



Outdoor Cooking

Outdoor Skills – Step 3

Purpose




The “Outdoor Cooking” Step is to provide a basic knowledge of cooking and eating in an outdoor setting. Upon completion of this step, Trailmen should understand how to properly prepare and cook meals under different circumstances.

1. What equipment is used for outdoor cooking?
2. What storage techniques are best for outdoor food and equipment?
3. How do you plan a menu?
4. What are good hygiene practices for outdoors?
5. How is food prepared when outdoors?
6. How can you safely cook food in an outdoor environment?
7. What are the best ways to clean and sanitize the equipment?
8. How do you dispose of trash and food waste in an outdoor environment?

Notes to the Trail Guide

1. The goal is not for the boys to be experts on these topics but to gain an increased knowledge and awareness of the 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.

Skill Progression

	<ol style="list-style-type: none">1. Picture matching2. Identification Game3. Nomenclature
	<ol style="list-style-type: none">1. Plan a Menu2. Camp Kitchen Safety
	<ol style="list-style-type: none">1. Prep a Chuck (Grub) Box2. Food Packing3. Equipment Cleaning

Helps

1. What equipment is used for outdoor cooking?
 - a. **Goal:** To understand the equipment that can be used in outdoor cooking.
 - b. **Lesson:** Learn about cooking equipment and proper usage.
 - c. **Examples:**
 - i. Utensils: Spatula
 - ii. Pots & Pans
 - iii. Camp Stoves
2. What storage techniques are best for outdoor food and equipment?
 - a. **Goal:** To understand the different methods of outdoor storage techniques for food and equipment.
 - b. **Lesson:** Learn how to store food or equipment.
 - c. **Examples**
 - i. Zip Bags
 - ii. Plastic Containers
 - iii. Vacuum Sealed Bags
3. How do you plan a menu?
 - a. **Goal:** To understand that planning is important to prepare a proper camping meal.
 - b. **Lesson:** Learn how to create a menu and prepare a grocery list.
 - c. **Examples:**
 - i. Menu
 - ii. Grocery List
 - iii. Supplies: Foil, Paper Towels
4. What are good hygiene practices for outdoors?
 - a. **Goal:** To understand the importance of hygiene when it comes to food preparation and cooking.
 - b. **Lesson:** Learn different methods of hygiene practices before and after food contact.
 - c. **Examples:**
 - i. Wash hands
 - ii. Wash face
 - iii. Clean Clothes
 - iv. Hat
5. How is food prepared when outdoors?
 - a. **Goal:** To understand that preparing food in an outdoor setting can be different than in a kitchen indoors.
 - b. **Lesson:** Learn proper food preparation and pre-preparation in an outdoor environment.
 - c. **Examples:**

- i. Cutting
 - ii. Mixing
 - iii. Separate Food Prep Areas (Meat vs. Vegetables)
- 6. How can you safely cook food in an outdoor environment?
 - a. **Goal:** To understand that food not properly prepared can be wasteful and harmful.
 - b. **Lesson:** Learn proper and safe food cooking techniques.
 - c. **Examples:**
 - i. Food temperatures
 - ii. Food quantities
 - iii. Serving
- 7. What are the best ways to clean and sanitize the equipment?
 - a. **Goal:** To understand how important clean and sanitized equipment is to the cooking and preparing of food.
 - b. **Lesson:** Learn equipment sanitizing techniques.
 - c. **Examples:**
 - i. Hot Water
 - ii. Sanitation Tablets
 - iii. Bleach
- 8. How do you dispose of trash and food waste in an outdoor environment?
 - a. **Goal:** To understand that food waste and trash can be harmful to the environment and even dangerous.
 - b. **Lesson:** Learn how to properly dispose of waste.
 - c. **Examples:**
 - i. Proper Trash Receptacles
 - ii. Pack Out
 - iii. When and what can be buried
 - iv. What can be burned

Scripture Ideas

Psalm 34:8

- Fox – The Lord is good!
- Hawk – Seek the Lord in all ways.
- Mt Lion - Seek the Lord in all ways.

Matthew 4:4

- Fox – Nothing is more important than God's word.
- Hawk – As food is important to us, so should His word be more important to us.
- Mt Lion - As food is important to us, so should His word be more important to us.

Activity Ideas

- See the relevant patrol and branch section of the activities
- Or, create your own activity relevant to your troop and region

Game Ideas

- Check the games section online for game ideas
- Or, create a game that works for your patrol
- A couple of ideas are listed below

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