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OUTDOOR MEALS II
Leader's Guide

Adventures in Outdoor Cooking



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ADVENTURES IN OUTDOOR COOKING

Leader's Guide

by

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PURPOSE OF THIS UNIT

Cooking and eating outdoors are favorite American pastimes. There is cooking equipment as simple as portable charcoal grills and as complex as elaborate electric rotisseries. Long distance travel has become easier and more comfortable with camper stoves, tent trailers, and motor homes. Many 4-H members have travelled and camped with their families, and many more will in the future. Learning how to use camp stoves, charcoal grills, and other handy camping equipment would be a real asset to them.

Cooking outside can awaken us to the physical world in which we live. Nature study can be a good lead-in to learning about diet and personal health, as well as adding interest and enjoyment to outdoor cooking. By taking advantage of these teachable moments, you can help your members develop into well-rounded persons.

The Basic Four Food Guide has been useful in helping people plan nutritious, healthful meals. The number of "servings" describes how much one is supposed to eat daily from each group; yet it is exactly this point that confuses so many people. How large is a serving? The nutrition emphasis in this unit will be to clarify the meaning of a "serving."

UNIT OBJECTIVES

1. Members will learn to light a camp stove safely and cook on it.
2. Members will learn to light a charcoal fire and cook over coals on a grill.
3. Members will learn to cook directly in coals, using foil and clay for heat transfer.
4. Members will make and use a hobo stove and buddy burner.
5. Members will be able to identify serving sizes by food group and will be able to calculate how many servings from a given food group they consume in one meal.

UNIT OVERVIEW

Adventures in Outdoor Cooking is designed for outdoor cooks with some experience packing food and cooking with open fires. Before members begin this project, they should know the following:

1. How to classify food by food groups.
2. Which foods require refrigeration for camping and which do not.
3. The meaning of the words tinder, kindling, and fuel.
4. How to build a tepee and a hunter-trapper fire.

The cooking methods presented progress from using special outdoor cooking equipment to adapting available materials to outdoor cooking. The first meal stresses safety in using camp stoves. The next two meals concentrate on building skills using charcoal briquettes for backyard grilling. Foil cookery in a bed of coals will be a new experience for some. The last two meals challenge members to cook without fancy equipment - on a tin can and in clay.

HOW TO USE THIS UNIT

The project manual is only a guide. You do not need to follow the menus, the sequence of meals, the suggested activities, or any of the plans. They are available to help you but should not restrict your creativity or that of your members.

Your members will want to help plan the meals and the methods of cooking them. It will help their personal development to plan, organize, and work together. Let them make mistakes, too, because they also learn that way. If any of your members are "old hands" at some of the techniques, let them help teach the others.

As part of each meal, there are sections called "Let's Build a Body," "Suggested Activities," and "Supply Checklist." Encourage members to learn about nutrients and to fill in the supply checklist section. That will help them learn more about serving sizes. The suggested activities are for fun and learning. You can find copies of the notebooks entitled "Mulligan Stew" and "Food and Nutrition Games" at your county Cooperative Extension Service office. They will be glad to duplicate copies of the suggested games if you request them by page and title and specify which notebook the game you want to have is in.

SUGGESTIONS FOR CLUB MEETINGS

FIRST MEETING: Preparing for Your Adventure

Discuss:

Types of camping and camp cookery members have done.
 Building camp fires.
 The basic four food groups.
 Serving sizes from food groups.
 Using a camp stove.

Demonstrate:

How to assemble a camp stove.
 How to light a camp stove.
 How to change bottled fuel containers.

Do:

Plan for a Camp Stove meal.

SECOND MEETING: Camp Stove

Discuss:

Camp stove safety rules.
Tips for using camp stoves.
Usefulness of camp stoves.
Water and its importance.

Demonstrate:

How to prepare a grill box for charcoal.

Do:

Enjoy a camp stove meal.
Suggested Activities - see Member's Manual.
Supply Checklist - see Member's Manual.
Plan a Charcoal Grill meal.

THIRD MEETING: Charcoal Grill

Discuss:

Amount of charcoal needed for various amounts of food.
Danger of using gasoline, kerosene, or fuel oil to light a fire.
Other ways to start a charcoal fire.
Tips for using a grill.
Protein and its importance.

Demonstrate:

How to raise and lower heat on grill.
How to put out a charcoal fire.
How to marinate food.
Serving sizes for meat groups.

Do:

Enjoy a charcoal grill meal.
Suggested Activities - see Member's Manual.
Supply Checklist - see Member's Manual.
Plan a Skewer Cookery meal.

FOURTH MEETING: Skewer Cookery

Discuss:

Different kinds of skewer cookery.
How marinating makes meat tender.
Vitamins and their importance.
Tips for skewer cooking.

Demonstrate:

How to make skewers from wood or from metal wire.
Serving sizes for fruits and vegetables.
How to wrap food for foil cookery.

Do:

Enjoy a skewer cookery meal.
Suggested Activities - see Member's Manual.
Supply Checklist - see Member's Manual.
Plan a foil cookery meal.

FIFTH MEETING: Foil Cookery

Discuss:

Different kinds of fires adaptable to foil cookery.
Camp fire safety rules.
Minerals and their importance.
Tips for foil cookery.

Demonstrate:

How to make a buddy burner and a hobo stove.
Serving sizes for the milk group.

Do:

Enjoy a foil cookery meal.
Suggested Activities - see Member's Manual.
Supply Checklist - see Member's Manual.
Plan a Cooking on a Tin Can meal.

SIXTH MEETING: Cooking on a Tin Can

Discuss:

Different uses for tin cans in outdoor cookery.
Different ways to put out a buddy burner fire.
Carbohydrates and their importance.
Tips for using a buddy burner and a hobo stove.

Demonstrate:

Serving sizes for the bread-cereal group.

Do:

Enjoy a cooking-on-a-tin-can meal.
Suggested Activities - see Member's Manual.
Supply Checklist - see Member's Manual.
Plan for a Cooking in Clay meal.

SEVENTH MEETING: Cooking in Clay

Discuss:

Types of food that can be cooked in clay.
Fat and its importance.
Tips on cooking in clay.
Favorite cooking method in this unit.

Do:

Enjoy a cooking in clay meal.
Suggested Activities - see Member's Manual.
Supply Checklist - see Member's Manual.
Plan for a Guest Meal.

EIGHTH MEETING: Guest Meal

Plan a meal which will demonstrate the different things the members have learned in this project about cooking and nutrition. Play favorite games, sing favorite songs, and even put on a skit. Have fun!

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¢)

"Familiar Trees of Michigan" - E616 (20¢)

"An Ecological Understanding of Trees and the Environment" - E765

"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

"Camp Activity Suggestions" - 4-H 516 (75¢)

Books:

Boy Scouts of America. Camping Manual for Troop Scouters. New York:
Boy Scouts of America, 1940.

Boy Scouts of America. Field Book for Men and Boys. 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.

Thomas, Dian. Roughing It Easy: A Unique Ideabook for Camping and Cooking.
New York: Warner Books, Inc., 1974.

Thomas, Dian. Roughing It Easy 2. New York: Warner Books, Inc., 1977.