

# COOKING - LEADER KEY

## SAINTS GLOBAL MEMBER

NAME: \_\_\_\_\_

BATTALION: \_\_\_\_\_

TROOP: \_\_\_\_\_

## SKILL BADGE ADVISOR

NAME: \_\_\_\_\_

EMAIL: \_\_\_\_\_

PHONE: \_\_\_\_\_

LEADER KEY

WITH EVALUATION HINTS

*\*Gold boxes contain leader hints for evaluating each requirement*

## STEP 1 | DISCOVER

INITIALS

- a) Explain the most likely hazards in cooking (heat, blades, fire, choking, allergens, contamination) and describe what you will do to prevent, respond, and get help if something goes wrong. \_\_\_\_\_

♂ LEADER KEY

Have the Saint walk through a realistic scenario (e.g., grease flare-up, cut, allergic exposure) and explain the safest response steps.

- b) Demonstrate food safety basics: proper handwashing, cleaning and sanitizing surfaces, and preventing cross-contamination when handling raw and ready-to-eat foods. \_\_\_\_\_

♂ LEADER KEY

Observe technique; ask why each step matters, including safe zones for raw meat and separate utensils/boards.

- c) Using a current nutrition model (e.g., MyPlate), explain what a balanced plate looks like and how to identify common allergens from a food label. \_\_\_\_\_

♂ LEADER KEY

Ask the Saint to point out allergens and serving size, then explain how the label affects meal choices.

## STEP 2 | PLAN

INITIALS

- a) Plan one day of meals (breakfast, lunch, dinner, and a snack or dessert) that feeds you and at least one other person, accounting for allergies/intolerances and safe food handling. \_\_\_\_\_

 LEADER KEY

Check for balance, realistic portions, and an explicit allergy/safety plan.

- b) Create a shopping list and simple budget for your planned meals, including quantities and an estimate of total cost. \_\_\_\_\_

 LEADER KEY

Look for accurate quantities and reasonable cost awareness (not perfect pricing).

- c) Build a cooking timeline for one of your planned meals so all components finish on time, and explain how you will keep the workspace clean while cooking. \_\_\_\_\_

 LEADER KEY

Ask what happens if something runs late; listen for a workable sequencing plan and clean-as-you-go habits.

## STEP 3 | ACT

INITIALS

- a) Prepare and serve one complete home meal for at least one other person, using at least two different cooking methods (e.g., baking, simmering, grilling, pan frying, Dutch oven, foil cooking). \_\_\_\_\_

 LEADER KEY

Observe safe technique, temperature control awareness, and readiness to serve on time.

- b) Prepare and serve an outdoor meal for a small group using a safe heat source (camp stove or approved fire method where legal), then lead cleanup and proper food storage afterward. \_\_\_\_\_

 LEADER KEY

Verify legal compliance for fires, safe stove/fire practice, thorough cleanup, and animal-aware storage.

- c) Plan and execute a trail-friendly meal (meal or snack) that minimizes bulk and trash, and demonstrate repackaging choices that reduce weight and waste without reducing safety. \_\_\_\_\_

 LEADER KEY

Ask why each repackaging choice is safer/lighter and how trash is managed on trail.

- d) Receive feedback from someone you served and then explain one specific improvement you would make next time to taste, texture, presentation, timing, or nutrition. \_\_\_\_\_

 LEADER KEY

Listen for humility and actionable improvements rather than vague statements.

## STEP 4 | REFLECT

INITIALS

- a) Describe how cooking can be an act of service and gratitude to God, and explain one way you can use this skill to 'Just Serve' at home, church, or in your community. \_\_\_\_\_

 LEADER KEY

Ask for a realistic serving plan (who, what meal, what need) tied to gratitude and stewardship.

- b) Explain how discipline in cleanliness, honesty with portions, and care for others' needs builds Christlike character when you cook under pressure or fatigue. \_\_\_\_\_

 LEADER KEY

Prompt with a real scenario (hungry group, limited time, messy station) and ask what virtue is hardest to keep.

*Continue to next page for certification signature*

**END OF REQUIREMENTS**

**BY SIGNING BELOW, I CERTIFY TO THE BEST OF MY KNOWLEDGE THAT ALL REQUIREMENTS WERE MET AT OR ABOVE THE REQUIRED STANDARDS AS OUTLINED IN THE BADGE REQUIREMENTS CHECKLIST.**

\_\_\_\_\_  
SKILL BADGE ADVISOR

\_\_\_\_\_  
DATE (YYYY-MM-DD)