

Columbia Basin Scouting

BSA Rank Advancement Worksheet

First Class, 4a, 4b, and 4c

Scout Name: _____

Requirement a: Help plan a patrol menu for one campout that includes at least one breakfast, one lunch, and one dinner, and that requires cooking at least two of the meals. Tell how the menu includes the foods from the food pyramid and meets nutritional needs.

Requirement b: Using the menu planned in requirement 4a, make a list showing the cost and food amounts needed to feed three or more boys and secure the ingredients.

Requirement c: Tell which pans, utensils, and other gear will be needed to cook and serve these meals.

Breakfast:	Cost for Three:
Main Entrée: _____	_____
Side Dish: _____	_____
Side Dish: _____	_____
Drink: _____	_____
	Subtotal: _____
Pans/Utensils Needed: _____	

Breakfast:	Cost for Three:
Main Entrée: _____	_____
Side Dish: _____	_____
Side Dish: _____	_____
Drink: _____	_____
	Subtotal: _____
Pans/Utensils Needed: _____	

Breakfast:	Cost for Three:
Main Entrée: _____	_____
Side Dish: _____	_____
Side Dish: _____	_____
Drink: _____	_____
	Subtotal: _____
Pans/Utensils Needed: _____	

Total: _____

List menu items that are included in each of the following food groups:

- Grains: _____
- Vegetables: _____
- Fruits: _____
- Milk: _____
- Meats and Beans: _____
- Oils: _____

Subsequent requirements to be performed in the field:

Requirement e. On one campout, serve as your patrol's cook. Supervise your assistant(s) in using a stove or building a cooking fire. Prepare the breakfast, lunch, and dinner planned in requirement 4a. Lead your patrol in saying grace at the meals and supervise cleanup.