

Cooking- An Introduction

- One of the original 28 BSA merit badges offered in 1911
 - As of 2014, an Eagle requirement
 - Concerns over proper nutrition & obesity epidemic
- Seems much harder & more intimidating
 - Not really, takes planning & preparation
 - Trick is to do a decent job at it!
- Cooking (and eating) is fun!
 - Eat out (explore different cuisines)
 - Watch TV shows (get ideas)



Cooking- An Introduction

- Cooking is important!
 - Invaluable life skill
 - Keeps you alive
 - Gain confidence to take initiative and do more
 - Satisfaction from creating a well prepared meal
 - Impresses girls



Cooking Merit Badge– Course expectations

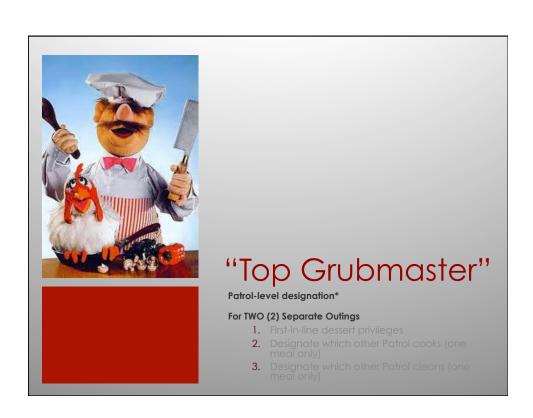
- Be on time
 - Sign-in sheet
- Be prepared
 - Merit badge worksheet
 - Homework assignments
- 8 requirements for Cooking
 - 5 classroom discussions
 - 3 "field" work



Cooking Merit Badge– Course expectations

- What to expect from me
 - Informative
 - Practical
 - Entertaining
- My goals are to make you
 - More independent
 - More creative
 - Ask questions
 - Seek help if in doubt







What could happen?

- Think about **how** you cook
 - Prevent/ mitigate/ respond
 - Anticipate risks
 - Attention to detail
 - "Be Prepared"
- 1. Burns
- 2. Scalds
- 3. Sharps
- 4. Choking
- 5. Allergies
 - Kids: peanuts, milk, soya, tree nuts, eggs, wheat
 Adults: citrus, nuts, fish, peanuts, shellfish, wheat



Now That It Happened? First Aid for injuries

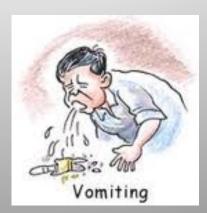
- Prevent/ mitigate/ respond
- Burns & Scalds
 - Cool, Clean & Cover
 - Leave blisters be
- Sharps
 - Stop bleeding
 - Clean wound
- Choking
 - Heimlich maneuver
- Allergies
 - Signs & Symptoms
 - Rx



Good Cooking Habits Wash your hands, utensils, surfaces •Be ready before you begin •Minimizes cross-contamination •Prepare food from **lowest** → **highest** risk CLEAN AS YOU GO! •Keep work space uncluttered Safer and controlled Cooking experience more organized •Clean-up easier

Food Preparation

- "Food Poisoning" Bad
 - Should be mostly preventable
 - Be aware of the potential contamination sources
 - Storage
 - Processing/ Preparation
 - Packaging



Food Preparation



- Storage
 - Proper cold Temp
 - Minimize pathogen growth
- Processing/ Preparation
 - Proper cook Temp/Time
 - Kill pathogens/ bacteria
- Packaging
 - Clean containers/ conditions
 - Freeze unused food
 - Refrigerate leftovers





"Top Grubmaster Challenge"

- 1. Good cooking habits...
- a) Only matter when cooking away from your own kitchen
- b) Keep the cooking area safer, make you more organized, and make clean-up easier
- c) Only matter if someone is watching



"Top Grubmaster Challenge"

- 2. Which is a" safer" food?
- a) A store bought container with a broken seal
- Really tasty leftovers from last night, inside a sealed container, but left out on the countertop.
- c) A unopened metal can of soup with a huge dent in the side.



"Top Grubmaster Challenge"

- 3. Washing hands...
- a) Makes the risk of food contamination less
- b) Is unnecessary if all the food is prepackaged
- Need only be done at the start of cooking a meal



- 1. Salmonella
- 2. Staphylococcus aureus
- 3. Escherichia coli (E. coli)
- 4. Clostridium botulinum (Botulism)
- 5. Campylobacter jejuni
- 6. Hepatitis A
- 7. Listeria monocytogenes
- 8. Cryptosporidium
- 9. Norovirus



E. coli & Salmonella

- Enteric bacteria
 - Normal flora
 - Subspecies pathologic
 - E. coli- toxins
 - Eggs, poultry, reptiles, fish
 - Fecal-oral transmission
- Sxs
 - Stomach cramps, N/V/D
 - Renal failure/death
- Prevention/ Risks
 - Unwashed fruit/veggies
 - Undercooked food
 - Greatest risk
 - Immune Compromised & Elderly
- Treatment
 - Supportive care
 - Abx systemic disease
 - No vaccines for either



Clostridium botulinum (botulism)

- Anaerobic bacteria (spore)
 - Produces toxin
 - Not transmitted from person-toperson
- Sxs
 - Flaccid paralysis face-> limbs
 - Blurred vision, ptosis, N/V/D
 - Cramps, respiratory difficulty
- Prevention/ Risks
 - Infant botulism
 - Contaminated foodstuff
 - Home-canning/ preserving
 - Fermented uncooked dishes
 - Undercooked food
- Treatment
 - Supportive care for weeks
 - Antitoxin





Hepatitis A

- Viral illness
 - Fecal-oral route
 - Easily transmitted from person-to-person
 - Ingesting contaminated food
 - Direct contact
 - Very common disease (millions affected)
- Sy2
 - "Flu-like" presentation
 - Jaundice
- Prevention/ Risks
 - Poor hygiene increases risk
 - Crowded conditions (sanitation)
- Treatment
 - Supportive care
 - Lifelong immunity after exposure
 - HAV vaccine



"Meat" the illness**

- 1. Salmonella
- 2. Staphylococcus aureus (R'snake Patrol)
- 3. Escherichia coli (E. coli)
- 4. Clostridium botulinum (Botulism
- 5. Campylobacter jejuni (Moose Patrol)
- 6. Hepatitis A
- 7. Listeria monocytogenes (B'frog Patrol)
- 8. Cryptosporidium (K'rabbits Patrol)
- 9. Norovirus (No Names Patrol)

