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- 1A-C Review injuries, storage, proper cooking, food-related illnesses
 - 2A-F Food Pyramid, oils/sugars, servings, healthful meals
 - 3A-D Plan a menu for: 6 meals for 2 days, also, one-pot dinner, cost, utensils
 - 4A-C **Camping Trip:** Prepare and safely serve a timely meal for self and others, with stove or fire, using requirement 3 menu
 - 5A-D Plan a menu for: 3 meals for 1 day OR 4 meals for 2 days, of hiking or backpacking, storage, weight, cost, utensils
 - 6A-C **Hiking or Backpacking Trip:** Prepare and safely serve a timely meal breakfast/dinner for self and others, with stove, using requirement 5 menu
 - 7A-C Plan a menu for: 9 meals for 3 days to be cooked at home, cost, nutritional, utensils.
 - 7D **At Home:** Prepare and serve 3 meals for 1 day using the menu you planned.
 - 8 **Career opportunities in cooking**
-
- Complete with Scouts via practicals/powerpoint
 - Completion required via camping, hiking/backpacking trip
 - Completion required at home

REQUIREMENTS

Cooking p. 3 Merit Badge Workbook Scout's Name: _____

Plan a menu for two straight days (two meals) of camping. Include the following:

a) A camp dinner with soup, meat, fish, poultry, or an appropriate substitute, two fruit vegetables, drink, and dessert. All are to be properly prepared. When preparing your menu, follow the nutritional guidelines set by the food pyramid.

b) A one-pot dinner. Use foods other than canned.

DAY ONE MENU						
	Breakfast	Main Course	Vegetable	Fruit	Drink	Dessert
BREAKFAST Plan to camp or on the trail.						
		Main Course	Vegetable	Fruit	Drink	Dessert
LUNCH Plan to camp or on the trail.						
	Soup/Salad	Main Course	Vegetable	Vegetable	Drink	Dessert
DINNER						

DAY TWO MENU						
	Breakfast	Main Course	Vegetable	Fruit	Drink	Dessert
BREAKFAST Plan to camp or on the trail.						
		Main Course	Vegetable	Fruit	Drink	Dessert
LUNCH Plan to camp or on the trail.						
	Soup/Salad	Main Course	Vegetable	Fruit	Drink	Dessert

Aquanaut

Webelos Activity Badge Workbook

The work space provided for each requirement instruction used by the Webelos Scout to make notes for discussing the item with Adult, and for providing the full and complete answers. Each Webelos Scout must discuss requirement.

Its use may vary or differ from the official requirements found in the [Webelos Handbook](#) (Pub. 3542).

This workbook was updated in [June 2014](#).
<http://www.USScouts.org> - <http://www.MeetScout.org>

Please submit errors, omissions, comments or suggestions about the workbook to scoutmaster@scouts.org.
 Comments or suggestions for changes to the requirements for the activity badge should be sent to scoutmaster@scouts.org.

Webelos Scout's Name: _____ Rank: NO _____

Do all of these:

1. Jump into water over your head.
 - Come to the surface and swim 100 feet, at least half of this using a backstroke.
2. Stay in the water for the swim and float on your back and your front, and demonstrate survival floating.
3. Put on a personal flotation device (PFD) that is the right size for you.
 - Make sure it is properly fastened.
 - Wearing the PFD, jump into water over your head.
 - Show how the PFD keeps your head above water by swimming 25 feet.
 - Get out of the water, remove the PFD, and hang it where it will dry.

And do three of these:

4. Do a front surface dive and swim under water for 30 seconds before returning to the surface.
5. Explain the four basic water rescue methods.

1.
2.
3.
4.
6. Demonstrate reaching and throwing devices.
7. With an adult on board, show that you know how to handle a rowboat.
8. Pass the BSA "Swimmi" test:
 - Jump head-first into water over the head in depth, equal air and begin swimming.
 - Swim 75 yards in a strong manner using one or more of the following strokes: sidestroke, breaststroke, butterfly or crawl.
 - Then swim 25 yards using an easy, resting backstroke.
 - After completing the swim, rest by floating.

Note: For requirement 8, you must earn the Swimming Bad Loop while you are a Webelos Scout, (even if you earned it while a Cub Scout 2nd).

<http://www.meetscout.org/scouts/activities/meritbadges/meritbadges.aspx>

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Chapter 9 - Understanding Drugs & Medicines

Worksheet

Section 1: Drugs
 Write the letter of the correct answer on the line.

1. A written order from a doctor for a specific medicine is called a(n)
 - a. **prescription.**
 - b. drug.
 - c. side effect.
 - d. antibiotic.
2. The two origins of all drugs are
 - a. hospitals and pharmacies.
 - b. drug stores and doctors' offices.
 - c. **natural sources and laboratories.**
 - d. pharmacies and grocery stores.
3. A method of drug delivery in which the drug is applied directly to certain areas of the body and absorbed into the skin is called
 - a. a transdermal patch.
 - b. an implanted pump.
 - c. inhalation therapy.
 - d. **topical application.**

Answer each question in the space provided.

4. What are the three qualities that make a drug useful as a medicine?
Safety, effectiveness, mild side effects.
5. What is the distinction between a drug and a medicine?
A drug is any substance that causes a change in a person's physical or psychological state, while a medicine is a drug used to cure, prevent, or treat illness or discomfort.
6. How do drugs of abuse differ from medicines?
 Drugs of abuse are taken for mind-altering effects rather than for a medical purpose.

Answer the following questions in the spaces provided.

7. What are the two qualities that a medicine must possess?
Safety and effectiveness.
8. What distinguishes medicines from drugs of abuse?
Any drug that is used to prevent, to cure, or treat illness or discomfort is a medicine. A drug of abuse has mind-altering effects and no medical purpose.
9. Complete the network tree about over-the-counter (OTC) drugs by using the terms from the list below. Some terms are used more than once; others are not used at all.

acetaminophen	relieves pain
zolpidem	causes sleepiness
increases alertness	methylphenidate
antacids	focuses attention in ADHD

Answers 1. a 2. c 3. d 4. Safety, effectiveness, mild side effects 5. A drug is any substance that causes a change in a person's physical or psychological state, while a medicine is a drug used to cure, prevent, or treat illness or discomfort. 6. Drugs of abuse are taken for mind-altering effects rather than for a medical purpose. 7. Safety and effectiveness. 8. Any drug that is used to prevent, to cure, or treat illness or discomfort is a medicine. A drug of abuse has mind-altering effects and no medical purpose. 9. Complete the network tree about over-the-counter (OTC) drugs by using the terms from the list below. Some terms are used more than once; others are not used at all.

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