



# Cooking

...seriously? Why can't my Mom just do it.

## 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



## “Top Grubmaster”

Patrol-level designation\*

For TWO (2) Separate Outings

1. First-in-line dessert privileges
2. Designate which other Patrol cooks (one meal only)
3. Designate which other Patrol cleans (one meal only)

# Cooking Hazards

Req #1

## 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
- b) 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
- c) Need only be done at the start of cooking a meal

## “Meat” the illness\*\*

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-to-person
- 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)
- Sxs
  - "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)**

Questions?

