



Indoor Cooking

Life Skills – Elective Step 11

Purpose

The Indoor Cooking Elective will expose the Trailmen to kitchen safety, help them feel comfortable and prepared in the kitchen, and teach them how to follow simple recipes.




1. What are ways to be safe in a kitchen?
2. Why should you use fresh foods?
3. How do you measure ingredients?
4. What are some common cooking terms?
5. What are different utensils and appliances that are used in a kitchen?
6. What is a menu and why should it be used?
7. What is the purpose of a recipe?
8. What is a recipe you can make?

Notes to the Trail Guide //////////////////////////////////////

1. The goal is not for the boys to be experts at these skills, but to gain an increased knowledge and awareness of the skills of this Step.
2. Make it relative to your patrol.
3. Remember, these lessons should build from Fox to Hawk and from Hawk to Mountain Lion.
4. See the Leaders Guide for more information on Steps.

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Skills Progression

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|  | <ol style="list-style-type: none">1. Learn what tools and appliances are in a kitchen, their functions, and how to use them safely2. Learn to prepare a recipe |
|  | <ol style="list-style-type: none">1. Learn what tools and appliances are in a kitchen, and their functions2. Learn the difference between fresh and frozen/canned foods3. Learn to prepare a recipe |
|  | <ol style="list-style-type: none">1. Learn what tools and appliances are in a kitchen, and their functions2. Learn the purposes and benefits of using a menu3. Learn to prepare a recipe |

Helps

1. What are ways to be safe in a kitchen?
 - a. **Goal:** To understand safety in the kitchen.
 - b. **Lesson:** While the bathroom is the most dangerous room in the house, the kitchen has many hazards. These dangers can be avoided with common sense and awareness.
 - c. **Examples:**
 - i. Hot stoves
 1. Keep hands off
 2. Turn pot handles away from the edge so they won't be bumped
 - ii. Oven
 1. Can be very hot
 2. Use pot holders or oven mitts
 - iii. Knives/scissors
 1. Sharp
 2. Children should not touch them unless properly trained by their parents
 - iv. Trip hazards
 1. Keep floor clear of toys and other trip hazards
 2. Spills/messes
 - v. Clean spills ASAP
 1. Spills on the floor can be slippery or sticky and cause falls
 2. Spills in awkward places, like between the oven and counter or under the refrigerator, if not cleaned up can cause mold and be a feast for bugs.
2. Why should you use fresh foods?
 - a. **Goal:** To understand that fresh foods are better than processed foods.
 - b. **Lesson:** Fresh foods (normally) have no chemicals added to them. Processed foods are treated by humans to make them "look" fresher or last longer.
 - c. **Examples:**
 - i. Fruits and vegetables from your garden are best. You know where they came from and when they were picked.
 - ii. Fruits and vegetables from the market or grocery store are good also. Some of these have been treated to make them "look" good. Apples usually have wax added to make them look shiny.
 - iii. Farmers markets are where many farmers bring their produce to sell directly to the public.
 - iv. Most processed foods have been treated with chemicals that may have an effect on your long term health.
 - v. Some foods lose vitamins depending on how they are cooked. For example: steamed green beans have more vitamins than green beans that are cooked on the stove.
 - vi. Genetically modified foods may be beyond the level of these boys.
 - d. **Example Activities:**
 - i. Look at food labels for various food products.

3. How do you measure ingredients?

- a. **Goal:** To understand how to measure ingredients.
- b. **Lesson:** Math is used in the kitchen. Measuring ingredients help make the food taste consistent each time it is made.
- c. **Examples:**
 - i. Gallon
 - ii. Quart (4 quarts per gallon)
 - iii. Pint (2 pints per quart)
 - iv. Cup (2 cups per pint, 16 cups per gallon)
 - v. Ounce (8 ounces per cup, 128 ounces per gallon)
 - vi. Tablespoon (2 tablespoons per ounce)
 - vii. Teaspoon (3 tea spoons per tablespoon)
 - viii. Tad (about 1/4 teaspoon)
 - ix. Dash (about 1/8 teaspoon)
 - x. Pinch (pinch of ingredient between thumb and finger, about 1/16 teaspoon)
 - xi. Smidgen (about 1/32 teaspoon)
 - xii. To taste
- d. **Example Activities:**
 - i. Set out measuring cups/spoons and let the boys figure out which matches the description above.
 - ii. Practice measuring things.
 1. Water (easy to clean)
 2. Sand (looks like sugar but is cheaper and not wasteful)
 3. Example: Use a 1/4 cup and fill up a 1 cup container
 - iii. Use math (examples below)
 1. How many ounces are in 1/2 gallon?
 2. How many tablespoons are in a cup?

4. What are some common cooking terms?

- a. **Goal:** To learn some cooking terms.
- b. **Lesson:** Knowing cooking terms will help when reading recipes.
- c. **Examples:**
 - i. See measurements above
 - ii. Baste - moisten food with other seasoned liquid while cooking, keeps food from drying out.
 - iii. Beat - mix food thoroughly to become consistent
 - iv. Boil -when heated from the bottom and bubbles are rising rapidly to the top
 - v. Broil - Cooking food under direct high heat
 - vi. Chop - cut food into small pieces of no particular size
 - vii. Cube - about 1/2" cubes
 - viii. Dice - cut into tiny cubes
 - ix. Grease - cover pan with oil or butter to keep food from sticking
 - x. Julienne - cut into long thin strips
 - xi. Mince - cut into very fine pieces

- xii. Sauté - shake pan or stir to keep ingredients in motion (usually hot pan with oil or butter)
- xiii. Simmer - heated from bottom, few to no bubbles break the surface
- xiv. Set - when food changes from liquid (or paste) to solid (like eggs or cookie dough).
- xv. Slice - cut into flat thin pieces

5. What are different utensils and appliances that are used in a kitchen?

- a. **Goal:** To understand various kitchen appliances and utensils.
- b. **Lesson:** Kitchens can contain many appliances and utensils, each having a specific purpose.
- c. **Examples:**
 - i. You may bring inn examples or visit the church kitchen for the some of the items below.
 - ii. Appliances:
 - 1. Refrigerator - keeps food cool
 - 2. Freezer - keeps food frozen
 - 3. Ice maker - makes ice
 - 4. Stove - cook with pots and pans on a hot surface
 - 5. Oven - used to bake foods
 - 6. Microwave oven - quickly cook or heat foods
 - 7. Blender - blends and mixes foods, typically liquids
 - 8. Mixer - mixes ingredients together
 - 9. Food processor - slices, chops, or grinds foods
 - 10. Dehydrator - dries (cooks) raw food slowly (make beef jerky, dried pineapple, or apple roll-ups for hiking trips)
 - iii. Utensils/tools
 - 1. Apple corer
 - 2. Baster
 - 3. Biscuit cutter
 - 4. Bottle opener
 - 5. Bread knife
 - 6. Can opener
 - 7. Chef's knife
 - 8. Colander
 - 9. Cutting board
 - 10. Flour sifter
 - 11. Funnel
 - 12. Ice cream scoop
 - 13. Ladle
 - 14. Measuring cup
 - 15. Measuring spoons
 - 16. Meat thermometer
 - 17. Peeler
 - 18. Pie server
 - 19. Pizza cutter
 - 20. Potato masher
 - 21. Pot holder
 - 22. Rolling pin

23. Spatula

24. Whisk

6. What is a menu and why should it be used?

- a. **Goal:** To learn what a menu is and how it is helpful
- b. **Lesson:** A menu is used for planning what foods to buy and prepare for all the meals in a certain amount of time. Menus help a family be more efficient in buying, preparing, and using food.
- c. **Examples:**
 - i. Use the sample menu below.
 - ii. Menus can be used to make better use of foods you already have, foods that are on sale, or foods that are in season.

7. What is the purpose of a recipe?

- a. **Goal:** To learn how to read a recipe to make simple foods.
- b. **Lesson:** Recipes are used to list ingredients and cooking methods to cook a particular food.
- c. **Examples:**
 - i. Learn to read a recipe all the way through before beginning
 - ii. Plan enough time
 - iii. Assemble ingredients
 - iv. Prepare tools and appliances
 - v. **Make sure you're familiar with all the terms and instructions**
 - vi. Ask for help if you need it

8. What is a recipe you can make?

- a. **Goal:** To learn how to prepare a simple recipe by yourself
- b. **Lesson:** You can learn to feed yourself or your family and friends
- c. **Examples:**
 - i. Use a recipe to make a simple food
 1. Trail mix
 2. S'mores
 3. Cookies
 4. Brownies
 5. Lemonade
 6. English muffin pizza
 7. Sandwiches

Game ideas

- Check the games section online for game ideas.
- Or, create a game that works for your patrol.
- See who can make the prettiest cookie.
- Develop a game based on measuring ingredients

Activity ideas

- Cook or prepare foods that the Trailmen would like. Be careful of food allergies.
- See other activities above.

Scripture

Genesis 25:29-30

- Fox - We can cook food to feed us when we are hungry.
- Hawk - We can cook food to feed us when we are hungry.
- Mt. Lion - We can cook food to feed ourselves and others when we are hungry.

Numbers 11:7-9

- Fox - God provides food and we prepare it.
- Hawk - God provides food and we prepare it.
- Mt. Lion - God provides food and we prepare it.

Genesis 2:16

Genesis 9:3

Every moving thing that lives shall be food for you; and just as I gave you the green plants, I give you everything.

- Fox - God created all food for us. We can make recipes from the food He gives us.
- Hawk - God created all food for us. We can make recipes from the food He gives us.
- Mt. Lion - God created all food for us. We can make recipes from the food He gives us and combine foods to make new flavors.

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