

COOKING A MEAL

In the Bronze Arrow and Silver Arrow we mentioned the safety tips of an open fire and how to make it. It is recommended to revise them again before this session.

Cooking a meal is an adventurous thing for a cub. The important thing to **KEEP IN MIND** as Leaders is the safety of the cubs themselves. **Do not leave them unattended** as they are still inexperienced to cook on their own.

Discuss with them a menu and the ingredients they need to get for the activity. Try to show them what type of cooking will be appropriate for an open fire meal. (The difference between open fire and mud oven.

There are several way how one can cook a meal. One can try new things such as cooking an egg in scooped out potato or orange peel or in an onion. Mud ovens are all good to experiment with. (These are a bit advanced for cubs to make considering the time and resources needed however it is not a bad idea to show them how they look like). Ideally the cubs cook on an open fire. They will have more fun watching the food cook right in front of their eyes.



Traditional open fire cooking



Mud Oven



Egg in Potato

Suggestions: This activity ideally is to be done outdoor. It is important to revise the Bronze and Silver sections before this part. Furthermore while doing this activity there should be a good number of leaders helping throughout the activity as it requires some good attention of the cubs.

G041



ACTIVITY FACT SHEET



Activity: Cookout



Objective: Cooking a Meal



Time: 3 - 4 Hours



Outline: This is an activity which requires a good amount of teamwork. It is important that such ideology is taught and understood by the cubs. Safety is of utmost importance, however give the cubs some safe space to cook on the fire themselves in teams. Different cubs from different sections can have different roles according to the arrow they are in. For example Bronze Arrow can be Safety Wardens, Silver can help build the fire and Gold can cook on the open fire.



Equipment: Grill, wood, ingredients (food), cutlery, tongs and first aid



Place: Outdoors



Group Size: Pack









3rd Parties: N/A



ACTIVITY FACT SHEET



During the Activity:

-  – Discuss again the safety tips as a group. Let the cubs show their skills when building the fire, then help them through the cooking process. Also point out that different arrows have different roles and the pack as a whole has all the skills needed – thus the importance of working together.
-  – Building the fire and cooking.
-  – At the start of the session let the Cubs explain the safety tips, how the fire is going to be built, how they are going to cook and how to control the temperature of the fire while cooking.
-  – Each cub can cook his own food in his own style. (Cubs must always be attended throughout the whole session)
-  – Process the emotions that cooking over an open fire can bring about, especially if they were never so close to a fire before.
-  – Think of the hazards and dangers – catching fire, hurting. But also appreciate the fire and its benefits – heat, light, cooking tool, etc.

GOLD ARROW

After the Activity:

Make sure to leave the place better than you found it!



G04.3

