



“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)



“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





“Top Grubmaster Challenge”

4. Obesity occurs from all the following EXCEPT

- a) Eating processed pre-packaged food
- b) Getting off the couch and going for a walk around the block
- c) Super-sized portions of food
- d) Poverty and lack of education



“Top Grubmaster Challenge”

5. According to MyPlate, the major food groups are which?

- 1) Fruits & Vegetables
- 2) Grains
- 3) Dairy & Protein
- 4) Sugars, Fats & Oils

- a) Answers 1 & 3
- b) Answers 2 & 4
- c) Answers 1, 2 & 3
- d) Answer 4



“Top Grubmaster Challenge”

6. Regarding Calories...

- a) Are a way we measure the amount of “energy” food has
- b) Can add up quickly with larger portions, “sides”, and extra servings
- c) Cause obesity if you consume more than you expend
- d) All the above



Top Grubmaster Challenges

1. Was your daily level of activity during the outing appropriate for the calories you consumed? (*Req. 2c*)
2. What are benefits of using a camp stove vs. a charcoal or wood fire? (*Req. 4b*)
3. How do leave-no-trace principles pertain to cooking in the outdoors? (*Req. 4c*)
4. How were perishable foods kept safe? (*Req. 6g*)
5. What was done to prevent cross-contamination during food prep and cooking? (*Req. 6g*)



Top Grubmaster Challenge

- FINAL QUESTION (5 pts)
 - What is “wrong” with this image?



Final Exam
Cooking Merit Badge

Final Exam

Cooking Hazards

1. Thinking about “how” you cook is just as important as “what” you cook.
 - a. True
 - b. False
2. Some of the common hazards include all the following **EXCEPT**
 - a. Scalds & Burns
 - b. Spills
 - c. Choking & Allergies
 - d. Sharps injuries

Cooking Hazards (cont.)

3. Food poisoning should be *mostly* preventable with attention to contamination risks and good preparation
 - a. True
 - b. False

Final Exam

Nutrition & Obesity

4. The reasons obesity has become an epidemic include all the following **EXCEPT**
 - a. There is no epidemic – we’re too smart for that!
 - b. Pre-packaged foods are convenient
 - c. Portion sizes are large
 - d. We live sedentary lives
5. According to “MyPlate” what are the five food groups to make better dietary choices?
 - a. Fruits, veggies, grains, proteins, and dairy
 - b. Fats, oils, sugars, chocolate, and caffeine

Nutrition & Obesity (cont.)

6. Calorie counters and trendy diets are the only way to balance a meal and watch one’s weight.
 - a. True
 - b. False
7. While 2000 calories is the “magic number”, my weight will
 - a. Increase if I eat less and/ or burn more
 - b. Stay the same if I always stay at the magic number
 - c. Decrease if I eat less and/ or burn more
 - d. Never be an issue because that is someone else’s problem

Final Exam

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Final Exam

Cooking Methods

8. Of the different cooking methods discussed, the most convenient at home but most impractical in the field is
 - a. Baking
 - b. Boiling
 - c. Pan frying
 - d. Microwaving
 - e. Grilling
9. Meal plans, a shopping list, and a budget will
 - a. Help you better prepare your meal and avoid mistakes
 - b. Teach you to appreciate the effort it takes to create a meal
 - c. All the above.

Cooking Methods (cont.)

10. All the following are advantages of cooking at a car camp versus on a trail **EXCEPT**
 - a. Taking advantage of refrigeration
 - b. Discovering remote wilderness areas to better enjoy the meal
 - c. Preparing more complicated meals (e.g. multi course or Dutch oven)
 - d. Having little concern for weight limitations

Final Exam

Cooking Careers

11. Career opportunities in the culinary arts are more limited now than in the past.

- a. True
- b. False

