

COOKING MERIT BADGE OVERVIEW

There have been many changes to the Cooking Merit Badge in recent years. However, Camp Bowman is committed to guiding scouts through as many requirements as possible. The following is a description of the requirements that can be done at camp, and requirement that should be done elsewhere.

PLEASE READ THE FOLLOWING CAREFULLY.

Requirements Earned at Camp

1-e:

These requirements require scouts to learn health, safety, and first aid procedures of cooking.

2a-e:

These requirements are centered around learning how to live a healthy lifestyle as well as reading food nutrition labels, and food ingredients.

3a-c:

These requirements are about cooking methods.

5a-h

Planning meals for camp cooking and cooking them.

7:

This requirement involves discussing cooking careers.

Requirements that Should be Done Elsewhere:

Req. 4a-e:

Requirement 4 is **similar** to Requirement 5. However, instead of planning, cooking, and cleaning for a patrol, they will plan, cook, and clean for their **families**.

Req. 6a-f:

Requirement 6 is also **similar** to Requirement 5. However, instead of planning, cooking, and cleaning for a camping setting, scouts will plan, cook, and clean for a **backpacking setting**.

If you have any questions or input, feel free to contact the Program Director Daley Howard (Daleyhoward@mcps.org) .

Camp Bowman Prerequisites

Nature

Astronomy

6b. Sketch the phase and the daily position of the Moon, at the same hour and place, for four nights within a one week period. Include landmarks on the horizon such as hills, trees, and buildings. Explain the changes you observe.

During the week, there will opportunities to complete the 3-hour astronomy hike (Requirement 8b)

- During this hike they will also complete requirements 4, 5d, 7c.
- However, the weather does not always cooperate, so there is no guarantee the hike will be completed. If your scouts plan on taking astronomy, they should bring warm clothes.

Environmental Science

Not recommended for younger scouts.

Fishing

Scouts do not always have to time to fish outside of class. If your scouts have a full schedule, it is recommended they complete **Requirement 9&10** (catch, identify, cook, and clean a fish) before camp.

MAKE SURE SCOUTS BRING THEIR OWN FISHING RODS.

Fish and Wildlife Management

It is recommended to complete requirement 7 (either a,b,c, or d) prior to camp.

7c: Can be done if troops provide fish (3 in total). The fish do not need to be caught at the lake.

Bird Study

5: Observe and be able to identify at least 20 species of wild birds. Prepare a field notebook, making a separate entry for each species, and record the following information from your field observations and other references. **a.** Note the date and time. **b.** Note the location and habitat. **c.** Describe the bird's main feeding habitat and list two types of food that the bird is likely to eat. **d.** Note whether the bird is a migrant or a summer, winter, or year-round resident of your area. **(Merit Badge Counselor can work with scouts on this requirement, however because the required number of observations is 20, it is highly recommended, scouts have started this requirement prior to camp.)**

Nature

Requirement 4 involves a lot of observation, which requires a lot of free time at camp. If a scout has a full schedule is is **highly recommended** that they complete/start the

requirement prior to camp.

-It should be noted that part of their collections and observations include fishing, so a fishing rod is required if they plan on completing that portion of the merit badge at camp.

Reptiles and Amphibians

8: Scouts can either:

a. Maintain one or more reptiles or amphibians for at least a month. Record food accepted, eating methods, changes in coloration, shedding of skins, and general habits; or keep the eggs of a reptile from the time of laying until hatching; or keep the eggs of an amphibian from the time of laying until their transformation into tadpoles (frogs) or larvae (salamanders). **OR**

b. Choose a reptile or amphibian that you can observe at a local zoo, aquarium, nature center, or other such exhibit (such as your classroom or school). Study the specimen weekly for a period of three months. At each visit, sketch the specimen in its captive habitat and note any changes in its coloration, shedding of skins, and general habits and behavior. Find out, either from information you locate on your own or by talking to the caretaker, what this species eats and what are its native habitat and home range, preferred climate, average life expectancy, and natural predators. Also identify any human-caused threats to its population and any laws that protect the species and its habitat. After the observation period, share what you have learned with your counselor.

Weather

Do ONE of the following:

9a: Make one of the following instruments: wind vane, anemometer, rain gauge, or hygrometer. Keep a daily weather log for one week using information from this instrument as well as from other sources such as local radio and television stations, NOAA Weather Radio All Hazards, and Internet sources (with your parent's permission). Record the following information at the same time every day: wind direction and speed, temperature, precipitation, and types of clouds. Be sure to make a note of any morning dew or frost. In the log, also list the weather forecasts from radio or television at the same time each day and show how the weather turned out.

9b: Visit a National Weather Service office or talk with a local radio or television weathercaster, private meteorologist, local agricultural extension service officer, or university meteorology instructor. Find out what type of weather is most dangerous or damaging to your community. Determine how severe weather and flood warnings reach the homes in your community.

Scoutcraft

Emergency Preparedness

Scouts MUST have the First Aid Merit Badge to sign up.

2c: Prepare an emergency plan with your family for 10 of the situations discussed in

requirement 2b.

8b. Prepare an emergency service pack WITH your family and BRING it to Camp

Camping

8c: Prepare a camp menu. Explain how the menu would differ from a menu for a backpacking or float trip. Give recipes and make a food list for your patrol. Plan two breakfasts, three lunches, and two suppers. Discuss how to protect your food against bad weather, animals, and contamination.

8d: Cook at least one breakfast, one lunch, and one dinner for your patrol from the meals you have planned for requirement 8c. At least one of those meals must be a trail meal requiring the use of a lightweight stove

9a: Camp a total of at least 20 nights at designated Scouting activities or events.* One long-term camping experience of up to six consecutive nights may be applied toward this requirement. Sleep each night under the sky or in a tent you have pitched. If the camp provides a tent that has already been pitched, you need not pitch your own tent.

9b: On any of these camping experiences, you must do TWO of the following, only with proper preparation and under qualified supervision. **(1.** Hike up a mountain, where at some point you are 1,000 vertical feet higher in elevation than where you started, **2.** Backpack, snowshoe, or cross-country ski for at least 4 miles, **3.** Take a bike trip of at least 15 miles or at least four hours, **4.** Take a non-motorized trip on the water of at least four hours or 5 miles. **5.** Plan and carry out an overnight snow camping experience. **6.** Rappel down a rappel route of 30 feet or more.

Cooking: Please read attached overview.

Aquatics

Scouts MUST pass the swimmers test on the first day to sign up for any Merit Badges at Aquatics.

Lifesaving

The Lifesaving Merit Badge involves a large amount of long distance swimming. Based on past history we **HIGHLY RECOMMEND** the scouts be at least 13 years old to participate.

7e: Scouts should bring a long sleeve button up shirt and long pants to complete the rapid disrobement requirement.

Handicraft

Theater

1: See or read three full-length plays or scripts. These can be from the stage, movies,

television, or video. Write a review of each. Comment on the story, acting, and staging.

Music

3: Do TWO of the following:

- a.** Attend a live performance, or listen to three hours of recordings from any two of the following musical styles: blues, jazz, classical, country, rock, bluegrass, ethnic, gospel, musical theater, opera. Describe the sound of the music and the instruments used. Identify the composers or songwriters, the performers, and the titles of the pieces you heard. If it was a live performance, describe the setting and the reaction of the audience. Discuss your thoughts about the music.
- b.** Interview an adult member of your family about music. Find out what the most popular music was when he or she was your age. Find out what his or her favorite music is now, and listen to three of your relative's favorite tunes with him or her. How do those favorites sound to you?
- c.** Had you ever heard any of them? Play three of your favorite songs for your relative, and explain why you like these songs. Ask what he or she thinks of your favorite music. Serve for six months as a member of a school band, choir, or other organized musical group, or perform as a soloist in public six times.
- d.** List five people who are important in the history of American music and explain to your counselor why they continue to be influential. Include at least one composer, one performer, one innovator, and one person born more than 100 years ago.

Woodcarving

SCOUTS MUST HAVE THEIR TOTIN' CHIP TO FINISH THIS BADGE

Supplies can be purchased at the Trading Post for about \$10.

Basketry

Supplies can be purchased at the trading post for about \$15.

Leatherwork

Supplies can be purchased at the trading post for about \$15.

Shooting Sports

*For every Shooting Sports Merit Badge offered, it is **HIGHLY RECOMMENDED** that scouts have time to shoot outside of class. If they do not have time to shoot outside of class, they are **MUCH** less likely to qualify for the merit badge.*

Shotgun Shooting

Shotguns have strong recoil when they are shot. Scouts taking the Shotgun Shooting MB **MUST** be physically fit enough to withstand the recoil and hold a 10-pound gun in hot weather while shooting up to 25 consecutive shells. This is very challenging for most scouts younger than 13 unless they have significant prior shotgun shooting experience.

Shotgun shells can be purchased at the Trading Post.

Archery

Not recommended for younger scouts. Bows require physical strength to fully draw and hold at a consistent anchor point. This makes the qualifying score (requirement 5, Option A, f1) challenging for most scouts under 13 unless they have significant prior archery experience.

Action Archery

The Action Archery course is a Bowman exclusive. Set in a clearing south of the main Shooting Sports area are a wide variety of challenging targets, including tires, foam blocks and bags, all set among trees and brush at varying ranges. The course will be open to all Scouts and leaders during evening program or by appointment. Visit the Shooting Sports area for more information.

Admin

First Aid

2d: Prepare a first aid kit and bring it to camp.

Communications

8: This is possible to do at camp, but requires coordination with the troop: Plan a troop or crew court of honor, campfire program, or interfaith worship service. Have the patrol leaders' council approve it, then write the script and prepare the program. Serve as master of ceremonies.

COPE/Climbing

Located at Camp Post, and scouts must wear tennis shoes.