

**Meeting Topics:**

1. Food Pyramid
  - Food list, No. of servings, sugar & oils demo
2. Food Measurements
  - Food List, Serving Sizes, Reading Food Labels
3. Food Storage & Transportation
  - Food Illness/Prevention
4. Food Preparation
  - Utensils, Heat Source, Refrigeration
  - Injuries common to cooking/First Aid
5. Menu Planning 101-Weekend Camping
  - Using your food list to plan your meals
  - Making your grocery list
  - Calculating food cost
6. Menu Planning 201-Day Hikes
  - Using your food list to plan your meals
  - Weighing your food
  - Making your grocery list
  - Calculating food cost

**Suggested Materials:**

- Binder for the following to be stored,
  - Cooking Merit Badge Workbook
  - Copy of *Weekend Camping Menu Planning*
  - Food Pyramid
  - Food price sheet
  - Copy of outdoor calendar for 2010-2011
  - Blank notebook paper for notes
  - Page protectors for collected recipes