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OUTDOOR MEALS I
Leader's Guide

Team Up for Outdoor Meals



Cooperative Extension Service • Michigan State University
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TEAM UP FOR OUTDOOR MEALS

Leader's Guide

by

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PURPOSE OF THIS UNIT

There is fresh interest in the outdoor world and simpler living, stimulated partly by environmentalists and ecological concern. You can help 4-H members learn to enjoy the beauties and balance of nature by eating and cooking outside.

Fixing and eating food in the open air has great potential for many learning experiences. It brings feelings of freedom, companionship, and relaxation that all can enjoy. As members develop a teamwork pattern, they will discover their meals are more successful and each person's workload is less. 4-H'ers want healthy bodies to be able to enjoy nature, and this activity provides a wonderful opportunity to learn how food contributes nutrients for their bodies' health. And what better place could you find to learn names of trees, wildflowers, birds, and insects, all of which are so vital a part of our environment?

UNIT OBJECTIVES

1. Members will learn to work together as a unit — each person having a part in the team effort.
2. Members will develop the ability to plan, organize, and carry out increasingly complex meals.
3. Members will learn how to carry picnic foods safely in order to prevent food spoilage and food poisoning.
4. Members will learn how to build two basic types of fires.
5. Members will learn how to classify foods by food groups and how these foods contribute to their health.

UNIT OVERVIEW

Team Up for Outdoor Meals has been designed with the young, beginning cook in mind. The first two meals concentrate on simple meals to be carried. The emphasis is on choosing foods that keep well without refrigeration and carrying these foods carefully to preserve their freshness. The third meal begins actual outdoor cooking with a simple grill fired by newspapers. The fourth and fifth meals introduce members to cooking over open wood fires.

It is a pity to learn about food without learning how food contributes to health and vitality. Members are introduced to the basic four food groups and what main nutrients these contribute to their health. After each meal, members are asked to identify each food item as a member of a specific food group. Hopefully, this will encourage them to develop the habit of eating nutritious meals.

HOW TO USE THIS UNIT

The first rule is: This is only a guide. You do not need to follow the menus, the sequence of meals, the suggested activities, or any of the plans. You and your members are free to be creative and try your own ideas.

Let the members be active participants in all phases of the planning and carrying out of these meals. They need to develop the ability to plan and organize and work together. They may learn some of their most valuable lessons by making mistakes! And you may have some members who are experienced in fire building, packing lunches, packing bike pannier bags, or something else. Encourage them to do the teaching - demonstrating to others how to do these things.

Remember that there may be more than one way to do something. For example, the procedure given in the project manual for building a tepee fire is not the only one possible. One can build a fire on stones, lay the entire "tepee" before lighting the fire, or not even use foundational crosspieces. The directions given are good and especially helpful for the novice.

At the end of each meeting, you and your members might discuss what you learned about the cooking techniques and mistakes you made. You could compare it with the written directions and see if you found a better way.

By all means, take advantage of being outdoors to study nature. A well-rounded person has an interest in many things, and this is a golden opportunity to stimulate an awareness of nature in 4-H members.

The suggested games are designed to help you and your members enjoy learning about nutrition. The repetition will help members remember these important facts.

At the end of each meal outlined in the member's manual is a section called "What's Your Score?" Encourage members to write in what they actually ate by food group. Then have them write which specific foods provided the nutrients emphasized in that meal. An example from the suggested Hobo Hike meal is given below:

Bread-Cereal Battalion	Fruit-Vegetable Detail	Milk Brigade	Meat Platoon	Other Group
Buns (Oatmeal cookies)	Carrot & celery sticks Canned juice	Cheese	Pepperoni	(Oatmeal cookies)

Foods providing carbohydrates: buns, cookies, juice, carrot sticks

Foods providing fats: cheese, pepperoni, some in cookies

ETIQUETTE FOR OUTDOOR MEALS

1. If it is necessary to have your outdoor meal on private property, be sure to get the owner's permission first.
2. Be willing to help prepare and serve the meal and help clean up afterward.
3. Take "seconds" only after you are certain everyone has had a "first" helping.
4. Clear camping ground of all waste materials; burn paper; bury garbage or put it in the trash can. If there is no way to dispose of the trash at the meal site, take it home with you and get rid of it there.
5. Be sure the fire is completely out before you leave.
6. Leave the area neater than it was when you came.
7. Obey regulations concerning picking wildflowers, gathering wood, etc.

MAKE PLANS CAREFULLY

Before members dash for home to prepare for the next meeting, better make some plans! Planning guides in the member's manual will help you consider:

1. How much food will you need?
2. What pots and pans and "stuff" should you take?
3. Who is going to buy the food and pay for it?
4. Who is going to cook the food?
5. Where are you going?
6. What job will each one do?
7. Do you have your recipes?

SUGGESTIONS FOR CLUB MEETINGS

FIRST MEETING: Let Members Be "In the Know"

Discuss:

Why it is fun to eat outdoors.
What we will do in this project.
What members should do at home.
Outdoor meal etiquette.
Foods that are safe to carry.
Plans for the Hobo Hike.
Basic four food groups.

Demonstrate:

How to pack a sack lunch.

Do:

Prepare dessert for the Hobo Hike.
Play "A Search for Food Treasure" from the "Mulligan Stew" notebook, page 1-N-3.

SECOND MEETING: Hobo Hike

Discuss:

Energy from food.
"What's Your Score?"
Member's Manual evaluation questions.

Demonstrate:

How to pack for a bike hike.

Do:

Select a picnic area and enjoy hike lunch.
Play "Who's Who with Food" from the "Mulligan Stew" notebook, page 1-N-1.
Plan for the Bike Hike.

THIRD MEETING: Bike Hike

Discuss:

How bikes can save fuel.
Biking to stay fit.
Protein in food.
"What's Your Score?"
Member's Manual evaluation questions.

Demonstrate:

How to make a newspaper grill.

Do:

Enjoy a "Hare and Hound" bike hike (see Member's Manual).
Clock miles travelled.
Count cars with a driver and no passengers.
Play "Basic Four Squares" from the "Food and Nutrition Games" notebook, page 3 of "Word and Card Games."
Plan for a Newspaper Grill meal.

FOURTH MEETING: Newspaper Grill

Discuss:

A newspaper grill as a simple way to cook.
Other food to cook on a grill.
Iron in food.
"What's Your Score?"
Member's Manual evaluation questions.

Demonstrate:

How to make a tepee fire.

Do:

Enjoy cooking on newspaper grills.
Play "Lucky Thirteen" from the "Mulligan Stew" notebook, page 2-N-1.
Plan for a Toasting on a Stick meal.

FIFTH MEETING: Toasting on a Stick

Discuss:

Difficulties of making a fire.
Vitamin C and B vitamins in food.
"What's Your Score?"
Member's Manual evaluation questions.

Demonstrate:

How to build a hunter-trapper fire.
How to soap the bottom of a cooking pot.

Do:

Build a tepee fire and cook on a stick.
Put out the fire safely.
Take a hike and identify trees and birds.
Play "Food Dodge Ball" from the "Food and Nutrition Games" notebook, page 19 of "Other Resources."
Plan for Pot Over a Campfire meal.

SIXTH MEETING: Pot Over a Campfire

Discuss:

Animals that are good for food.
What animals eat.
Calcium and vitamin D in food.
"What's Your Score?"
Member's Manual evaluation questions.
Guest Meal - who, what, when, where, how.

Do:

Enjoy a one-pot meal cooked over a hunter-trapper fire.
Pretend you are hunters and trappers and look for animals.
Play "Guess What I Am" from the "Foods and Nutrition Games" notebook, page 49 of "Word and Card Games."
Plan for a Guest Meal.

SEVENTH MEETING: Guest Meal

Suggested Games:

"The Secret of Lookin' Good and Feelin' Great" from the "Foods and Nutrition Games" notebook, page 29 of "Plays and Skits."
"That Blankety Blank" from the "Mulligan Stew" notebook, page 1-I-1.

Suggested Themes:

- Have a progressive supper hike.
- Have a sunrise hike.
- Have a lantern hike - in the evening with lanterns.
- Have a camera hike - get the photographers to take interesting pictures.
- Have a mystery or surprise-ending hike.

Suggested Guests:

- Members' families.
- Neighborhood children.
- Low-income families and their children.
- Members' school teachers.
- Best friends.

RESOURCE MATERIALS

Notebooks in county Cooperative Extension Service offices:

- "Challenge" (4-H 1087) - a manual for the Michigan Challenge program.
Covers hiking, backpacking, mountain climbing, and outdoor living.
- "Foods and Nutrition Games" - a manual of games, puzzles, skits, and quizzes related to foods and nutrition.
- "Mulligan Stew" (4-H 355) - a manual of games, puzzles, and quizzes related to foods and nutrition.

Michigan State University Extension Publications (available through county Cooperative Extension Service offices:

- "Outdoor Cookery for the Family" - E354 (35¢)
- "Choosing Food for Health" - E855
- "Nutrition: Food at Work for You" - U.S.D.A. HG1 (40¢)
- "Conserving the Nutritive Values in Food" - U.S.D.A. HG90

Books:

- Boy Scouts of America. Field Book for Boys and Men. New Brunswick, NJ: Boy Scouts of America, 1973.
- Kephart, Horace. Camp Cookery. New York: Macmillan Co., 1928.
- Kesting, Ted, ed. The Outdoor Encyclopedia. New York: A. S. Barnes & Co., 1957.