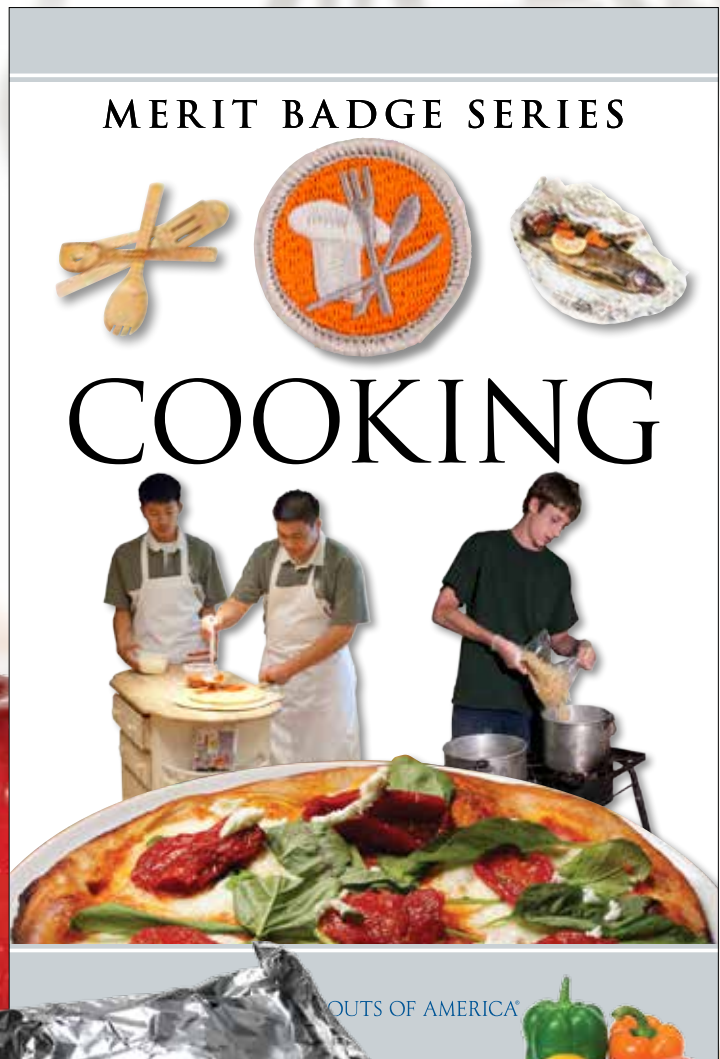


# Cooking

## Merit Badge

**Required for  
the Eagle Scout  
rank beginning  
Jan. 1, 2014**

The new or previous  
requirements will be  
accepted until  
Dec. 31, 2014.



BOY SCOUTS OF AMERICA®

# Cooking Merit Badge



Required for the Eagle Scout rank beginning Jan. 1, 2014

## What's New?

- The MyPlate food guide from the USDA replaces the MyPyramid nutrition model.
- The requirements calling for a Scout to prepare meals no longer occur on consecutive days, allowing the youth and troops more flexibility.

## What's Been Added?

- Food allergies, cross-contamination awareness
- Reading food labels
- Daily level of activity and caloric need
- Better nutrition—improving eating habits
- Variety of cooking methods
- Outdoor Code
- The breakdown of cooking locations allows for more flexibility:
  - Home
  - Campout
  - Trail/backpacking

## What's Not New?

- The requirements call for a similar number of cooked meals.
- The youth still does more menu planning than cooking.
- Requirements 1 (safety), 2 (nutrition model), and 8 (careers in cooking) remain similar.



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