

What's Cooking?

THE SWINGING BRIDGE Active & Healthy Living



The Adventure :

Have you ever planned the menu for a camp? Well, now's your chance!

As a Lair, come up with a healthy menu for a weekend camp. Think about what you like to eat, and what's easy to cook away from home. You can even try a crazy new recipe that sounds like something every Cub in the Pack will love.

Divide out the meals (and snack times) you have planned and prepare them in small teams. You don't have to serve the other Cubs like staff in a restaurant, but it will be up to your team to come up with a plan for preparing and serving its meal. Who's hungry?!

Online Resources :

- Canada's Food Guide
- Pita Pizza
- Hash Browns & Eggs

Safety note:

- What do you have to do to stay safe when preparing a meal? What hazards should you be aware of?
- How can you prevent the spread of germs when cooking and eating?
- Do any Cubs in your Pack have food allergies?



Plan:

- How many meals do you need to plan for?
- What does everyone like to eat?
- What meals have you made before?
- What would you like to try to make?
- Create a grocery list for your meal or snack.
- Who would like to work with your Scouters to do the grocery shopping for the camp?

Do:

- As a Lair, come up with a menu for a camp.
- At the camp, prepare and enjoy all of your great, healthy meals.

Review:

- What do you know now that you did not know before?
- What was your favourite meal? Why?
- What problems did you have to solve?
- What would you do differently next time?

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It starts with Scouts