

HOW TO WRITE A PROFICIENCY BADGE NOTEBOOK?

1. THE PB SHOULD BE COVERED(WHITE/BROWN)
 2. THE EMBLEM OF THE PB SHOULD BE DRAWN/PASTED ON THE COVER
 3. THERE SHOULD BE A BIO-DATA PAGE
 4. FIRST COH GIVING YOU THE PERMISSION TO START WORKING ON THE PB
 5. SYLLAUBS OF THE PB (AS PER APRO PART 2)
 6. FOLLOW-UP (NOTES)
 7. SECOND COH CERTIFYING THAT YOU HAVE COMPLETED THE WORK
 8. PB CERTIFICATE SIGNED BY THE INDEPENDENT EXAMINER IN THE PRESCRIBED FORMAT
- (LET THE PICTURES GET PASTED ON THE LEFT SIDE PAGES OF THE PB NOTEBOOK)

Cook



Name of Scout/Guide:

BIODATA

Name:

Troop:

District:

Patrol:

BADGE REQUIREMENTS

Date of Commencement:

Date of Completion:

Court of Honour

Permission to Earn Badge

Date:

Scout / Guide has

been given permission to work on

completing the requirements (as per

APRO Part II) towards earning the

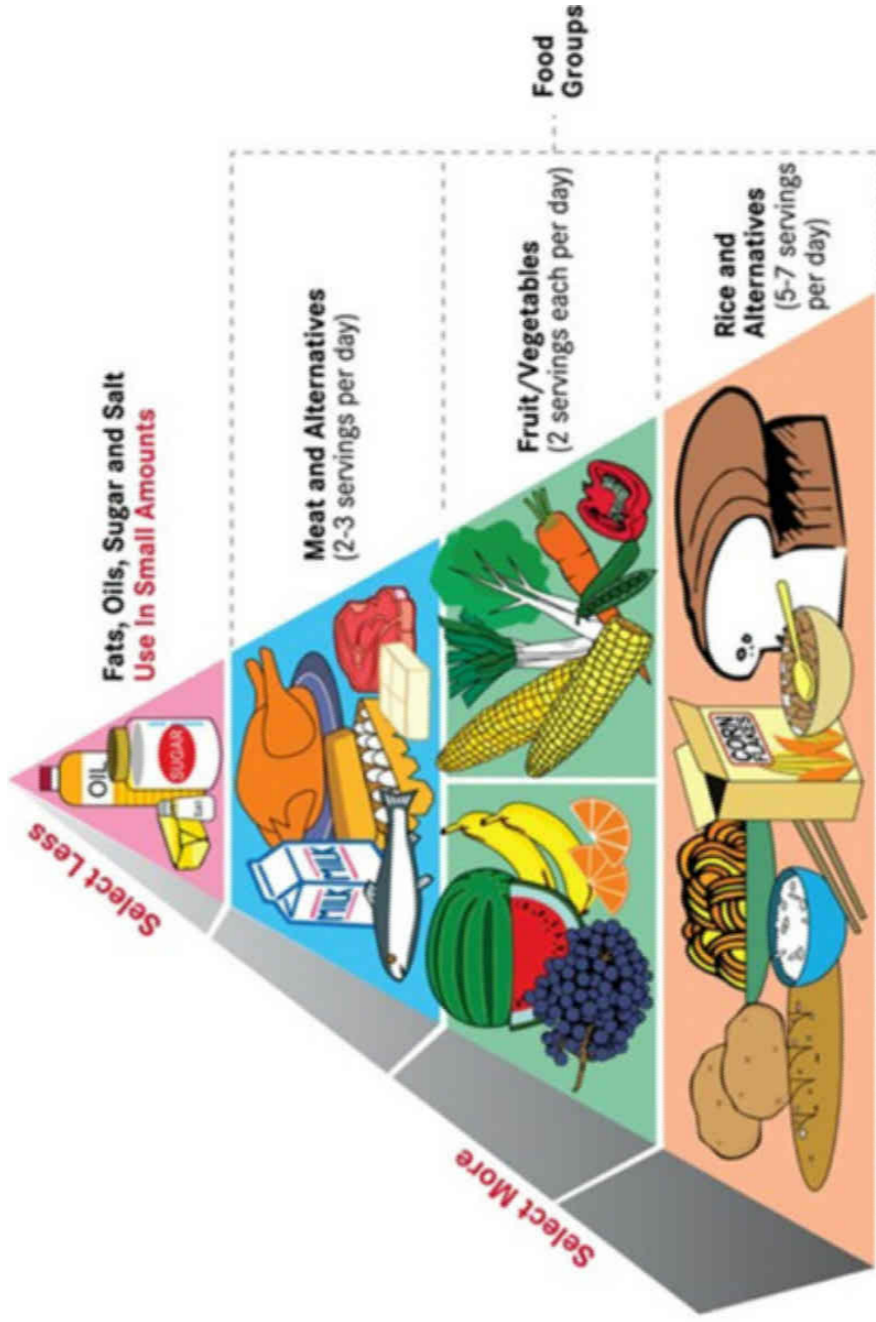
.....badge.

Scout Master

Syllabus

(As per APRO Part II)

- 1. Know the necessary ingredients of a balanced diet**
- 2. Know how to buy provisions and vegetables and draw up priced and dietically sound menu to include quantities required for a camp of week's duration for at least 1 patrol of six scouts**
- 3. Make a proper cooking place, lay and light a fire using Maghan Chulah, Trench fire, Altar fire, etc and cook there five local standard dishes and two beverages as prescribed by the examiner.**
- 4. Serve food in proper manner**
- 5. Know how to store provisions in hygienic manner.**



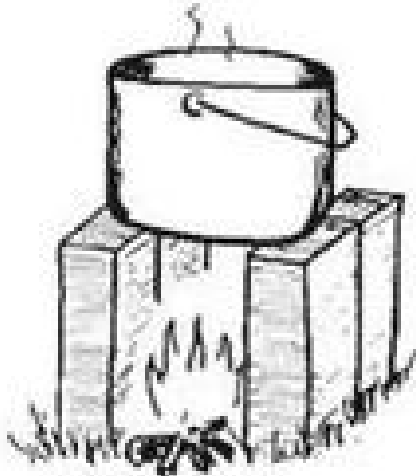
Balanced Diet

1. Eating a healthy, balanced diet is an important part of maintaining good health, and can help you feel your best. This means eating a wide variety of foods in the right proportions, and consuming the right amount of food and drink to achieve and maintain a healthy body weight.

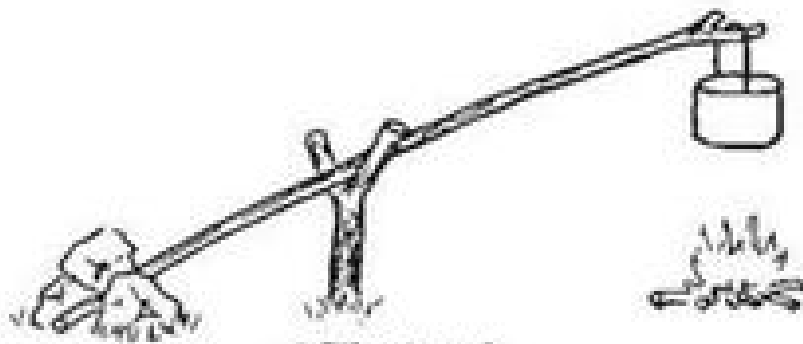
Outdoor Cooking



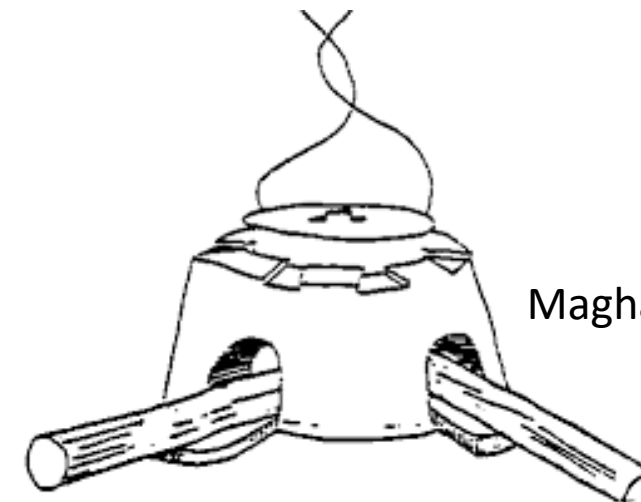
ROCKS



BRICKS



STICKS



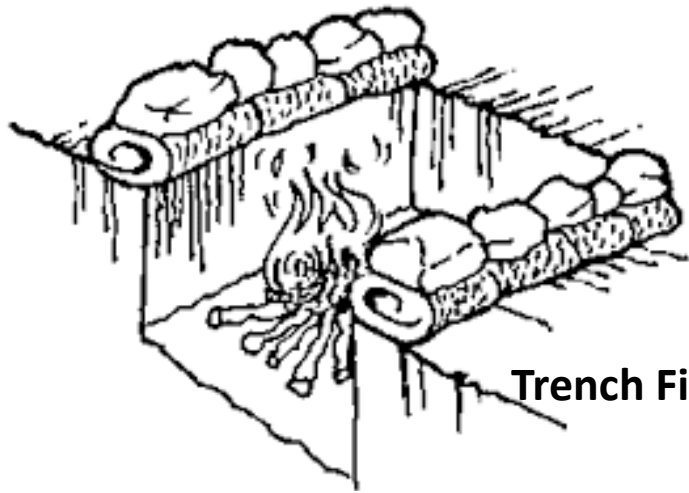
Maghan Chulha

Rules – Part of good sportsmanship is knowing the rules of the game and playing by them.

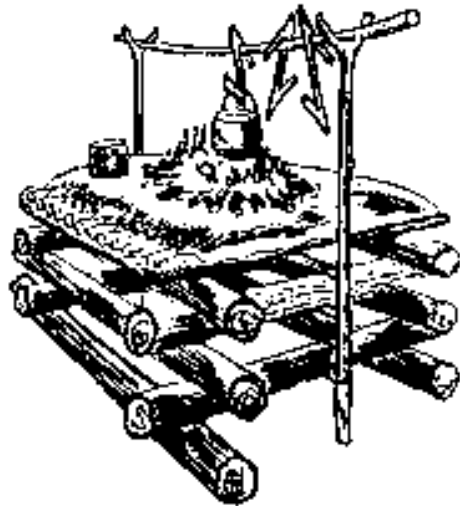
Outdoor

Excellence – Personal mastery, increased skill development, as well as performing to the best of your abilities are the hallmarks of good sportsmanship.

Teamwork – Good sportsmanship implies that the player on a team is a team player. In other words, the player understands that his or her behavior reflects on the team in general.

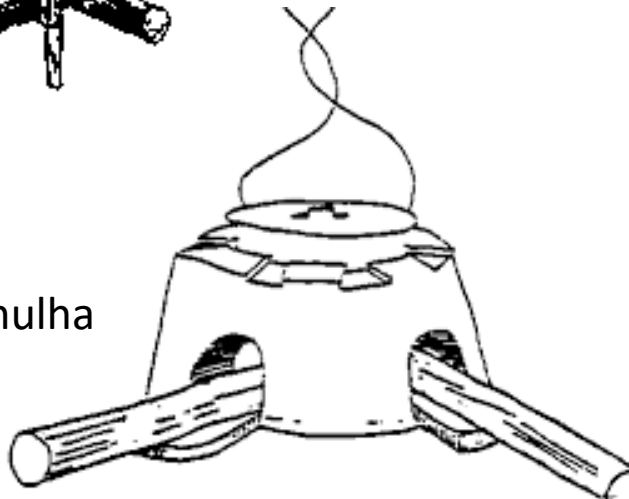


Trench Fire



Altar Fire

Maghan Chulha



Outdoor Cooking

Trench Fire: The heat will be reflected up by the sides which will also provide a really solid support for your grid and pans. This type of fire is especially good in exposed or windy site. Try and keep one end open towards the direction of the wind to make sure that the fire gets enough air

Altar Fire: One of the most popular cooking fires is called an Altar fire, which is made of a raised platform on which the fire is lit. These can be made from wood, but quite often metal is used, and half an old metal drum used to hold the fire. This type of fire is ideal for long stay camps as it helps eliminate the-need for turf removal and low-level cooking.

Maghan Chulha: This is made of wet clay which is shaped into a chulha and left out to dry and then becomes strong due to the heat of the fire. It has holes on the sides to lay firewood and one big hole at the top for the vessel placed to receive heat.

Camp Provisions Calculator

		Number of Scouts/Guides	#NoS		
		Number of Days of Camp	#NoD		
SI No	Item	Quantity Per Person Per Meal	# of Meals	Total Provisions for Camp	
1	Rice	$\frac{3}{4}$ Cup	2	$\frac{3}{4}$ cup x 2 x #NoS x #NoD	
2	Rava	$\frac{3}{4}$ Cup	1	$\frac{3}{4}$ cup x 1 x #NoS x #NoD	
3	Tea Powder	1 spoon	2	1 spoon x 2 x #NoS x #NoD	
4	Milk	1 cup	2	1 cup x 2 x #NoS x #NoD	
5	Wheat Flour (2 chapattis)	1 cup	2	1 cup x 2 x #NoS x #NoD	

Food Calculator

The food calculator can be used to estimate the provisions needed for a scout patrol based on number of members