



Father Son Connection Guide

Outdoor Cooking



Trail Life

www.TrailLifeUSA.com



Outdoor Cooking Lesson Plan

Outdoor Skills Branch

Lesson Plans are designed to accompany the related Helps documents for each Step. Please refer to the resources in the appropriate Helps document found in the Leader Pages while you prepare your lesson.

The six "F"s are presented in a suggested order, but you are not required to complete them in that order. You may rearrange them as fits your troop's particular needs.

Necessary Resources



- Open burner gas stove
- Food ingredients for one of the menu items listed below
- Cooking utensils



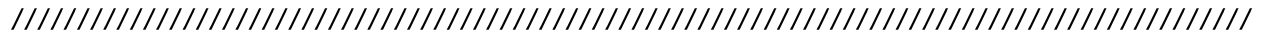
- Paper
- Pencils



- Open burner gas stove
- Food ingredients for one of the menu items listed below
- Cooking utensils
- Three Bins
- Soap
- Bleach



FUN



Game

Play one of the following games, or pick another game from this website:

<http://www.ultimatecampresource.com/site/camp-activities/camp-games.html>



- Chicken Picks
- Indy Five Hundred
- Bob the Weasel
- Animal Guessing Game
- Indian Chief



FOCUS



Easy Meals

Cooking just tastes better when you are camping. Could it be that the ingredients seem fresher when cooked in a Dutch oven? Or that the charbroiling over an open flame awakens the flavor of any all-beef hot dog? Or, could it just be the flavor of the bugs that fell from the gas lantern hanging over your cooking stove? Whatever it is, camp food just tastes better.

Talk about different ways to cook food while on a campout.

- Dutch oven with charcoal bricks
- Skewer over an open flame
- Open burner gas stove
- Tin foil cooking in the coals of a hot fire

Discuss some easy meals that Trailmen can learn to make.

- No bake cookies
- Hot dogs
- Pan cakes
- Hot chocolate
- Flavored noodles
- Eggs



Safety

When you camp, you get really hungry because you are so active! Food that you make on campouts always tastes great. You may know how to cook at home, but it is very different cooking in the outdoors. You do not have all the supplies you need, so you have to remember to bring everything, even the stove! You also have to be more careful when cooking and cleaning up. Discuss some outdoor cooking safety policies. Be sure to include cleaning up, not cooking in a tent, and proper waste. Also discuss how to safely prepare food.



Storage

Review or learn outdoor cooking safety and meal planning.

Learn how to properly pack food and cooking equipment for a campout. Why does everything have to be in a container? What food goes in the cooler? Learn where to store food overnight. Talk about why you should never have food in your tent when camping.

FINGERS



Cook Outdoors

Cook and eat one of the menu items listed above. While cooking the meal, create a way to have the boys memorize the kitchen items and utensils that are being used.



Menu Planning

Plan a menu for a weekend campout (real or fake). Include every meal that you want to eat on the campout. To plan a menu, you need to record three things: the menu, the ingredients list, and the utensils/supplies list. When you are camping, you cannot just run to the store to buy something you forgot, so you need to remember to bring everything. Have the Trailmen write down what they want to cook for each meal, all the ingredients they will need, and the utensils/supplies they will need. Don't forget the stove! If possible, use your menu and help cook items on the next campout.



Review Menu Planning above and complete if possible for a campout.

Wash the Dishes

Learn how to properly clean your cooking equipment. Learn the Three-Bin Method of outdoor dishwashing. Fill one bin with hot water and soap, fill the next with water, and the last with water and a little bleach. Everyone Pre-rinses their dishes with water, then washes them in the first bin, rinses them in the second, and sanitizes them in the third. Do the cleanest dishes first and the dirtiest dishes last.

Or

Make a Chuck Box

Follow the instructions on this site to make your own Chuck Box for cooking in the outdoors:

<http://blog.rei.com/camp/how-to-build-your-own-camp-kitchen-chuck-box/>.

FAITH (TRAIL GUIDE THOUGHTS)



Learn New Things

Cooking is one of those skills that everyone can use. When you learn how to cook, you find that it is actually kind of fun and is not as hard as you might think. Learning how to do new things helps you to get smarter, helps you to become more independent in doing things on your own, and can make you popular in camp if you have enough food left over to share with friends.



Pray the following prayer or do one of your own: Proverbs 22:6 says, "Train a child in the way he should go, and when he is old he will not turn from it." Holy God, we thank you for the food that you gave us to enjoy today. We ask you to help these boys learn to master the life skills that we are teaching them, especially cooking. Help them to be safe in their cooking experiences and to be a blessing to others while they are doing it. Amen.



Importance

Read and discuss Matthew 4:4. Food is incredibly important to us. Without it, we couldn't live. The Bible tells us, however, that God is even more important than food.

Pray with the Trailmen.

FAMILY



Cook at Home

Cook a breakfast together using an easy recipe. Talk about different rules to follow when cooking in the kitchen. Discuss good hygiene practices and how to handle perishable foods.



Family Cooking

If possible, go camping with your family and help plan the meals. If not possible, help plan meals at home and go shopping for ingredients.



For additional Connection Guides
Visit <http://www.TrailLifeUSA.com/man-time>

