

# Cooking Verbal Skills Trailblazer Advancement

## Session #1

1. Second Class #3e  
Discuss when it is appropriate to use a cooking fire and a lightweight stove. Discuss the safety procedures for using both. (p. 325)

## Session #2

1. First Class # 4a  
Help plan a patrol menu for one campout that includes at least one breakfast, lunch, and dinner, and that requires cooking at least two of the meals. Tell how the menu includes the foods from the food pyramid and meets nutritional needs (pp. 102-105, 316-317, 320).
2. First Class #4b  
Using the menu planned in #4a, make a list showing the cost and food amounts needed to feed three or more boys and secure the ingredients. (pp. 321-323)
3. First Class #4c  
Tell which pans, utensils, and other gear will be needed to cook and serve these meals. (p.324)
4. First Class #4d  
Explain the procedures to follow in the safe handling and storage of fresh meats, dairy products, eggs, vegetables, and other perishable food products. Tell how to properly dispose of camp garbage, cans, plastic containers, and other rubbish. (pp. 328-329)