

6. **Trail and backpacking meals.** Do the following.

- a. Using the MyPlate food guide or the current USDA nutrition model, plan a meal (sic – should be “menu”) for trail hiking or backpacking that includes one breakfast, one lunch, one dinner, and one snack. These meals must not require refrigeration and are to be consumed by three to five people (including you). List the equipment and utensils needed to prepare and serve these meals.

	Menu	Quantity	Equipment	Utensils
Breakfast	Fruits			
	Vegetables			
	Grains			
	Proteins			
	Dairy			

	Menu	Quantity	Equipment	Utensils
Lunch	Fruits			
	Vegetables			
	Grains			
	Proteins			
	Dairy			
	Desert or Snack			

Dinner	Menu		Quantity	Equipment	Utensils
	Fruits				
	Vegetables				
	Grains				
	Proteins				
	Dairy				
Desert or Snack					

Snack	Menu		Quantity	Equipment	Utensils
Desert or Snack					

Cooking

Scout's Name: _____

- b. Create a shopping list for your meals showing the amount of food needed to prepare and serve each meal, and the cost for each meal.

Menu Item	Components to purchase	Quantity	Cost
Breakfast		Total Cost	

Menu Item	Components to purchase	Quantity	Cost
Lunch		Total Cost	

Cooking

Scout's Name: _____

Menu Item	Components to purchase	Quantity	Cost
Dinner		Total Cost	

Menu Item	Components to purchase	Quantity	Cost
Snack		Total Cost	