

Cooking for 1st Class Rank

Troop 156, Glenview

Cooking for the rank of 1st class has two goals. The first is obvious... learning to cook for a group outdoors. The second goal is to give each Boy Scout greater exposure to leadership. The Scout working on his cooking advancement is not required to do all the food preparation and cooking himself. He is expected to plan the meal, acquire the ingredients and supplies (provisions), and then to lead his patrol in the cooking and cleanup process. He is also required to ensure that he cooks for an adult leader who can then help him evaluate the process.

When cooking for the 1st Class Rank, the following guidelines should be followed:

- Each Scout must cook three meals: one breakfast, one lunch and one dinner. Troop 156 allows Scouts to cook these at different times on different outings. The meals may be cooked in any order, but they must get progressively more complex, so it is usually best to cook the dinner as the final meal.
- A **Meal Plan Form** (available on the Troop website www.bsa156.org under the forms tab) **must** be utilized and approved in advance by the trip leader. The form must be submitted to Mr. Dickson or the trip leader at least ten days before the outing. Each meal should include all components of the food pyramid (see Scout handbook), a beverage, and a dessert.
- All meals should require several steps as part of the process. There should be chopping, cutting, mixing, etc. A meal, such as a hamburger, does not require any preparation and, is therefore, not an adequate meal.
- The meal should NOT be prepared ahead of time. Part of the process is to lead others and learn to plan ahead and prepare the meal at the campsite. Only raw ingredients should be brought on the trip. Ingredients can be divided into smaller packages to avoid bringing too much and therefore wasting food.
- The list of equipment needed is part of the Meal Planning Form and should be complete, including matches, propane, utensils, mixing bowls, strainer, etc. All ingredients should also be listed, including salt, water, spices, butter, etc. Most of the utensils, pots, pans stoves, etc. are available from the Troop quartermaster.
- The Scout is responsible for purchasing all foods for each meal unless told otherwise. He should check with the quartermaster since many staples are kept in the food closet and would not need to be purchased. The cost of the food can be recouped from the Troop by submitting the **Expense Reimbursement Form**, also found at www.bsa156.org.
- These websites can provide ideas and menus that may be useful for determining a menu:
 - www.macscouter.com
 - www.boyscouttrail.com
 - www.usscouts.org
- Scouts are expected to offer a few words of thanks or grace before each meal. Because our Troop has boys from many different religious backgrounds, something non-denominational works best.
- After the meal, Troop 156 suggests that the patrol conduct a "Thorns and Roses" session. This review by the patrol members about what went well and what needs improvement can help in future meal preparation by both the Scout and others in his patrol that will follow him. The adult leader who ate with the patrol should be involved in this process.