- 5. Camp Cooking. Do the following.
  - a. Using the MyPlate food guide or the current USDA nutrition model, plan five meals for your patrol or a similar size group of up to eight youth, including you) for a camping trip Your menus should include enough food for each person, keeping in mind any special needs (such as food allergies) and how you keep your foods safe and free from cross-contamination. These five meals must include at least one breakfast, one lunch, one dinner, AND at least one snack OR one dessert. List the equipment and utensils needed to prepare and serve these meals.
  - b. Find or create recipes for at least three meals, a dessert and a snack. Adjust menu items in the recipes for the number to be served. Create a shopping list and budget to determine the per-person cost.

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Scout's Name:

Meal	1
Break	dast

Meal 2 Lunch

Menu	Quantity	Equipment	Utensils
Fruits			
Vegetables			
Grains			
Proteins			
Dairy			
Fruits			
Vegetables			
Grains			
Proteins			
Dairy			

Cooking	Scout's Name:
Occining	

Meal 3
Dinner

Menu	Quantity	Equipment	Utensils
Fruits			
Vegetables			
Grains			
Proteins			
Dairy			

Meal	4
------	---

Choose:

Snack	0
Desse	rt

Fruits		
Vegetables		
Grains		
Proteins		
Dairy		

	Menu		Quantity	Equipment	Utensils
Meal 5	Fruits				
0.	Vegetables				
Choose:	Grains				
Lunch	Proteins				
Dinner	Dairy				
☐ Snack					
Dessert					
:					

## Shopping Lists:

Meal 1

Meal 1 Total Cost	
	Meal 1 Total Cost

Meal 2			
Menu Item	Components to purchase	Quantity	Cost
	_		

Meal 2 Total Cost

Meal 3

Menu Item	Components to purchase	Quantity	Cost
		Meal 3 Total Cost	

## Meal 4

Menu Item	Components to purchase	Quantity	Cost
		Meal 4 Total Cost	

## Meal 5

Menu Item	Components to purchase	Quantity	Cost
		Meal 5 Total Cost	