



Webelos Adventure: Cast Iron Chef

Complete Requirements 1 and 2 below. Requirement 3 is optional.

- 1. Plan a menu for a balanced meal for your den or family. Determine the budget for the meal. If possible, shop for the items on your menu. Stay within your budget.
- 2. Prepare a balanced meal for your den or family. If possible, use one of these methods for preparation of part of the meal: camp stove, Dutch oven, box oven, solar oven, open campfire, or charcoal grill. Demonstrate an understanding of food safety practices while preparing the meal.
- 3. Use tinder, kindling, and fuel wood to demonstrate how to build a fire in an appropriate outdoor location. If circumstances permit and there is no local restriction on fires, show how to safely light the fire, under the supervision of an adult. After allowing the fire to burn safely, safely extinguish the flames with minimal impact to the fire site

Helpful Resources

4 STEPS TO FOOD SAFETY

CLEAN **SEPARATE** **COOK** **CHILL**

www.cdc.gov/foodsafety

HEALTHY EATING PLATE

HEALTHY OILS
Use healthy oils (like olive and canola oil) for cooking, on salad, and at the table. Limit butter. Avoid trans fat.

VEGETABLES
The more veggies – and the greater the variety – the better. Potatoes and French fries don't count.

FRUITS
Eat plenty of fruits of all colors.

WATER
Drink water, tea, or coffee (with little or no sugar). Limit milk/dairy (1-2 servings/day) and juice (1 small glass/day). Avoid sugary drinks.

WHOLE GRAINS
Eat a variety of whole grains (like whole-wheat bread, whole-grain pasta, and brown rice). Limit refined grains (like white rice and white bread).

HEALTHY PROTEIN
Choose fish, poultry, beans, and nuts; limit red meat and cheese; avoid bacon, cold cuts, and other processed meats.

STAY ACTIVE!

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The Nutrition Source
www.hsph.harvard.edu/nutritionsource

Harvard Medical School
Harvard Health Publications
www.health.harvard.edu

HOW TO BUILD A CAMPFIRE

GATHER tinder, kindling and fuel together in the sizes and quantities shown *before any matches are struck*. Sizes and quantities are just a 'rule of thumb' - get close to the descriptions and you'll do fine. Don't make any of it too short or too big around.

BUILD the fire by adding kindling wood to the burning tinder and then adding fuel to the fire as it grows. No need for a fancy fire lay, build it as you go.



Tinder from *dead* twigs found on the lower branches of trees and shrubs that snaps off easily when bent. No green wood!

Kindling should be dry, don't gather wet wood from the forest floor. Look for branches that are dead and down, not on the tree.

Fuel should be dry, split larger wood if possible and have a good sized stack on hand before you light the fire.

TINDER



Around the size of a pencil lead.



No shorter than your outstretched hand

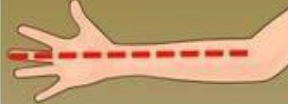


Enough to fill a circle made with your hands

KINDLING



No thicker than your thumb.



About as long as your elbow to your fingertips



Enough for a generous armload

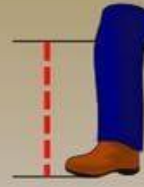
FUEL



About as thick as your wrist



About as long as your arm



A stack about as high as your knee



1 Bend the tinder in half and light the center.

2 Add kindling, keep piling it on loosely, give the fire plenty of kindling to keep growing.

3 As the kindling begins to burn begin adding fuel.



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