of who you are cooking for, allergies and intolerances are very serious. Make sure you practice great care when preparing food for those who may be in these situations.

Food-borne diseases and illness can usually be prevented. WASHING YOUR HANDS is the easiest way to prevent many of these diseases. Make sure you keep your utensils clean, wash produce, and cook foods thoroughly.

While you may not be able to completely avoid an allergic reaction or exposure to food-borne illness, being cautious and following simple procedures will keep you and your family safe.
One of the most important things you can learn before you start cooking is how to read a food label. Food labels will tell you important nutritional information as well as ingredients and allergens.

It is important to know how many calories, how much and what kind of fat, cholesterol, sodium, carbohydrates, sugars, fibers, and proteins a food has.

You should watch out for high calorie and fat foods. And foods that have saturated fats or trans fats should be avoided. Some fat is good so look for foods with monounsaturated or polyunsaturated fats.

While all labels are now required to have a list of allergens, not all do. Sometimes allergens can have different names too.
Food Safety
Reading Food Labels – Finding Allergens

Be on the look out for the following:

Peanuts – anything with peanut or nut in it, including oils, flour, paste, archaic oil, *arachis*, *arachis hypogea*, artificial nuts, goober peas, may also be in artificial or natural flavorings, hydrolyzed plant or vegetable protein

Tree Nuts – almond, almond paste, anacardium nuts, *anacardium occidentale* (*anacardiaceae*) [cashew], artificial nuts, beech nut, Brazil nut, *bertholletia excelsa* (*lecythidaceae*) [Brazil nut], bush nut, butternut, *butyrospermum parkii* [shea nut], *canarium ovatum* engl. in a. dc. (*burseraceae*) [pili nut], *caponata carya illinoensis* (*juglandaceae*) [pecan], *carya spp.* (*juglandaceae*) [hickory nut], cashew, *castanea pumila* (*fagaceae*) [chinquapin], *castanea spp. (*fagaceae*) [chestnut (Chinese, American, European, seguin)], chinquapin, *corylus spp.* (*betulaceae*) [filbert/hazelnut], filbert, *fagus spp.* (*fagaceae*) [beech nut], gianduja ginko nut, *ginkgo biloba l.* (*ginkgoaceae*) [ginko nut], hazelnut, heartnut, hickory nut, Indian nut, *juglans cinerea* (*juglandaceae*) [butternut], *juglans spp.* (*juglandaceae*) [walnut, butternut, heartnut], karite (shea nut), lichee nut, *litchi chinensis* sonn. *sapindaceae* [lichee nut], lychee nut, macadamia nut, *macadamia spp.* (*proteaceae*) [macadamia nut/bush nut], mandelonas, marzipan, mashuga nuts, nangai nuts, natural nut extract (for example, almond extract), nougat, Nu-Nuts®, nut butters (e.g., almond butter, hazelnut butter, brazil nut butter, macadamia nut butter, pistachio nut butter, shea nut butter, karike butter, as well as other nut butters), nut meal, Nutella®, nutmeat, nut oil (e.g., walnut oil as well as other nut oils), nut paste, nut pieces, pecan, pigñolia, pili nut, pine nut, pine nut (Indian, piñon, pinyon, pigndi, pigñolia, pignon nuts), pinon nut, piñon or piñon nut, *pinus spp.* (*pineaceae*) [pine nut/piñon nut], pistachio, *pistacia vera l.* (*anacardiaceae*) [pistachio], pralines, *prunus dulcis* (*rosaceae*) [almond], shea nut, sheanut, *vitellaria paradoxa* c.f. *gaertn.* (*sapotaceae*) [shea nut], walnut (English, Persian, black, Japanese, California),
Food Safety
Reading Food Labels – Finding Allergens

Milk – accidophilus milk, buttermilk, buttermilk blend, buttermilk solids, cultured milk, condensed milk, dried milk, dry milk solids (dms), evaporated milk, fat-free milk, fully cream milk powder, goat’s milk, lactaid® milk, lactose free milk, low fat milk, malted milk, milk derivative, milk powder, milk protein, milk solids, milk solid pastes, nonfat dry milk, nonfat milk, nonfat milk solids, pasteurized milk, powdered milk, sheep’s milk, skim milk, skim milk powder, sour milk, sour milk solids, sweet cream buttermilk powder, sweetened condensed milk, sweetened condensed skim milk, whole milk, 1% milk, 2% milk, artificial butter, artificial butter flavor, butter, butter extract, butter fat, butter flavored oil, butter solids, dairy butter, natural butter, natural butter flavor, whipped butter, ammonium caseinate, calcium caseinate, hydrolyzed casein, iron caseinate magnesium caseinate, potassium caseinate, sodium caseinate, zinc caseinate, cheese, vegetarian cheeses with casein, cream, whipped cream, curds, custard, dairy product solids, galactose, ghee, half & half, casein hydrolysate, milk protein hydrolysate, protein hydrolysate, whey hydrolysate, whey protein hydrolysate ice cream, ice milk, sherbet, lactalbumin, lactalbumin phosphate, lactate solids, lactyc yeast, lactitol monohydrate, lactoglobulin, lactose, lactulose, milk fat, anhydrous milk fat, nisin preparation, nougat, pudding, quark, recaldent, rennet, rennet casein, simplesse® (fat replacer), sour cream, sour cream solids, imitation sour cream, whey acid whey, cured whey, delactosed whey, demineralized whey, hydrolyzed whey, powdered whey, reduced mineral whey, sweet dairy whey, whey, whey protein, whey protein concentrate, whey powder, whey solids, yogurt (regular or frozen), yogurt powder

Eggs – albumin, apovitellin, cholesterol free egg substitute (e.g. eggbeaters®), dried egg solids, dried egg, egg, egg white, egg yolk, egg wash, eggnog, fat substitutes, globulin, livetin, lysozyme, mayonnaise, meringue, meringue powder, ovalbumin, ovoglobulin, ovomucin, ovomucoid, ovo transferrin, ovovitelia, ovovitellin, powdered eggs, silici albuminate, simplesse, surimi, trailblazer, vitellin, whole egg
Food Safety
Reading Food Labels – Finding Allergens

Wheat – bread crumbs, bulgur, cereal extract, couscous, cracker meal, einkorn, emmer - also known as farro, farina, atta, club, common, durum, einkorn, emmer, farina, graham, kamut, maida, semolina, spelt, triticale, triticum, flour - all purpose, bread, bromated, cake, enriched, high gluten, high protein, instant pastry, phosphated, plain, soft wheat, steel ground, stone, ground, self-rising, unbleached, white, whole wheat, fu, wheat gluten, vital gluten, vital wheat gluten, khorasan wheat, malt, malt extract, matzo meal (also spelled as matzoh, matzah, or matza), noodles, pasta
seitan, semolina, spelt, tabbouleh, triticale, triticum, wheat, whole wheat — wheat berries, wheat bran, whole wheat bread, whole wheat flour, wheat germ, wheat germ oil, wheat protein isolate, wheat starch, wheat sprouts, sprouted wheat, wheatgrass

Soy – bean curd, edamame (soybeans in pods), hydrolyzed soy protein, kinnoko flour, kyodofu (freeze dried tofu), miso, natto, okara (soy pulp), shoyu sauce, soy albumin, soy concentrate, soy fiber, soy formula, soy grits, soy milk, soy miso, soy nuts, soy nut butter, soy protein, soy protein concentrate, soy protein isolate, soy sauce, soy sprouts, soya, soya flour, soybeans, soybean granules, soybean curd, soybean flour, soy lecithin, soybean paste, supro, tamari, tempeh, teriyaki sauce, textured soy flour (tsf), textured soy protein (tsp), textured vegetable protein (tvp) tofu, yakidofu, yuba (bean curd)

Shellfish – barnacle, crab, crawfish (crawdad, crayfish, ecrevisse), krill, lobster (langouste, langoustine, moreton bay bugs, scampi, tomalley), prawns, shrimp (crevette, scampi), shellfish is sometimes found in the following: bouillabaisse, cuttlefish ink, fish stock, glucosamine, seafood flavoring (e.g., crab or clam extract), surimi
Requirements

2. Nutrition – Do the following:
   a) Using the MyPlate food guide or the current USDA nutrition model, give five examples for EACH of the following food groups, the recommended number of daily servings, and the recommended serving size:
      A. Fruits   B. Vegetable   C. Grains   D. Proteins   E. Dairy

   b) Explain why you should limit your intake of oils and sugars.

c) Determine your daily level of activity and your caloric need based on your activity level. Then, based on the MyPlate food guide, discuss with your counselor and appropriate meal plan for yourself for one day.

d) Discuss your current eating habits with your counselor and what you can do to eat healthier, based on the MyPlate food guide.

e) Discuss the following food label terms: calorie, fat, saturated fat, trans fat, cholesterol, sodium, carbohydrates, dietary fiber, sugar, protein. Explain how to calculate total carbohydrates and nutritional values for two servings, based on the serving size specified on the label.
MyPlate was created by U.S. Department of Agriculture to help inform the public of the types of foods people should eat as well as quantity for a healthy life. It emphasizes fruits; vegetables, whole grains, low fat dairy products, lean meats, poultry, fish, beans, eggs and nuts.
### My Plate: Food Group Servings and Amounts

<table>
<thead>
<tr>
<th>Group</th>
<th>Servings</th>
<th>Serving Size</th>
<th>Instructions</th>
</tr>
</thead>
<tbody>
<tr>
<td>Grains</td>
<td>1 serving</td>
<td>1 ounce</td>
<td>Make 1/2 your grains whole grains. Look for the words &quot;100% Whole grains.” 1 ounce = 1 cup of cereal, 1 slice of bread, 1/2 cup of rice/pasta. Veggies are the main source of Vitamin A. Vary your veggies and don’t forget green leafy and orange vegetables like spinach, broccoli and carrots.</td>
</tr>
<tr>
<td>Vegetables</td>
<td>1 serving</td>
<td>1/2 cup</td>
<td></td>
</tr>
<tr>
<td>Fruits</td>
<td>1 serving</td>
<td>1/2 cup</td>
<td>Fruits are the main source of Vitamin C. Eat a variety of fresh fruit. Fruit juice can have a lot of added sugar. So try to eat fresh fruits! When you do drink juice look for 100% fruit juice.</td>
</tr>
<tr>
<td>Dairy</td>
<td>1 serving</td>
<td>1 cup</td>
<td>Milk provides calcium for strong bones and teeth. Go low-fat or fat-free when you choose milk, yogurt, or cheese.</td>
</tr>
<tr>
<td>Protein</td>
<td>3 serving</td>
<td>3 ounces</td>
<td>Choose lean meats and poultry. Vary your protein choose more fish and beans, 1 ounce = small handful of nuts, 1 Tbsp peanut butter, 1 egg, 1/2 cup of beans.</td>
</tr>
</tbody>
</table>

Find your balance between food and physical activity.
Be physically active for at least **60 minutes every day**, or most days.

**Limit Fats and Sugars.**
Limit foods with added fats and sugars, they only add calories but no other nutrients.
## Recommended Number of Food Guide Servings per Day

<table>
<thead>
<tr>
<th></th>
<th>Children</th>
<th>Teens</th>
<th>Adults</th>
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</thead>
<tbody>
<tr>
<td></td>
<td>2-3</td>
<td>4-8</td>
<td>9-13</td>
</tr>
<tr>
<td>Girls and Boys</td>
<td></td>
<td>14-18 Years</td>
<td>19-50 Years</td>
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<tr>
<td>Male</td>
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<td>Female</td>
<td>Male</td>
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<tr>
<td></td>
<td></td>
<td>Female</td>
<td>Male</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Female</td>
<td>Male</td>
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</table>

<table>
<thead>
<tr>
<th>Vegetables and Fruit</th>
<th>4 5 6</th>
<th>7 8</th>
<th>7-8 8-10</th>
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<tbody>
<tr>
<td>Grain Products</td>
<td>3 4 6</td>
<td>6 7</td>
<td>6-7</td>
<td>8 6 7</td>
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<tr>
<td>Milk and Alternatives</td>
<td>2 2 3-4</td>
<td>3-4</td>
<td>3-4</td>
<td>2 2 3 3</td>
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<tr>
<td>Meat and Alternatives</td>
<td>1 1 1-2</td>
<td>2 3</td>
<td>2 3 2 3</td>
<td></td>
</tr>
</tbody>
</table>
**Nutrition**

**I’m Confused**

**What grains should I eat?** Whole grains are complex carbohydrates. Provide energy and stamina for the body. Examples are whole wheat bread, oatmeal, brown rice. Good source of fiber, iron and many B vitamins. These grains take the body longer to process. Good hiking food. Refined grains are milled and processed. All of the bran, many vitamins and nutrients are removed. They are enriched with vitamins, but not the bran. Examples are noodles, rice, pasta, macaroni, white.

**Veggies? Really? And I have to eat different colors?** Fresh is best, then frozen and canned last. Greens: broccoli, collard greens, turnip, leafy lettuce. Orange; acorn squash, butternut squash, pumpkin. Dried beans/peas: black eyed peas, garbanzo, lentils, navy bean, soybeans etc. Other vegetables: artichokes, asparagus, beets, brussel sprouts, cabbage, cauliflower, celery, cucumbers, eggplant, green beans, green or red peppers, okra and radish. Starchy: sweet corn, green peas, lima beans, potatoes. While delicious (except for lima beans) these vegetables have not real nutritional value, and do not count as your daily serving of vegetables. (And corn is bad news for diabetics!)

**Okay, fruit is natures candy! What can I eat?** Fruits can be fresh, frozen, canned or dried. Great substitutes for sugary sweets. But remember they do have natural sugars, so if you have a glucose problem be careful. Berries: blueberries, raspberries, strawberries. Citrus: oranges, grapefruit, tangerines, pineapple. Melons: cantaloupe, honeydew. Pitted: apricots, avocado, cherries, mangoes, prune. Others: apples, banana, grapes, kiwi fruit, pears.

**What about meat?** This group is made up of all meats, fish, poultry, peas, eggs, nuts and seeds. These products supply most of your protein to keep bones and muscles strong. It also provides energy. Utilize lean cuts of meat and poultry. Some meats are extremely fattening (but delicious!) Like bacon, sausage, hotdogs, processed meats. These should be used sparingly.
Nutrition
Determining Your Needs

It is important to know what your caloric needs are, this is based on activity level.

Not Active—Not much ENERGY OUT. Does only light activity needed for daily life. For instance, cooking or walking to the mailbox.

Somewhat Active—Some ENERGY OUT. Does physical activity equal to walking quickly for 1 ½ to 3 miles (about 30–40 minutes) each day. Plus, does light activity needed for daily life.

Very Active—A lot of ENERGY OUT. Does physical activity equal to walking quickly for more than 3 miles each day (more than 40 minutes). Plus, does light activity needed for daily life.

<table>
<thead>
<tr>
<th>Age</th>
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<th>Somewhat Active</th>
<th>Very Active</th>
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<tr>
<td>2–3 years</td>
<td>1,000–1,200</td>
<td>1,000–1,400</td>
<td>1,000–1,400</td>
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<tr>
<td>4–8 years</td>
<td>1,200–1,400</td>
<td>1,400–1,600</td>
<td>1,600–2,000</td>
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<tr>
<td>9–13 years</td>
<td>1,600–2,000</td>
<td>1,800–2,200</td>
<td>2,000–2,600</td>
</tr>
<tr>
<td>14–18 years</td>
<td>2,000–2,400</td>
<td>2,400–2,800</td>
<td>2,800–3,200</td>
</tr>
<tr>
<td>19–30 years</td>
<td>2,400–2,600</td>
<td>2,600–2,800</td>
<td>3,000</td>
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<tr>
<td>31–50 years</td>
<td>2,200–2,400</td>
<td>2,400–2,600</td>
<td>2,800–3,000</td>
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<tr>
<td>51 years and older</td>
<td>2,000–2,200</td>
<td>2,200–2,400</td>
<td>2,400–2,800</td>
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</table>

An average 12 year old who exercises 30-60 minutes a day should consume about 2,200 calories a day that includes 7 ounces of grains, 3 cups vegetables, 2 cups of fruit, 3 cups of milk and 6 ounces from the meat, fish, poultry, nuts and beans grouping.
**Nutrition**

**Food Label Terms**

**Calorie** – A calorie is a unit of energy that measures how much energy a food provides to the body. The number of calories that's listed on the food label indicates how many calories are in one serving.

**Fat** – Eating too much fat can lead to obesity and related health problems, but our bodies do need some fat every day. Fats are an important source of energy — they contain twice as much energy per gram as carbohydrate or protein. Fats provide insulation and cushioning for the skin, bones, and internal organs. Fat also carries and helps store certain vitamins (A, D, E, and K).

**Saturated fat** – Saturated fats and trans fats are often called "bad fats" because they raise cholesterol and increase a person's risk for developing heart disease. Both saturated and trans fats are solid at room temperature.

**Trans Fat** – Trans fats are created when liquid fats such as vegetable oil are hydrogenated into more solid fats, such as margarine and shortening. Trans fats are linked with high LDL cholesterol (the bad kind), which can increase your risk of heart disease. Keep intake of trans fats as low as possible.

**Cholesterol** – Cholesterol is important in producing vitamin D, some hormones, and in building many other important substances in the body. Cholesterol can become a problem if the amount in the blood is too high, though, which can increase the risk of developing atherosclerosis, a blockage and hardening of arteries that can lead to a heart attack or stroke.

**Sodium** – Sodium, a component of salt, is listed on the nutrition facts label in milligrams. Small amounts of sodium are necessary for keeping proper body fluid balance, but too much can contribute to high blood pressure. Almost all foods naturally contain small amounts of sodium but many processed foods contain greater amounts.
Nutrition
Food Label Terms

**Carbohydrate** – A sugar or starch such as pasta, bread, fruits. Vegetables, beans, or dairy that the body uses as its main energy source. Carbs are the most abundant source of calories.

**Dietary Fiber** – Dietary fiber has no calories and is a necessary part of a healthy diet. High-fiber diets promote bowel regularity, may help reduce the risk of colon cancer, and can help reduce cholesterol levels.

**Sugar** – Sugars are found in most foods. Fruits naturally contain simple sugars but also contain fiber, water, and vitamins, which make them a healthy choice. Snack foods, candy, and soda, on the other hand, often have large amounts of added sugars. Although carbohydrates have just 4 calories per gram, the high sugar content in soft drinks and snack foods means the calories can add up quickly, and these "empty calories" usually contain few other nutrients.

**Protein** – Most of the body — including muscles, skin, and the immune system — is made up of protein. If the body doesn't get enough fat and carbohydrates, it can use protein for energy. Foods high in protein include eggs, meat, poultry, fish, milk, cheese, yogurt, nuts, soybeans, and dried beans.
Your turn!

Calculate the total carbohydrates and nutritional values for two servings....
3. **Cooking Basics** – Do the following:
   a) Discuss EACH of the following cooking methods. For each one, describe the equipment needed, how temperature control is maintained, and name at least one food that can be cooked using that method: baking, boiling, broiling, pan frying, simmering, steaming, microwaving, grilling, coil cooking, and use of a Dutch oven.
   
   b) Discuss the benefits of using a camp stove on an outing vs. a charcoal or wood fire.
   
   c) Describe for your counselor how to manage your time when preparing a meal, so components for each course are ready to serve at the correct time.
**Cooking Basics**

**Cooking Methods**

**Baking** – food is cooked covered or uncovered, using the direct, dry heat of an oven. Can be used to cook pretty much any food. An oven is usually necessary. However, baking too long or at too high of heat can make food overly dry.

**Boiling** – to cook food in liquid at a temperature that causes bubbles to form in the liquid and rise in a steady pattern, breaking at the surface. A rolling boil occurs when liquid is boiling so vigorously that the bubbles can't be stirred down. Water, a pan, and a heat source are required. Many foods can be boiled particularly vegetables, pasta, or rice. Boiling can break down foods, making them less nutritious (and not as tasty). Watch out for the pan boiling over especially with starchy foods.

**Broiling** – to cook food a measured distance below direct, dry heat. When broiling, position the broiler pan and its rack so that the surface of the food (not the rack) is the specified distance from the heat source. Broiling is great for cooking thin cuts of meat, toasting bread, or caramelizing sugar.

**Pan frying** – A form of frying characterized by the use of minimal cooking oil or fat, typically using just enough oil to lubricate the pan. In the case of a greasy food such as bacon, no oil or fats may be needed. As a form of frying, pan frying relies on oil as the heat transfer medium and on correct temperature and time to retain the moisture in the food. Because of the partial coverage, the food must be flipped at least once to cook both sides. Frying works for most meats and some vegetables. However, baking is a healthier and safer option.

**Simmering** – to cook food in a liquid that is kept just below the boiling point; a liquid is simmering when a few bubbles form slowly and burst just before reaching the surface. Simmering is most often used for sauces and some pastas. Often the liquid is brought to a boiling point and then heat is reduced to maintain a soft even boil.

**Steaming** – to cook a food in the vapor given off by boiling water. Steaming works great for many different foods including rice, vegetables, and some meats. Steaming is a fair healthy option than boiling and food retains a better flavor. Steaming can occur on the stovetop or in a rice cooker. The rice cooker prevents from spills and can be left alone.
Cooking Basics
Cooking Methods

**Microwaving** – rapid heating by passing high frequency waves from a magnetron through the food or liquid to be heated. Water absorbs the microwaves very well, so food with a high water content cooks more rapidly; fat absorbs the energy more slowly, so foods consisting of mixtures of fat and water cook unevenly. Works well for a variety of foods.

**Grilling** – grilling is a form of cooking that involves dry heat applied to the surface of food, commonly from above or below. Grilling usually involves a significant amount of direct, radiant heat, and tends to be used for cooking meat quickly. Grilling can involve either a BBQ grill or a grill pan. If using an open flame, be careful of fats dripping on the flames, it can cause flare ups that can burn the food. Works well on meats and vegetables.

**Foil cooking** – foil wrapped as an airtight package around food and sealed with a fold becomes a miniature pressure cooker. Great to cook vegetables, meat, and potatoes. Foil packets can be placed directly in the coals.

**Dutch oven** – cooking in a cast iron pot with a heavy lid, can be place directly on the heat source. Great for cooking biscuits, casseroles, meat, potatoes, etc.
How is food cooked?

At its most basic, cooking means applying heat to food. But cooking is as much about the ways heat changes the food as it is about the heat itself. That's because heating food does more than just make it hotter. It changes the food in other ways, too.

The proteins in food become firmer. This is why the liquid interior of an egg gets hard when you boil it, and why a well-done steak is tougher than one cooked medium rare. Other proteins, namely the collagens that make up cartilage and other connective tissues in meats, can be made to break down by heating them in certain ways, specifically through moist heating methods. Carbohydrates like sugars and starches are also transformed by heating. Sugars turn brown, as we see when we caramelize. The browning of bread when we bake it is caused by the caramelization of the carbohydrates. Starches tend to act like sponges, soaking up water and expanding in size, as when pasta noodles expand when we cook them. Fats, such as butter and oils, liquefy, and eventually start to smoke when they get too hot. The fibers in vegetables and fruits soften and break down, which is why a cooked carrot is softer than a raw one. Cooking can affect the color of foods, too. Cooking food causes other, less obvious, changes, too. Nutrients like vitamins can be destroyed or leached out, literally cooked away. Anytime you boil vegetables, some nutrients naturally dissolve into the cooking water or into the air via steam. Flavors can be lost in this same way, too. When you smell the aroma of food cooking, what you're smelling are the flavor compounds evaporating into the air. And if they're in the air, they're not in the food.
Cooking Basics
Cooking Methods

**Conduction** – Conduction is probably the most basic and intuitive way of achieving heat transfer: something hot touches something cool and the cool thing heats up. For instance, the water in a pot boils when the flame from the stovetop heats the pan, and the heat from the pan is transferred to the water via conduction. How efficiently heat is transferred in this way depends on the *conductivity* of the items involved.

**Convection** – Whereas conduction is a static process, convection is a more efficient method of heat transfer because it adds the element of motion. The movement of steam or the motion of boiling water in a pot are also examples of convection. Stirring a pot of soup would be considered a form of convection, as it redistributes the heat from the bottom of a pot throughout the soup.

**However you cook, just remember to be careful!**
**Even a trained chef with years of experience still makes a mistake!**
Cooking Basics
Camp Stove vs. Charcoal vs. Wood Fire

Propane burns cleanly and efficiently, and produces a hot, steady flame. Also, it works well at high altitude and temperatures well below freezing. However, most propane stoves are too heavy for backpacking, since regulations require propane canisters to be thick, heavy steel.

Flavor: “When you’re cooking over a charcoal fire, the natural woodsmoke flavors complement the food,”

cooking with wood takes a lot longer than on a gas or charcoal grill. If you are cooking on a grill grate over firewood, you ideally want to cook on glowing embers, not on open flames which will char and burn your food. To get that core of hot wood embers takes time and a lot of wood.
Cooking Basics
Time Management

The mashed potatoes are done, the rolls are about to burn, but the turkey is barely warm!

How do you mange you time so everything is ready at the same time?

The easiest way is to follow a schedule. Create a timetable, based on how long it takes to prepare each course or recipe. Write down what will take the longest to prepare, then the next, and the next, and so on. Make sure you take into account all the steps needed. Before you cook the roast for 2 hours, do you need to spend time trimming the fat? Preheating the oven? Mixing seasoning? Do you have all the ingredients? Make sure you take it all into account when you make a schedule.

Make sure you have everything you need. Nothing is as bad as having everything boiling and baking, only to realize you forgot a key component and need something from the store.

EXAMPLE – Roast with carrots and onions, green bean casserole, mashed potatoes, rolls, gravy, rice pudding

1:00 – Preheat oven.

1:20 – Crush four garlic cloves. Remove roast from refrigerator. Trim, was, and rub both sides with garlic. Place in pan with 1 cup water and quartered onion. Cover and put in 350 degree oven. Set timer for 2 hours, 40 minutes.

2:30 – Cook 1 cup rice in 2 cups water. When done add sugar, cornstarch, and milk, reduce heat to low. Cook uncovered, until pudding thickens slightly. Remove from heat, pour in serving dishes, and put in fridge.


Etc. Etc. Etc.

5:00 – EAT!
Requirements

4. Cooking at Home – Using the MyPlate food guide or the current USDA nutrition model, plan menus for three full days of meals (three breakfasts, three lunches, and three dinners) plus one dessert. Your menu should include enough to feed yourself and at least one adult, keeping in mind any special needs (such as food allergies) and how you kept your foods safe and free from cross-contamination. List the equipment and utensils needed to prepare and serve these meals. Then do the following:
   a) Create a shopping list for your meals showing the amount of food needed to prepare and serve each meal, and the cost for each meal.

   b) Share and discuss your meal plan and shopping list with your counselor.

   c) Using at least five of the 10 cooking methods from requirement 3, prepare and serve yourself and at least one adult (parent, family member, guardian, or other responsible adult) one breakfast, one lunch, one dinner, and one dessert from the meals you planned.

   d) Time your cooking to have each meal ready to serve at the proper time. Have an adult verify the preparation of the meal to your counselor.

   e) After each meal, ask a person you served to evaluate the meal on presentation and taste, then evaluate your own meal. Discuss what you learned with your counselor, including any adjustments, that could have improved or enhanced your meals. Tell how planning and preparation help ensure a successful meal.
5. **Camp cooking** – do the following:
   a) Using the MyPlate food guide or the current USDA nutrition model, plan five meals **for your patrol** for a camping trip. Your menus should include enough to feed for each person, keeping in mind any special needs (such as food allergies) and how you keep your foods safe and free from cross-contamination. List the equipment and utensils needed to prepare and serve these meals. Then do the following:

   b) Create a shopping list for your meals showing the amount of food needed to prepare and serve each meal, and the cost for each meal.

   c) Share and discuss your meal plan and shopping list with your counselor.

   d) In the outdoors, using your menu plans for this requirement, **cook two** of the five meals you planned using either a lightweight stove or a low-impact fire. Use a different cooking method from requirement 3 for each meal. You must also cook a **third meal** using either a dutch oven OR a foil pack OR kabobs. **Serve all of these meals to your patrol.**

   e) In the outdoors, **prepare a dessert or snack** and **serve it it to your patrol.**

   f) After each meal, have those you served evaluate the meal on presentation and taste, then evaluate your own meal. Discuss what you learned with your counselor, including any adjustments, that could have improved or enhanced your meals. Tell how planning and preparation help ensure a successful meal.

   g) Explain to your counselor how you cleaned the equipment, utensils, and the cooking site thoroughly after each meal. Explain how you proper disposed of dishwater and all garbage.

   h) Discuss how you followed the outdoor code and no-trace principles when preparing your meals.
Requirements

6. Trail & backpacking meals – do the following:
   a) Using the myplate food guide or the current USDA nutrition model, plan a menu for trail hiking or backpacking that includes one breakfast, one lunch, one dinner, and one snack. These meals must not require refrigeration and are to be consumed by three to five people (including you). Be sure to keep in mind any special needs (such as food allergies) and how you keep your foods safe and free from cross-contamination. List the equipment and utensils needed to prepare and serve these meals. Then do the following:

   b) Create a shopping list for your meals showing the amount of food needed to prepare and serve each meal, and the cost for each meal.

   c) Share and discuss your meal plan and shopping list with your counselor. Your plan must include how to repackage foods for your hike or backpacking trip to eliminate as much bulk, weight, and garbage as possible.

   d) While on a trail hike or backpacking trip, prepare and serve two meals and a snack from the menu planned for this requirement. At least one of those meals must be cooked over a fire, or approved trail stove (with proper supervision).

   e) After each meal, have those you served evaluate the meal on presentation and taste, then evaluate your own meal. Discuss what you learned with your counselor, including any adjustments, that could have improved or enhanced your meals. Tell how planning and preparation help ensure successful trail hiking or backpacking meals.

   f) Discuss how you followed the outdoor code and no-trace principles during your outing. Explain to your counselor how you cleaned the equipment, utensils, and the cooking site after each meal. Explain how you proper disposed of dishwater and packed out all garbage.
Requirements

7. Food Related Careers –
   Find out about 3 career opportunities in cooking.
   Select one and find out the education, training, and experience required for this profession.
   Discuss with your counselor, and explain why this profession might interest you.
### Food Related Careers
**You Can Make Money!**

<table>
<thead>
<tr>
<th>Artisanal Bread Baker</th>
<th>Corporate Dining Room Chef</th>
<th>Line Cook</th>
</tr>
</thead>
<tbody>
<tr>
<td>Banquets Chef</td>
<td>Country Club Chef</td>
<td>Maître d'</td>
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<tr>
<td>Bed-and-Breakfast Owner</td>
<td>Cruise-Ship Chef</td>
<td>Master Chef</td>
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<td>Bee Keeper</td>
<td>Culinary School Teacher</td>
<td>Menu Designer</td>
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<td>Biotechnology Researcher</td>
<td>Culinary Tour Guide</td>
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<td>Blogger</td>
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<td>Boutique Chef</td>
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<td>Butcher</td>
<td>Executive Chef</td>
<td>Prep Cook</td>
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<td>Cake Designer</td>
<td>Food and Restaurant Critic</td>
<td>Public School Kitchen Chef</td>
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<tr>
<td>Caterer</td>
<td>Food Photographer</td>
<td>Recipe Developer</td>
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<tr>
<td>Cheese Maker</td>
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<td>Historian/Anthropologist</td>
<td>Sausage Maker</td>
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<td>Honey Producer</td>
<td>Sommelier</td>
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<tr>
<td>Cookbook Author</td>
<td>Hospital Chef</td>
<td>Sous Chef</td>
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<td>Cookbook Reviewer</td>
<td>Hydroponic Farmer</td>
<td></td>
</tr>
<tr>
<td>Cooking Contest Judge</td>
<td>Ice Cream Taster</td>
<td></td>
</tr>
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</table>
What did you learn in today’s cooking class, honey?

The take-out menus are in the top drawer... and when all else fails, microwave!

Good girl!