



Bear Picnic Basket

Bear Elective



Note to Parents, Guardians, or other Caring Adult

Occasionally, the requirements ask the Cub Scout to address or present to their den. This can be facilitated by recording your Scout with the use of a smartphone, computer with a camera, or an alternative device. WHEN RECORDING, PLEASE ENSURE THAT YOUR SCOUT IS WORKING WITH AN ADULT TO VERIFY THAT WE ARE USING SAFE INTERNET PROTOCOLS AND PROPER YOUTH PROTECTION GUIDELINES.

Please send or email your videos to your local Den Leader or Cubmaster so they can record your completion on this elective.

You can complete any of the requirements, but this slideshow is designed with preselected activities that would be most suitable to complete at home.

Online Resources

[Bear Picnic Basket Workbook](#)



Bear Picnic Basket Requirements

Complete at least three of the following.

1. Create your own Bear cookbook using at least five recipes you might cook or prepare either on your own or with some adult help. Include at least one recipe each for breakfast, lunch, dinner, and a nutritious snack.

2. With a family member or den leader, prepare for cooking by explaining the importance of planning, tool selection, sanitation, and cooking safety.

3. Select and prepare two nutritious snacks for yourself, your family, or your den.

4. With the help of an adult, select a recipe to prepare in a kitchen for your den or your family. Help to select the needed ingredients, perhaps from a garden, grocery store, or farmers' market. Cook and serve your planned meal. Clean up after the preparation and cooking.

5. With the help of an adult, select a recipe to prepare in the outdoors for your family or den. Help to select the needed ingredients, perhaps from a garden, grocery store, or farmers' market. Cook and serve your planned meal. Clean up after the preparation and cooking.

Bear Picnic Basket Requirements

1. Create your own Bear cookbook using at least five recipes you might cook or prepare either on your own or with some adult help. Include at least one recipe each for breakfast, lunch, dinner, and a nutritious snack.

You can make your own cookbook.

- Composition Notebook
- Spiral Notebooks
- Index Cards (stapled together or put in a photo album)



Bear Picnic Basket Requirements

2. With a family member or den leader, prepare for cooking by explaining the importance of planning, tool selection, sanitation, and cooking safety.

Teaching Kids to Cook

Cooking with Kids



Bear Picnic Basket Requirements

4. With the help of an adult, select a recipe to prepare in a kitchen for your den or your family. Help to select the needed ingredients, perhaps from a garden, grocery store, or farmers' market. Cook and serve your planned meal. Clean up after the preparation and cooking.

Ideas:

["Let's Cook with Kids" cookbook](#)

[20 Recipes to get Kids Cooking](#)

[Recipe Template](#)

