

## **MSU Extension Publication Archive**

Archive copy of publication, do not use for current recommendations. Up-to-date information about many topics can be obtained from your local Extension office.

Team Up for Outdoor Meals I – Member's Manual  
Michigan State University Cooperative Extension Service  
4-H Club Bulletin  
Mary Kerr, Foods and Nutrition  
Issued March 1979  
16 pages

The PDF file was provided courtesy of the Michigan State University Library

**Scroll down to view the publication.**

50¢

4-H 1109

COOPERATIVE EXTENSION SERVICE  
Newaygo County  
Community Building  
Fremont, Michigan 49412  
Phone 924-0500

OUTDOOR MEALS I  
Member's Manual

# Team Up for Outdoor Meals



Cooperative Extension Service • Michigan State University  
4-H—Youth Programs

# Team Up for Outdoor Meals

by Mary Kerr

Extension Foods and Nutrition Specialist

When the first crocus pokes its way through the snow, and the robins come back to look for worms in the thawing earth, everyone is bitten by a bug called spring fever. And with spring fever comes the adventure of walks in the woods, cooking in the fresh open air, and the delight of eating outdoors. There is something special about eating outside. You eat more, food tastes better, and there's a sparkle in everything you do. You and your 4-H friends can team up for delicious, appetizing outdoor meals.

## TABLE OF CONTENTS

	Page		Page
TEAM STRATEGY FOR OUTDOOR MEALS . . . .	3	Menu and Recipes . . . . .	9
Planning the Activity . . . . .	3	Players on the Basic Four Team . . . . .	10
Planning the Food and Equipment . . . . .	3	What's Your Score? . . . . .	10
The Basic Four—A Winning Team . . . . .	4	Evaluate . . . . .	10
On Your Mark, Get Set, Go! . . . . .	4		
MEAL 1—HOBBO HIKE . . . . .	5	MEAL 4—TOASTING ON A STICK . . . . .	11
On Your Mark, Get Set, Go! . . . . .	5	On Your Mark, Get Set, Go! . . . . .	11
Menu and Recipes . . . . .	5	Menu and Recipes . . . . .	12
Players on the Basic Four Team . . . . .	6	Players on the Basic Four Team . . . . .	13
What's Your Score? . . . . .	6	What's Your Score? . . . . .	13
Evaluate . . . . .	6	Evaluate . . . . .	13
MEAL 2—BIKE HIKE . . . . .	7	MEAL 5—POT OVER A CAMPFIRE . . . . .	14
On Your Mark, Get Set, Go! . . . . .	7	On Your Mark, Get Set, Go! . . . . .	14
Menu and Recipes . . . . .	7	Menu and Recipes . . . . .	14
Players on the Basic Four Team . . . . .	8	Players on the Basic Four Team . . . . .	15
What's Your Score? . . . . .	8	What's Your Score? . . . . .	15
Evaluate . . . . .	9	Evaluate . . . . .	15
MEAL 3—NEWSPAPER GRILL . . . . .	9	MEAL 6—GUEST MEAL . . . . .	16
On Your Mark, Get Set, Go! . . . . .	9	What's Your Score? . . . . .	16
		Evaluate . . . . .	16

# TEAM STRATEGY FOR OUTDOOR MEALS

## Planning the Activity

Each team member should have a job to do and should know what that job is. Actual strategy for each meal may vary, but you should take turns doing different kinds of things. You may need a Fire Building Crew, a Cooking Crew, a Clean-Up Crew, and an Activity Leader for fun and games. Whatever you do, plan carefully what to bring, what to do, and what each person will do. Use the chart below to plan your meetings.



Date and Time	Meeting Place	Plans	I Will Bring:	My Job Is:
Example:  August 3 4:00 p.m.	Mrs. Brown's House	Hobo Hike	My own lunch, handkerchief, stick	Lead a game at the picnic

Follow this planning guide for each outdoor meal.

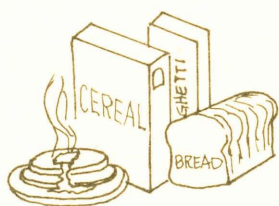
## Planning the Food and Equipment

The safest way to be sure you don't have to say, "Oh, we forgot the . . ." is to plan your food supplies

and the special equipment you need. A food and equipment list will help. Here is an example:

FOOD AND EQUIPMENT TO SERVE 6					
Menu	Food Needed	Amount for 6 servings	Who Will Bring It	Equipment Needed	Who Will Bring It
Pigs in a blanket	Hot dog,	12 (2 apiece)	Joe, Ann	6 sticks	Jim
	Corn meal mix	2 cups mix	Mary	Measuring cup, bowl, fork	Mary
Cabbage wedges	Cabbage, dressing	1 cabbage	Jim	Knife to cut, plate to serve	Ann
Grilled caramel apples	Apples, brown sugar	6 apples, 2 cups brown sugar	Susan	Bowl for brown sugar	Susan
Milk	Milk	1½ quarts	Bill	Drinking cups	Ann
				Matches, newspaper, firewood	Joe and Bill
				Paper napkins, plates, cups	Ann

## The Basic Four—a Winning Team



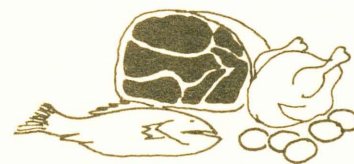
**The Bread-Cereal Battalion**



**The Fruit-Vegetable Detail**



**The Milk Brigade**



**The Meat Platoon**

Successful outdoor cooking requires teamwork—everyone working together and doing his or her part. Building strong, healthy bodies requires teamwork, too. There is a great team, known as the Basic Four, that is a winner every time. This team is made of four squads known as: The Bread-Cereal Battalion, Fruit-Vegetable Detail, Milk Brigade, and Meat Platoon.

Each of these four squads has specific tasks in the total team effort—building a healthy YOU. A healthy YOU means a body with good muscles to run and play, strong heart and healthy blood, good nerve-muscle coordination for catching those balls, and strong teeth and bones. Let's see what players make up each squad.

**The Bread-Cereal Battalion**—all kinds of bread, muffins, biscuits, cereal, pasta products and rice

**The Fruit-Vegetable Detail**—all vegetables and fruits

**The Milk Brigade**—milk, yogurt, cheese, ice cream, cottage cheese and other milk products

**The Meat Platoon**—meat, fish, poultry, eggs, nuts, dried beans and peas, and cheese (if you don't count it as milk)

There it is—the Basic Four Team! But remember—it's a team, and any team is handicapped if some members don't do their part. For the best total

team effort, every day eat foods from each squad. The secret code is 4-4-3-2. Deciphered, that means:

4 servings daily from the Bread-Cereal Battalion

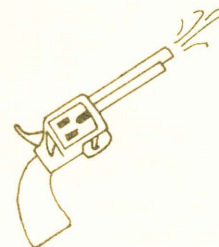
4 servings daily from the Fruit-Vegetable Detail

3 servings daily from the Milk Brigade

2 servings daily from the Meat Platoon

There's another squad that helps supplement the Basic Four Team, especially by providing energy for the team effort. It's called the "Other Group." Foods that make up this squad are butter, margarine, cooking oils and fats, sweet donuts, ketchup, mayonnaise, potato chips, pickles, pie, cake and so on. Eat them along with the Basic Four Team but not instead of the Team. They just don't have the same "zap" as the winners do!

On Your Mark,  
Get Set,  
Go!



A good team gets in shape, practices for the game, and then plays its best. Once your team strategy is planned for menu, equipment, activity, and place for your outdoor meal, you are ready for action. Have fun and go!

# HOBO HIKE—Meal 1

Have you ever had an urge to be a hobo and wander in the beautiful outdoors? Here's your chance to do it really well with a hobo hike lunch.

## On Your Mark!

To get the most from your time hiking, plan a lunch that you prepare at home and carry. Easy-to-carry foods from the Basic Four Team are:

### Milk Brigade

Cheese sandwich  
Milk drink in "hobo thermos"

### Meat Platoon

Peanut butter sandwich  
Cheese sandwich  
Frozen meat sandwich  
Uncracked, hard-cooked eggs

### Bread-Cereal Battalion

Bread in sandwich  
Granola to munch and crunch  
on the way

### Fruit-Vegetable Detail

Fresh or dried fruit  
Vegetable relishes prepared  
and carried  
Individual cans of juice

Your meal should be safe to eat. Bacteria that make food spoil love the warm sunny days just as much as you do, but they are not pleasant hiking companions! Bacteria especially love meat, egg mixtures, cream pies, and meringues. So it's best to avoid sandwiches with meat, meat and mayonnaise mixtures, egg salads, etc., unless you pack meat sandwiches frozen and eat them within 3-4 hours.

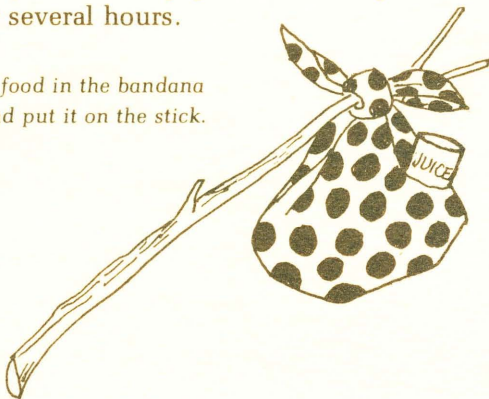
## Get Set!

Prepare cookies together at your club meeting (or make a week ahead and freeze). Everyone needs to bring from home:

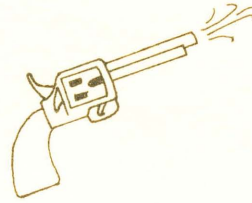
- Sandwich
- Fruit and/or vegetable
- Beverage wrapped as a hobo thermos
- Long stick
- Big handkerchief

To make your hobo thermos, fill a pint jar or a plastic container with ice cubes, then pour the beverage over the ice cubes and fasten the top. Or just pack an individual can of cold juice. Wrap the whole thing in 4-5 layers of newspaper and tie it up. It will keep cool for several hours.

Now wrap your food in the bandana handkerchief and put it on the stick.



Go!



Everyone wear old clothes. Imagine the trip you're taking and what city or place you want to see. See how many miles you walk. Tell stories to each other about imaginary things you have seen and done.

## Menu

*Hobo Hike*

**Cheese and Pepperoni Buns**  
**Carrot and Celery Sticks**  
**Oatmeal Drop Cookies**  
**Canned Juice**

## Recipes

*for Hobo Hike*

### Cheese and Pepperoni Buns

(4 servings)

#### 4 hamburger buns, split

1 5-ounce jar process American cheese spread

1 4-ounce package sliced pepperoni

Spread cut surfaces of buns with cheese. Arrange pepperoni on bun bottoms; cover with tops.

### Carrot and Celery Sticks

Wash carrots and scrape off skin. Cut into finger-size strips. Wash celery ribs and cut into finger-size strips.

### Juice

Chill a small can of your favorite juice—tomato, orange, peach, pineapple, etc.—in the refrigerator. Just before leaving on your hike, wrap it in several layers of newspaper to keep it cold for several hours.

**Oatmeal Drop Cookies**

(4-5 dozen)

- 1/2 cup shortening
- 1 cup brown sugar
- 1 egg
- 1 cup flour
- 1/2 cup nonfat dry milk
- 3/4 teaspoon salt
- 2 teaspoons baking powder
- 1/4 teaspoon cinnamon (optional)
- 1/4 teaspoon allspice (optional)

- 1/4 cup water
- 1/2 teaspoon vanilla
- 2 cups oatmeal
- 1/2 cup raisins (optional)

Cream shortening, sugar and egg together. Sift together flour, nonfat dry milk, salt, baking powder, cinnamon and allspice. Add to creamed mixture. Stir in water, vanilla, oatmeal and raisins. Drop from teaspoon onto greased cookie sheet. Bake at 375° F. about 12 minutes.

*Players on the Basic Four Team*

Taking a hobo hike requires energy! The great Basic Four Team provides it by supplying fats and carbohydrates, your main fuel supply. Carbohydrates give you quick energy because they are digested quickly. Fats provide longer-lasting energy because they take longer to digest. And each squad of the Basic Four Team provides some of these.

**Bread-Cereal Battalion**—an excellent source of carbohydrates

**Fruit-Vegetable Detail**—full of carbohydrates in simple and complex forms

**Milk Brigade**—carbohydrates and fats for quick and long-lasting energy

**Meat Platoon**—fats for long-lasting energy



*What's Your Score?*

Write in your actual Hobo Hike menu according to its Basic Four squad group.

Bread-Cereal Battalion	Fruit-Vegetable Detail	Milk Brigade	Meat Platoon	Other Group

What specific foods provided carbohydrates? \_\_\_\_\_

What specific foods provided fats? \_\_\_\_\_

*Evaluate*

Did you throw away your paper wrappings in a suitable place instead of throwing them on the ground?

Did you remember to keep off private property unless you had permission to enter?

Did you leave nature as lovely as you found it?

How did you like your meal?

What did you learn about yourself?

# BIKE HIKE—Meal 2



So you're whizzing along on your new bike! What new places can you see? How fast can you go? How far can you go? What food will you take and how will you pack it?



## On Your Mark!

Review bicycle rules of the road in your club. Plan for your safety and bike in an area where there are few cars.

Packing for a bicycle trip means carrying food that's safe to eat when kept in the warm sun and carrying food in non-breakable containers. You'll need lots of water, too, to quench that extra thirst. Some good bicycle packers are:

**Dairy Foods**—dried milk; pasteurized cheese and cheese spreads; hard cheese.

**Fruit-Vegetables**—fresh fruit (all kinds); dried fruit (raisins, dates, apricots, peaches, prunes, apples); raw celery, carrots, radishes, green peas, etc., wrapped in waxed paper and put in a bag with a little water and then wrapped in newspaper for better keeping; powdered fruit drink; individual cans of juice.

**Bread-Cereal Foods**—all kinds of bread for sandwiches; cookies made with oatmeal, wheat germ, etc.; granola for snacking.

**Meat and Meat Substitutes**—peanuts, nuts, peanut butter; hard cheese; beef jerky and beef sticks; hard salami and hard summer sausage; uncracked hard-cooked eggs.

### Sandwiches

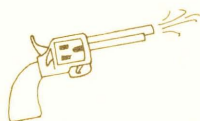
Spread both slices of bread with butter before making the sandwich. Add tomatoes, lettuce, etc., just before eating. Some fillings don't need to be refrigerated—peanut butter, hard cheese, cheese spreads. You can make sandwiches ahead of time and freeze them using leftover meat, luncheon meats, hard-cooked egg yolks (cooked egg whites become rubbery when frozen), sliced cheese, cheese spread, and peanut butter. Eat them within 3-4 hours after taking them from the freezer.

## Get Set!

If you pack your lunch in "saddle bags" over the back tire, distribute the weight evenly on both sides. Put heaviest things on the bottom, such as juice cans, then sandwiches, cookies, and snacks. Use newspaper between items for insulation and to keep things from shifting in the pack.

Pack extra water in a plastic container. Then put it in a water-soaked cloth bag. Hang the bag on your handlebars; the water should stay cool a long time.

Go!



Have a Hare and Hound Bike Hike. The "hares" start 25 minutes before the others and leave paper arrows tied to trees or colored cloth wrapped around limbs and signs. (Be sure to remove the arrows and cloths after the hike.) The "hounds" follow. The first three hounds to the picnic spot are the winners.

Clock how many miles you travelled and how long it took. Count the cars with only a driver and no passenger. Discuss how bikes save gasoline.

## Menu

*Bike Hike*

**Peanut Butter Plus Sandwiches**  
**Vegetable Crunch-O's**  
**Fresh Fruit**  
**Orange Milk**  
**Gorp**

## Recipes

*for Bike Hike*

### **Peanut Butter Plus Sandwiches**

*(4 servings)*

**8 slices bread, buttered**

**Peanut butter**

**¼ cup raisins**

**¼ cup orange marmalade**

Spread 4 slices of bread with peanut butter. Sprinkle each with raisins. Spread marmalade on remaining bread slices; put together to make 4 sandwiches.

Or, in place of marmalade and raisins, top peanut butter with finely chopped celery and a spoonful of apple butter. Or, top peanut butter with snipped dates.



### Vegetable Crunch-O's

Prepare bite-size pieces of your favorite raw vegetables — radishes, green peppers, carrots, celery, cauliflower, broccoli, cabbage — and put them in a plastic bag. Add some chipped ice, close the bag, and wrap it in several layers of newspaper. It will keep cool a long time.

### Orange Milk

(6 servings)

- 2 cups dry milk
- 6 cups water
- 1 6-ounce can frozen orange juice

Mix dry milk and water. Add partly thawed orange juice. Mix well. Serve cold.

### Gorp

(For munching)

- $\frac{3}{4}$  cup chocolate chips and
- $\frac{1}{4}$  cup butterscotch chips  
or substitute:
- 1 cup candy-coated chocolate morsels for the chips
- 1 cup cashews or peanuts
- $\frac{1}{4}$  cup flaked or shredded coconut
- $\frac{1}{2}$  cup raisins
- $\frac{1}{4}$  cup sunflower seeds

Mix all together and nibble as needed for quick energy as you bike.

## Players on the Basic Four Team

If you rode your bike for a long time without being “in shape” you would become aware of the fact that you have muscles — maybe sore ones! Muscles and all other body organs are made of protein. In fact, every cell in your body is made of protein. You need to eat protein-rich foods to grow and also to replace and repair worn-out and injured cells.

Good eyesight is very important for bike-riding. If you rode your bike in the bright sunlight and then into dark woods, it would be important for your eyes to be able to adjust quickly to the light change. Vitamin A helps your eyes do that.

Let's see how the Basic Four Team provides these team players:

**Bread-Cereal Battalion** — some protein which should be eaten with the high-quality protein from meat and milk

**Fruit-Vegetable Detail** — vitamin A from dark green and deep yellow vegetables

**Milk Brigade** — vitamin A and high-quality protein

**Meat Platoon** — high-quality protein and some vitamin A, especially from liver



## What's Your Score?

Write in your actual Bike Hike menu according to its Basic Four squad group.

Bread-Cereal Battalion	Fruit-Vegetable Detail	Milk Brigade	Meat Platoon	Other Group

What specific foods provided protein? \_\_\_\_\_

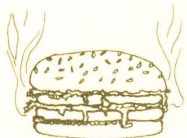
What specific foods provided vitamin A? \_\_\_\_\_

## Evaluate

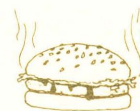
How was the meal?  
Did someone remove the arrows and pieces of cloth from the trees so you didn't clutter up the out-

doors?  
What did you learn about your environment?

# NEWSPAPER GRILL—Meal 3



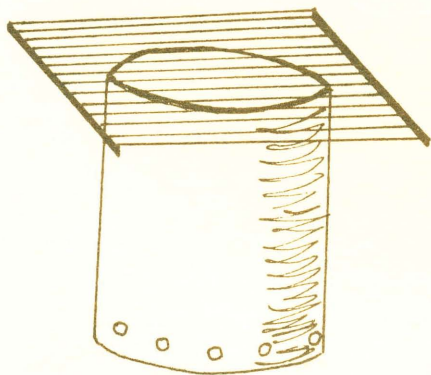
There's just nothing like grilled hamburgers in the outdoors. What could be easier than cooking with newspaper? With your own newspaper grill you can even grill steaks for your family.



## On Your Mark!

To make your own grill, remove one end from a 1- or 2-gallon can and clean it well. File down rough edges. Punch holes in the side of the can 2 inches apart and 1 inch from the edge of the can that has the end still in it. Lay an old oven or charcoal grill rack on the open end of the can. (Avoid galvanized refrigerator racks which could contain harmful zinc compounds.)

To cook, wad up 3-4 large newspaper sheets into balls and put them into the bottom of the can. (Avoid using colored pages, like the Sunday "funnies," because burning colored ink may give off unhealthy fumes.) Light the newspapers, lay the grill on top of the can, and put your meat on the grill. The dripping fat from the meat helps to keep the fire going. Three newspapers will cook about four hamburger patties.



## Get Set!

Make several newspaper grills ahead of time. It might be a good idea to practice at your leader's home with one or two hamburgers just to see how long it takes to cook them.

Prepare as much of the food ahead of time as possible. Remember to pack raw meat in a very cold ice chest. Be sure to have no leftovers.

## Go!

Before you start cooking with your newspaper grill, clear a wide area of leaves, twigs, and branches. Have a pail of water handy for emergencies.

Carry extra newspapers. Wet some of them, and when the hamburgers are done, using asbestos gloves, wrap the flat grill in the wet newspapers. It will be much easier to clean later.

## Menu

### Newspaper Grill

Broiled Beef Patties and Buns  
Potato Chips  
Walking Salad  
Applesauce Spice Bars  
Chocolate Milk

## Recipes

### for Newspaper Grill

#### Broiled Beef Patties

(4 servings)

- 1 pound ground beef
- 1 teaspoon salt
- 1 teaspoon prepared mustard
- 1 teaspoon horseradish
- ¼ cup bread crumbs or uncooked oatmeal
- ¼ cup ketchup
- 4 slices bacon

Combine ground beef and other ingredients except bacon. Shape 4 patties. Wrap each patty with one strip of bacon and secure with toothpicks. Place on newspaper grill over burning newspapers. Broil about 10 minutes or until the surface of the patties is well browned. Turn and broil about 8 minutes longer. Serve at once on buns.

### Walking Salad

Lay out washed and pat-dried lettuce or cabbage leaves. Place celery, carrot, and green pepper sticks, and small green onions at one edge. Roll up lettuce leaf with the vegetable sticks inside, and eat it as is or sprinkle it with your favorite salad dressing.

### Applesauce Spice Bars

(about 60 bars)

- 1/2 cup shortening
- 1 cup granulated sugar
- 1 cup unsweetened applesauce
- 2 1/4 cups sifted all-purpose flour
- 3/4 teaspoon baking powder

- 1/4 teaspoon baking soda
- 1 1/4 teaspoons salt
- 1 1/2 teaspoons cinnamon
- 1/4 teaspoon cloves
- 1 cup raisins
- 1 cup chopped English walnuts

Cream together the shortening and sugar until fluffy. Stir in applesauce. Sift together the flour, baking powder, baking soda, salt, spices. Gradually add the dry ingredients to the applesauce mixture and beat to form a smooth batter. Fold in nuts and raisins. Pour into a greased pan about 12 x 9 inches, or 13 x 7 1/2 inches. Bake in a 350° F. oven for about 30 minutes or until golden brown and "set" in the middle. Cool and cut into bars.

## Players on the Basic Four Team

Your body's great supply line is your blood. It carries oxygen and food to every cell of your body. Iron helps keep your blood healthy so your supply line will be efficient. It's all part of the team effort to keep you in great shape.

**Bread-Cereal Battalion**—iron from *enriched* or whole grain breads and cereals

**Fruit-Vegetable Detail**—iron from dark green leafy vegetables, dried apricots, prunes, raisins, and fresh fruits

**Milk Brigade**—almost no iron!

**Meat Platoon**—an excellent source of iron, especially liver, beef, poultry, egg yolk, and dried beans and peas



## What's Your Score?

Write in your actual Newspaper Grill menu according to its Basic Four squad group.

Bread-Cereal Battalion	Fruit-Vegetable Detail	Milk Brigade	Meat Platoon	Other Group

What specific foods provided iron? \_\_\_\_\_

## Evaluate

- How did the newspaper grill work?
- Were the hamburgers good?
- Did you throw away the newspaper ashes?

- Was the grill easy to clean?
- How did you help a friend?

# TOASTING ON A STICK—Meal 4

Now you're ready to learn to make campfires. But remember some safety rules:

1. Do you need a campfire permit?
2. Choose a spot that's a safe distance from trees and woods, grass meadows, or buildings.
3. Clear a circle and scrape away all the twigs, branches, and debris.
4. Be sure the area is clear of underground peat, a dark brown to black soil containing finely powdered plant residue. Underground peat fires can burn a long time and be very destructive.
5. Don't start a fire on a dry, windy day.
6. Have a shovel and a pail of water handy.
7. Never leave the fire unattended.
8. When you are done with the fire, splash water on it from the outside edges toward the center. Mix the ashes with soil and bury them. Check rocks you may have piled around the fire for hidden smoldering embers.
9. Watch for loose clothing and hair around the fire.
10. Never burn poison ivy, oak, or sumac in a campfire.

## On Your Mark!

To have a good cooking fire, start with the right materials, build a foundation fire, then keep it going. There are many ways to build a fire, and here is one way.

### STEP 1—Materials

**Tinder**—Tinder catches fire easily from a match. Fine twigs, shavings, thin pieces of bark, or sticks that are thin like matches are the best. Grass and leaves catch fire quickly but burn out quickly. Newspaper is also very handy.

**Kindling**—Kindling is dry sticks and twigs that are about as thick as your thumb and 6-inches to 12-inches long. They should snap when broken. Larger pieces of wood may be split for kindling.

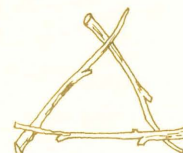
**Fuel**—The best fuel is good, firm pieces of dry wood ranging in size from kindling up to good-sized logs, depending on how large a fire you need. Split wood burns very well. The key is to use the driest wood possible. You can use the dead branches from lower limbs of trees, especially if it has rained and the ground is wet.

### STEP 2—Building a Foundation Fire

- a) Prepare the ground for your fire.
- b) Gather a big handful of tinder, a double hand-

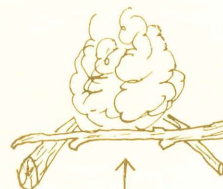
ful of kindling, and enough fuel for the size fire you need.

- c) With the wind at your back, place 3 small sticks of kindling into an A-shape.



wind ↗

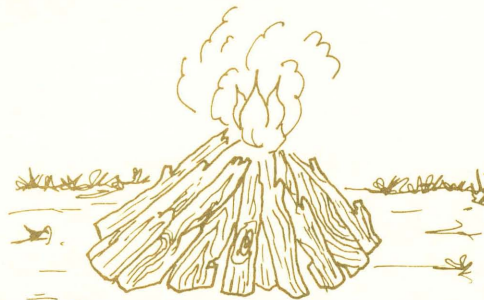
- d) Pile the tinder on the cross-piece of the A. The pieces should be close enough to touch but loose enough so that air can go through. Leave a tunnel at the bottom to insert the match.



light here

- e) Put a well-lighted match under the center of the pile of tinder. Blow gently at the base of the fire, if necessary.
- f) As the flame catches, add bits of tinder and kindling gradually until there is a good flame. Start with small pieces and gradually add bigger ones to form a tepee, until you are using thumb-sized sticks.
- g) When it's going well, add fuel in graduated sizes and build it into a tepee or hunter-trapper fire.

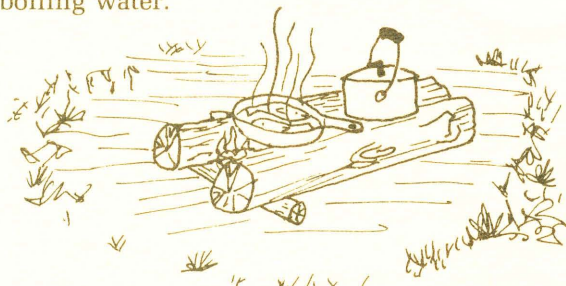
### STEP 3—Build Into Some Type of Fire



#### Tepee or Wigwam Fire:

Add fuel in a tepee formation around the foundation fire. This shape is useful for small amounts of

cooking. The quick, hot fire concentrates heat at a small point at the top, making it especially useful for boiling water.



**Hunter-Trapper Fire:**

Add fuel in a criss-cross fashion over foundation fire. Let the fire burn down to coals. Then place two 3-foot long green or wet dead logs across another log with the two logs closer together at one end than at the other. Place your cooking utensils on these logs. The distance between the logs will vary with the size of the utensil to be used.

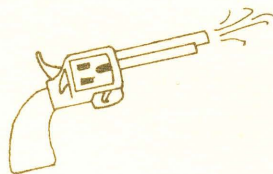
## Get Set!

Toasting foods on a stick is quick, easy, and delicious! You can make toasting sticks from thin, green sticks, coat hangers with the black paint burned off, or from dead sticks that have been soaked in water for about an hour. Be sure your stick is long enough so **you** won't get cooked but sturdy enough so it does not bend under the weight of your food. Be sure not to use poison oak or sumac for sticks!

Plan carefully where to have your cookout. Be sure it is a safe place for a fire. Remember to keep uncooked meat very cold until you cook it. This is especially important if your cookout is far from home.

Plan to have different teams do different jobs. One team could gather wood for the fire, while another team could actually build and tend the fire. A third team could be in charge of putting out the fire. Others can get the food ready for cooking while the rest help clean up.

**Go!**



Prepare a tepee fire and let it burn down to coals. Then try your skill at toasting your meal over the coals. It is easy to burn food. Do you have enough patience to let it cook slowly all the way through?

After you put the fire out, take a walk in the woods and see how many trees you can identify by their leaves. Or look for birds you can identify. Enjoy your outdoor dining room!

# Menu

*Toasting on a Stick*

Pigs in a Blanket  
Corn Meal Twists  
Cabbage Wedges  
Grilled Caramel Apples or  
S'Mores  
Milk

# Recipes

*for Toasting on a Stick*

## Pigs in a Blanket

### Hot dogs

### Corn meal biscuit dough

Put hot dogs on green sticks or skewers. Prepare corn meal biscuit dough from Corn Meal STIR-UP (see below) and make strips of dough 1-inch wide × 5 inches long and 1/8 inch thick. Wrap a strip around each hot dog. Cook hot dog over hot coals until the corn biscuit is cooked. Slide the corn dog off the stick and top it with ketchup, mustard, or relish.

## Corn Meal Twists

Wrap extra dough strips around the end of a stick, leaving a little space between rows. Bake slowly over coals, turning constantly. When done, fill center with jam or butter and eat at once.

## Corn Meal STIR-UP

(12 cups mix)

- 4 cups flour
- 4 cups corn meal
- 1½ cups dry milk
- ¼ cup baking powder
- 1 tablespoon salt
- 1½ cups shortening

Mix together all dry ingredients. Cut in shortening. Store in tightly covered glass jar in cool, dry place. Use within a month for home baking or camping meals.

**Product: Corn Meal Biscuit Dough** (Yield 6-8 strips)  
Mix together 2 cups STIR-UP and ½ cup water. Pat or roll out dough to 1/8 inch thickness. Cut strips of dough 1-inch wide × 5-inches long. Wrap around hot dogs and toast over a fire until done.

Here are some ideas for using Corn Meal STIR-UP mix at home.

### **Product: Corn Bread** (Yield, 12)

Mix together 4½ cups STIR-UP, 1⅓ cups water, 2 tablespoons sugar, 2 eggs; bake in a greased 8-inch square pan at 425° F. for 25 minutes.

**Product: Biscuits** (Yield, 12)

Mix together 2 cups STIR-UP, 1/2 cup water; bake on ungreased cookie sheet at 425° F. for 12 minutes.

**Cabbage Wedges**

Wash and cut a whole cabbage into wedges. Top with your favorite dressing or salt and pepper and eat with your fingers.

**Grilled Caramel Apples**

Put a big apple on the end of a green stick. Turn it over the coals until the skin can be peeled off easily. Pull off the peel, then roll the hot apple in a pan of

brown sugar. Again roast the apple over the fire until the sugar melts into a caramel candy coating. Be careful not to burn your tongue!

**S'Mores**

- 2 graham cracker squares
- 1 large marshmallow
- 1/2 thin chocolate bar or apple slice

Toast the marshmallow on a green stick. Place the chocolate (or apple slice) on 1 graham cracker square, then add the toasted marshmallow. Top with the other graham cracker and eat it like a sandwich.

## Players on the Basic Four Team

Wouldn't it be awful to toast all that lovely food on a stick and then not feel like eating it? With the B-vitamins—thiamin, riboflavin, and niacin—on your side, you should not have to worry about that. They promote a good appetite and help keep your nerves steady.

Suppose you accidentally cut yourself or get a burn (please don't!). It's vitamin C to the rescue! Vitamin C helps to glue your cells back together and heal that cut or burn as well as fighting infection. Different team squads provide these players:

**Bread-Cereal Battalion**—all three B-vitamins but especially thiamin (B1) from enriched and whole-grain breads and cereals

**Fruit-Vegetable Detail**—vitamin C from citrus fruits, cabbage, broccoli, potatoes, strawberries, tomatoes, cantaloupe

**Milk Brigade**—B-vitamins, but especially riboflavin (B2)

**Meat Platoon**—B-vitamins, but especially niacin (B3)



## What's Your Score?

Write in your actual Toasting-on-a-Stick menu according to its Basic Four squad group.

Bread-Cereal Battalion	Fruit-Vegetable Detail	Milk Brigade	Meat Platoon	Other Group

What specific foods provided B-vitamins? \_\_\_\_\_

What specific foods provided vitamin C? \_\_\_\_\_

## Evaluate

Did you completely extinguish the fire? Bury the ashes?

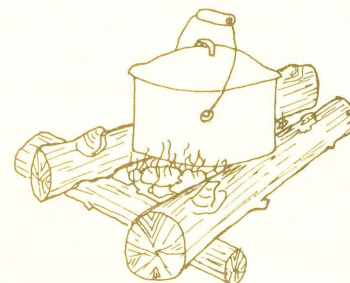
How long did it take to cook everything? What did you like best?

What is one thing you learned about building a tepee fire?

What new thing did you learn about a friend?

# POT OVER A CAMPFIRE—Meal 5

Hunters and trappers did not like to wash dishes any more than you do, so they often cooked their meals in a single pot over a campfire. Sometimes they let them cook for a long time while they were busy doing other things. The type of fire they built helped them do this.



## On Your Mark!

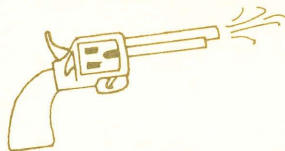
Review the directions for making a hunter-trapper fire. A slow, steady even heat is the best for a one-pot meal, so a good bed of coals is your aim. The best kind of wood for making coals is a heavy or dense wood, such as hickory, ash, or oak. Can you identify those trees? Cottonwood, elm, soft maples, and other kinds of lightweight wood burn quickly, but don't leave long-lasting coals. Avoid evergreens, which burn quickly with lots of smoke.

## Get Set!

Make your plans for a successful cookout. Do you need to bring your own wood? Or will you have your fire in a place where you can gather wood? Have each person bring something for the "pot." And be sure you have all the utensils you need, including some asbestos gloves or pot holders for your cooking pot.

To make it easier to clean your pot afterwards, rub the outside of the pot with pure soap or a paste of laundry detergent. It will wash off easily, taking soot and grime with it.

Go!



Start your fire about 30-45 minutes before you actually begin cooking. When the fire has burned down to a bed of coals, begin cooking your meal. Add extra fuel at one end of the fire as needed. Rake away coals from under the pot to cool the fire if your meal is cooking too quickly.

After you have finished eating, putting out your fire, and cleaning up your meal area, take a hike in the woods. Pretend you are hunters and trappers and look for animal tracks. How many can you identify? What kinds of animals are good for food? What do you see animals eating?

## Menu

*Pot Over a Campfire*

**Chili Con Carne**  
**Garlic Bread**  
**\*Tossed Salad**  
**Graham Cracker Orange Balls**  
**Hobo Popcorn**  
**Milk**

*\*Directions not included*

## Recipes

*for Pot Over a Campfire*

### **Chili Con Carne**

*(8 servings)*

**1½ pounds ground beef**  
**1 cup chopped onion**  
**¼ cup chopped green pepper**  
**4 cups kidney beans**  
**4 cups tomatoes**  
**2 teaspoons salt**  
**1 to 2 tablespoons chili powder**  
**Flour for thickening (optional)**

Brown the ground beef, onions, and green pepper in a large pot over a hunter-trapper fire, stirring frequently. Add beans, tomatoes, salt, and chili powder, and bring mixture to simmering. Continue to simmer for at least 30 minutes. If mixture begins to boil vigorously, lower heat by raking part of the coals away from under the pot, or sprinkling water on the coals to cool them. If mixture is too thin to serve on plates, thicken with flour and water mixture and cook 10 minutes or longer.

### Garlic Bread

(8 servings)

- 1 loaf French or Vienna bread
- 1 clove garlic, mashed, OR
- 1/2 teaspoon garlic salt
- 1/2 stick softened butter or margarine

Combine garlic and butter, mixing well. Slash bread into thick slices but do not cut through to bottom crust. Spread garlic-butter mixture between slices and brush over top of loaf. Wrap in foil. To heat, place over hot coals about 15 minutes before serving.

### Graham Cracker Orange Balls

(3 dozen)

- 3 cups graham cracker crumbs
- 1 cup powdered sugar
- 1 1/2 tablespoons cocoa
- 1 cup chopped peanuts

- 3 tablespoons corn syrup

- 1/2 cup orange juice

Combine all ingredients and roll into balls.

### Hobo Popcorn

(4 servings)

- 4 squares heavy foil, each 4 x 4 inches
- 4 teaspoons cooking oil
- 1/4 cup popcorn kernels
- String and stick

In center of each square of foil, place 1 teaspoon oil and 1 tablespoon popcorn. Bring foil corners together to make a pouch. Seal edges well, allowing room for expansion of popcorn during cooking. With string, tie each pouch to a long stick. Place pouch directly on hot coals and shake constantly until corn is popped. Season with butter or margarine and salt.

## Players on the Basic Four Team

All that yummy food! And what do you use to chew it? Right—your teeth. Healthy teeth don't just happen—they're made. The mineral calcium helps to make them hard. It also helps your bones grow firm and sturdy. Vitamin D helps your body use calcium so your bones will grow straight. It is called the "sunshine" vitamin, because your body can make it if you play in the sun a lot. But in the winter when you wear lots of clothes, it is best to get some extra vitamin D from the Basic Four Team. Here's how to

get calcium and vitamin D.

**Bread-Cereal Battalion**—not too much there!

**Fruit-Vegetable Detail**—some calcium from dark green leafy vegetables

**Milk Brigade**—our *best* source of calcium, and most milk has vitamin D added

**Meat Platoon**—eggs, salmon, tuna, and sardines provide some vitamin D; and canned salmon and sardines provide calcium

## What's Your Score?

Write in your actual Pot-Over-a-Campfire menu according to its Basic Four squad group.

Bread-Cereal Battalion	Fruit-Vegetable Detail	Milk Brigade	Meat Platoon	Other Group

What specific foods provided calcium? \_\_\_\_\_

What specific foods provided vitamin D? \_\_\_\_\_

## Evaluate

What food tasted best to you? How did you like cooking in a pot over an open fire? How long did it take to get a good bed of coals?

What is one thing you learned about building a

hunter-trapper fire?

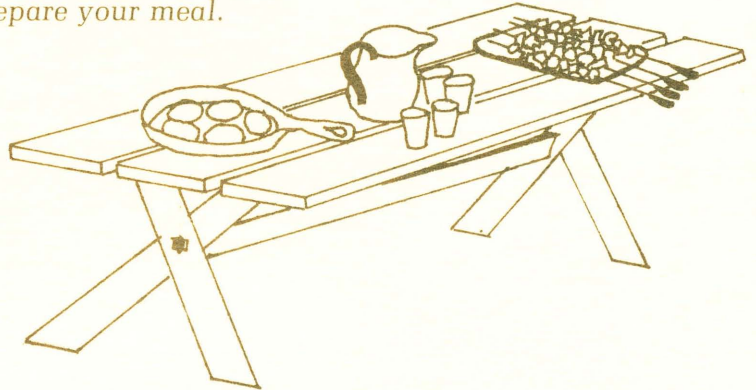
How can you help your family by what you have learned?



# GUEST MEAL—Meal 6

Plan a meal using any kind of cooking method you want. Invite your family. For one activity plan a food "treasure hunt." 4-H'ers can hide the meal items that do not need refrigeration. Have parents "hunt" for the food, then see if they can divide it up by the Basic Four Food Squads. Use the food to prepare your meal.

Demonstrate what you have learned about nutrition by playing some nutrition games. Have teams of parents against members and see who "wins." Or give a nutrition puppet play to entertain your family.



## What's Your Score?

Write in your actual Guest Meal menu according to the Basic Four squad group.

Bread-Cereal Battalion	Fruit-Vegetable Detail	Milk Brigade	Meat Platoon	Other Group

## Evaluate

What method did you use to prepare your guest meal?

What did your guests think of your meal?  
How did your guests like the games?