



COOKING MERIT BADGE
Spring Camp 2022
April 5-8, 2022
Cub Adventure Camp
Leader's Guide

Candy Johnson, merit badge counselor

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If registration is full, please contact counselor to be placed on waitlist.

Welcome to the Spring Cooking merit badge! Scouts have the opportunity to earn the complete cooking merit badge during this intensive class where they will learn how to make many things from scratch including bread, pie, and much more! We will be camping for the week in the Fort at Cub Adventure Camp. Parents are welcome.

Must be at least 13 years old. Minimum 5 Scouts, maximum 8.

Check in: Tuesday, April 5, 2022, between 8:00 am – 10:00 am

Check in at Cub Adventure Camp dining hall, 1699 Maidens Rd, Maidens, VA.

Check out: Friday, April 8, 2022, at 5:30 pm

Parents may pick up at CAC, or Scout may transfer to Spring Camping Weekend if registered.

Cost: \$200 Scouts; \$50 for adults.

Prerequisites:

1. Keep a food log for one week. Track all food and drinks consumed. Be specific!
2. Bring written definitions for the following terms: calorie, fat, saturated fat, trans fat, cholesterol, sodium, carbohydrate, dietary fiber, sugar, and protein.
3. Research three career opportunities in cooking. Select one and find out the education, training, and experience required for this profession.

Packing check list:

Sleeping bag, pillow, sheets

Towel

Soap, shampoo

Toothbrush, toothpaste, deodorant

Class A uniform

Class B t-shirts (4)

Long pants and/or shorts

Socks, undies, PJs

Comfy, closed toe shoes

Coat, hoodie and/or rain jacket

Backpack (school backpack is sufficient)

Backpacking stove*

Mess kit*

Flashlight

Deck of cards or other small game

Copy of BSA Health Form Part A, B & C – do not send original; include copy of insurance card

Blue card

*A limited number of backpacking stoves and mess kits are available to borrow. Please let me know if you need to borrow one.

Two of the days will be outside, so please pack accordingly.

Please notify Counselor of any food or medical concerns.

PERMISSION TO CHECK IN MY CHILD AT SPRING WEEKEND CAMP

I, _____, parent of _____
_____, Scout, hereby state that my child is registered for the
Spring Weekend Camp at T. Brady Saunders April 8-10, 2022. I hereby give permission for
Candy Johnson to transfer my child from the Cooking Merit Badge to Spring Weekend Camp.

Parent Name

Date

Best Phone No.

Sample Food Log

| | Breakfast | | Lunch | | Dinner | Snacks |
|-----------|--|-----------------------------------|---|-------------------|--|---|
| Monday | Cereal Milk Toast w jam water | 16 oz water 32 oz Dr Pepper | 2 slices pepperoni pizza 32 oz cola | 8 oz water | Chicken breast Broccoli 1 c rice | 2 c popcorn 1 slim jim 4 choc chip cookies |
| Tuesday | Saus. Biscuit egg hashbrown | 16 oz water 32 oz Dr Pepper | Chicken sand. Fries 16 oz fruit punch | 32 oz lemonade | Whooper Fries Large soda | Potato chips Fruit roll up gum |
| Wednesday | | | | | | |
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