

## Outdoor Adventure Skills by Topic

# Cooking

	1.2 I can <b>keep my mess kit clean</b> at camp.		1.3 I can <b>list</b> what <b>food</b> to bring on a day hike.		1.2 I have <b>prepared a good snack</b> for a winter outing.
	2.2 I can <b>cook a foil-wrapped meal</b> in a fire.		2.5 I can explain how to use <b>Canada's Food Guide ...</b> and help to <b>plan a nutritious meal</b> . 2.6 ... <b>safe food handling and hygiene ...</b> 2.7 I can <b>help prepare food</b> for cooking at camp and be safe while cooking at camp.		2.2 I have <b>packed a proper lunch</b> for a winter outing.
	3.2 I can <b>cook a meal</b> on a <b>camp stove</b> .		3.4 ... help <b>plan</b> a basic <b>balanced meal ...</b> 3.5 ... demonstrate how to <b>store food ...</b> 3.6 ... assist in cooking a meal ... 3.7 ... be safe while cooking at camp... 3.13 ... make a <b>hot drink</b> on a campfire...		3.3 ... <b>plan a menu</b> for...camp 3.4 ... <b>cooked a lunch</b> over an <b>open fire</b>
	4.3 I can cook over a fire to <b>roast and bake</b> food items. 4.11 I can set up a <b>tree food hang</b> to protect my food from animals.		4.6 I can store and cook food safely... 4.11 ... <b>safe practices</b> around fires and cooking equipment to <b>minimize the risk of burns, scalds ...</b>		4.4 I know how to plan for and avoid <b>food allergies</b> in a group hike.
	5.2 I have <b>cooked with cast iron cookware</b> ... fire/coals... 5.7 I have <b>caught, cleaned and cooked a fish</b> over a campfire.		5.8. ... use <b>different cooking methods/fuel</b> types 5.16 I can light, maintain and use a fire to cook a meal...		5.5 ... use... <b>lightweight stoves ...</b> 5.6 ... keep food & prep materials <b>hygienic</b> .
					5.2 ...led... <b>planning &amp; purchasing meals...</b> 5.3 ... <b>chief cook</b> for at least 1 meal 5.7 ... <b>lay &amp; light a fire</b> 5.8 I can use a liquid fuel stove
	6.2 I have <b>built and cooked</b> on a <b>personal-sized stove</b> only made out of tin cans, wax, candle wicks and cardboard		6.8 ... <b>plan/purchase food</b> for a weekend camp. 6.9 I can demonstrate to others how to use a <b>variety of cooking stoves</b> at camp and explain to others when each type is most effective. 6.10 I can <b>teach</b> another youth to <b>prepare a meal</b> to be cooked on a fire or improvised stove.		6.4 I have <b>baked bread or a dessert</b> at a winter camp.
					6.8 I can explain how to deal with <b>waste ...</b> including greywater, solid waste, food scraps ... 6.16 With my paddling team, I can <b>plan a healthy menu</b> for our canoe adventure and can <b>help prepare</b> the meals
	7.3 I have made a <b>vagabond / tin can stove</b> and cooked ... on it.		7.8 I can <b>teach</b> the use of various <b>stoves</b> and their effective use ...		7.5 I can <b>plan and cook</b> a variety of <b>meals</b> on a <b>hiking expedition</b> ≥ 2 nights. 7.6 ... explain <b>how much food is needed</b> on hiking expeditions of various lengths.
					7.1 I know how to <b>plan ...</b> a simple, nutritious <b>menu</b> for a <b>mobile winter camp</b> .
					7.10 I can use several different methods for cooking.
	8.2 I can cook a <b>complete campout meal</b> using <b>only improvised natural cooking surfaces</b> and devices (cooking only using flat stones, wood planks, cooking cranes/hooks, spits, covered pits/trenches).				
	9.2 Using only wood as a fuel source, I have built a <b>reflector camp oven</b> and <b>cooked</b> a meal for a minimum of five persons, including both <b>roasted</b> and <b>baked food</b> preparation.				

Edited for brevity. *Why is camp food so awesome? Is it because we're with friends? Is it because we work up a better appetite outside? Maybe it's because we are more connected with its preparation.*