



Menu Planning

If you're interested in scouting, you would learn how to make a menu for your troop campouts. So this is all you need to know

One of the first you will learn and earn is the Cooking merit badge. In the Cooking merit badge you will learn about My plate and The Food Pyramid.

If you read the 3 links below, you will understand how to make nutritional meals for any event.

https://filestore.scouting.org/filestore/Merit_Badge_ReqandRes/Cooking_2016.pdf

<https://www.myplate.gov/>

<https://nutritionsource.hsph.harvard.edu/healthy-eating-pyramid/>

First, you have to ask the people who you are making the food for. Some may be vegan, have allergies, or have a religion where they can't eat certain foods.



The second thing you have to do is clean the area you are working with and wash your hands. Don't cross-contaminate the food. That can make you sick. Make sure you cook your meat all the way through, so it is not raw.

As an example, this is what my Troop does:

Step 1: Know how many people and how many meals you have to make.

Step 2: You have to know everyone's dietary restrictions.

Step 3: Gather everyone who is going to the camping event. Plan a menu that reflects the My Plate requirements.



Step 4: Research the prices for the food that you want, so you know your budget.

Step 5: Plan a time and place where you are going to meet up.

Step 6: Get the food that is on your menu that you planned.

Step 7: Make sure you have someone in charge of bringing the food. Transport it in appropriate containers.

Step 8: Make sure you provide a clean and safe cooking environment at camp.