

Cub Scout Adventure In a Box



November Adventure

Bear Picnic Basket

INTRODUCTION

Dear parents/leaders,

Be sure to read this section (below) to or with your scouts to introduce this month's adventure and what you will be learning and doing.

Welcome scouts to the November Adventure In a Box. We are super excited about our theme this month which is *YOU ARE WHAT YOU EAT!* Do you know the part of the scout oath where we promise to do our best to keep ourselves physically strong? What do you think that means? What are some of the ways you keep yourself physically strong? Did you say exercise? Yes, that's part of it. Did you also say eating healthy? If so, then YES! You're right. A healthy well balanced diet is a BIG part of keeping ourselves physically strong! Our bodies need the right fuel to give us the energy we need for all our scouting adventures!

As scouts one of the skills we learn is how to plan a nutritious meal, and we even learn skills to help us prepare or cook a snack or a meal for our den or our family! This month we are working on our BEAR PICNIC BASKET adventure. We will learn more about eating healthy and will even start our very own cookbook! If all this talk about food is making you hungry, then grab a snack and a water bottle and let's get started!

RATIONALE FOR ADVENTURE

This adventure introduces Bear Scouts to the fun of preparing their own meals and snacks. They learn basic skills and safety practices when cooking inside or outside. Scouts also learn how to select, prepare, and perfect their own recipes.

TAKEAWAYS FOR CUB SCOUTS

- Learning basic cooking skills
- Understanding how to read a recipe
- Practicing kitchen safety
- Preparing nutritious snacks independently
- A Scout is clean.

ADVENTURE REQUIREMENTS

Dear parents/leaders,

Below is a list of the requirements your scout(s) will need to complete in order to earn the belt loop. Some requirements will have an activity they will need to do and some will be an outing or experience they will need to have. Detailed instructions for the activities and guidance for the outing are included later in this guide.

Complete at least three of the following 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.
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.

Tips from an Akela!



As scouts get older and go on more and more camping adventures both as Cub Scouts or after they cross over into a troop, they will have many opportunities where they will be able to help plan a menu for a campout or other outing where one or more meals may need to be prepared. The cook book they start to create as part of this adventure could be a helpful tool for them as they get older. Consider helping them make it in a way they can continue to add more recipes later as they discover new ones they love.

MATERIALS LIST

Dear parents/leaders,

The following supplies will be needed to complete the activities in this kit. Most of the items will be included in the kit. Any items marked with an * are items that you may find around the house and are not included in the kit.

- Unfinished wooden recipe box
- Small piece of sandpaper
- Paint or stain for decorating your box*
- Index cards
- 5 Divider Tabs
- Assorted kitchen tools from your kitchen*
- Small pot *
- Small garbage can*

Commented [1]: <https://www.orientaltrading.com/diy-unfinished-wood-recipe-boxes-a2-13770260.fltr>

or

<https://www.walmart.com/ip/Do-It-Yourself-Wood-Recipe-Box-For-3X5-Craft-Kits-12-Pieces/471730781>

Commented [2]: https://smile.amazon.com/Post-Assorted-Securely-Notebooks-686-ROYGB/dp/B00QL27XMY/ref=sr_1_8?crd=287KRA2N6BWU2&dchild=1&keywords=index+card+dividers&qid=1598198195&mid=2941120011&s=office-products&prefix=index+card+di%2Caps%2C272&sr=1-8

ACTIVITES

Activity One: Kitchen tool Relay (Requirements 2)

Prep: If you haven't done so already, gather various kitchen items such as small kitchen tools, mixing bowls, measuring cups, etc. Plan relay race using these tools by coming up with a list of steps having them use each item. For example, Example: Station 1: Measure 1 cup of water into a bowl. Station 2: Add ½ cup of flour to the water. Station 3: Mix the first two ingredients with the correct kitchen tool. Station 4: Pour the mixture into a cupcake pan without spilling it.

Introduce the scouts to each of the kitchen items you have gathered, explaining what it is, what it is for, and demonstrating how it is used. Give the scout(s) a chance to try using each tool using the Bear Handbook as a guide. Also please note that adults will need to supervise the use of knives for chopping or the use of an electric mixer or blender. When using an electric mixer or blender, a Cub Scout may add ingredients with the appliance off. The appliance should only be operated by adults in accordance with the manufacturer's directions.

Next, have them go through the relay race you created. (If you are only working with one scout at home, additional family members can be used to form the team(s). If

Tips from an Akela!



This adventure focuses a lot on cooking and meal planning. Help your scouts learn good nutrition habits by encouraging them to use guidelines on <https://www.choosemyplate.gov/> when planning a meal. You can find a lot of age appropriate information including videos, recipes, activity sheets and more to help reinforce healthy eating habits on that website.

Activity Two: Bear Cookbooks. (Requirement 1)

For this activity you will decorate your own personal recipe box. Your adventure box should have an unfinished wooden box and a small piece of sandpaper. The first step will be to inspect your box for any rough edges. If you find any, use the sandpaper to smooth them out. Next you can decorate your box with paint, stain, markers, or other craft supplies from around your house.

Also in your adventure box are some index cards and divider tabs. You will use most of the index cards for the recipes you plan to save. Use five of them though to make dividers. You'll use the dividers to separate your recipes into categories. You can pick any categories you would like to help you organize your recipes. Start with basic categories for now and you can always change them or add more later. A suggested list of basic categories to get you started is:

- Snacks/Appetizers
- Breakfast
- Lunch
- Dinner
- Desserts

These categories will help you with meal planning for campouts with your family, your pack, or later with your troop. This will be a great resource for you to save all your favorite recipes you learn as a scout!

Activity Three: Kitchen Chaos (Requirement 2)

Follow the instructions on the Kitchen Chaos handout in your kit to play a fun game. This activity will help reinforce

Activity Four: Foil Pack Dinner (Requirement 4 or 5)

For this activity your scout(s) will learn how to cook a meal using the foil pack method. This is a simple cooking method that works great and as a bonus, you don't have a pot or pan to wash! It can be used for cooking on a grill, in an oven, or right over hot coals. This will meet requirement 4 or 5 depending on where you choose to do the cooking.

Your kit has an example recipe you can use as well as a handout to walk you through how to fold a foil pack. If your scout(s) don't like anything in the included recipe, that's ok. You can find tons of them online. Which ever recipe you choose, go over the list of ingredients you will need with your scout. Have them make a shopping list of everything that they will need from the store. If possible, take your scout to the store and have them help pick out the ingredients, making sure to get everything they need. Follow the steps in the recipe and enjoy!

Tips from an Akela!



Make snack time extra fun! Check out bonus Armpit Fudge activity in your kit! This one is also a STEM activity, so it is a win win! You can find lots of kitchen science activities online!

WRAPPING IT UP

Congratulations! If you have completed all of the activities and finished all the requirements, you are all done working on this adventure! For scouts that do this on their own or with their family, they can share about the adventure with their den at a future meeting. If your den is not able to meet in person, consider scheduling a virtual meeting and giving each scout a chance for show and tell.

AFTER YOU HAVE COMPLETED YOUR ADVENTURE

Once you have completed your adventure make sure to let your Den Leader or Advancements Coordinator know! They will mark the requirements complete and prepare the appropriate recognition device for awarding.