VENTURING RANGER AWARD COOKING CORE REQUIREMENT

Additional requirement sheets and helps are available from ScouterMom.com.

a. Plan a menu and purchase the food for at least six people for a two-night campout with at least three meals.

b. On the campout in requirement 3(a) above, cook the three meals using at least two of the following three methods of cooking: fire/coals, charcoal, stove.

c. Demonstrate and explain proper safe food-handling methods for outdoor cooking.

d. Demonstrate that you can prepare backpacking-type trail food using a backpacking-style stove.

e. Without using any cooking utensils, prepare a meal with the four basic food groups for three people.

f. Cook an entree, a bread, and a dessert in a Dutch oven.