

Cub Scout Adventure In a Box



November Adventure

Cast Iron Chef

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!

RATIONALE FOR ADVENTURE

In this adventure, Webelos Scouts will learn about good nutrition, how to safely cook meals in the outdoors, and how to balance meal planning and finances.

TAKEAWAYS FOR CUB SCOUTS

- Making healthy food choices
- Food safety
- The proper way to lay and light a fire
- Planning and managing a budget
- A Scout is trustworthy, thrifty

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 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.

Tips from an Akela!



Even though Requirement 3 is optional I will tell you from experience that this is the Scout's favorite part of this adventure!

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.*

- Pen/pencil and paper*
- Calculator*
- Coupons (for shopping)*
- Method for cooking*
- Meal ingredients*
- Fire starting materials
- Flint & Steel

ACTIVITES

Activity 1: Menu Planning

Part of Requirement 1: “*Plan a menu for a balanced meal for your den or family. Determine the budget for the meal. ...*”

- Have your Scout compile a menu of food they would like to cook as a meal.
 - The Scouts will probably focus on what they will eat, but be sure they think through all of the ingredients to make the meal, plus any necessary elements to cook, and condiments and staples they may want.
- Establish a budget for the meal (Parents will be the ultimate decider of the total budget). At the top of the menu, write the total budget you decided on.
 - Feel free to use online or print information to price the food and other items required.
 - Feel free to bring coupons from online or the local newspaper or elsewhere. A Scout is Thrifty.
 - Staying within a budget is a skill they will use as they plan, purchase, and prepare food as part of a patrol when they do Scouting in a Troop. And in life!

Activity 2: Shopping for Good Nutrition

Part of Requirement 1: “*... If possible, shop for the items on your menu. Stay within your budget.*”

- Confirm your shopping list – what you need to buy that you don’t already have.
- Shop as you normally shop – work down your list, and work with your Scout to double check.

- Remind that “a Scout is thrifty,” and ask to show that by keeping their choices within the budget.
- Challenge your Scout to find a good choice for each item on the menu, reminding them to also look for nutritional value. Say: sometimes paying a little bit more for a quality item is OK. For example, you might pay more for a pound of ground sirloin than regular ground beef, but the taste and the fact that the sirloin is healthier might make it worth the extra cost.

Activity 3: Food Safety

Part of Requirement 2: “*Demonstrate an understanding of food safety practices.*”

- Review with the Scouts the Food Safety information in the Handbook.
 - Ask why each rule is important to follow. Sample Safety Questions:
 1. Why is it important to wash your hands before preparing food? *(to keep from getting others sick)*
 2. How long should you spend washing your hands? *(at least 20 seconds)*
 3. How can you check the temperature of foods like meat or poultry? *(using a food thermometer)*
 4. Where can you find the temperatures that foods should be cooked to in order to be safe to eat? *(cookbooks or reputable online recipes)*
 5. What is the problem with putting cooked chicken on the same plate where raw chicken was prepared? *(the plate needs to be washed first)*
 6. What should you do first before beginning to prepare food? *(wash hands)*
 7. Explain one way to safely thaw food. *(refrigerator, cold water, microwave)*
 8. How long is it safe to leave food out at room temperature? *(no more than two hours)*

Activity 4: Cooking the Meal

Part of Requirement 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.*”

- Your choice for cooking location and methods will guide how you do this. You can use “more than one”.

Activity 5: Eat!

Activity 6: Fire Building

Optional Requirement 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.”

Remember, this is an “option”, but it might be what your Scout really wants to do.

- Your local fire building options will determine how you do this Activity.
 - If you have an outdoor fire ban, go through “how” to build, without lighting.
 - Or if you have access to a safe indoor fireplace, do the building there.
- Work with your Scout to build and light a fire that would be appropriate for cooking.
 - Follow the directions in the Webelos Handbook.
 - When the activity is finished, make sure the fire is completely out and the area is cleaned up.

Tips from an Akela!



Fire Safety Rules

1. Follow the rules of your campsite. Some places do not allow ground fires. Ask if you don't know the rules.
2. Before building the fire, clear an area 10 feet in diameter. Remove leaves, sticks, and other burnable materials. Remove any rocks bigger than a fist.
3. Don't build a fire under a shrub or low hanging branches. Don't build it on tree roots.
4. Don't light the fire until you have permission from an adult.
5. Never leave the fire unattended.
6. Don't make the fire too big. A small fire is perfect for toasting marshmallows and sitting around talking.
7. Stay at least three feet away from the fire unless you have to get closer to cook something.
8. What goes in the fire, stays in the fire. Don't put something in the fire and then take it back out. The end will be very hot and somebody could get burnt.
9. Don't poke the fire needlessly or throw things in the fire. This could cause sparks to fly out. Nobody wants sparks in their face.
10. Have a means to extinguish a fire nearby. If some sparks fly off your fire and start another fire, you might have to act quickly. A shovel and a bucket of sand or a bucket of water is ideal.
11. Make sure the fire is dead out before you leave it. This means that you can put your hand where the fire was and not feel any heat. Use a shovel to disperse the ashes and coals and then sprinkle them with water until they are cool.

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.

