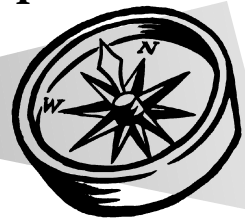


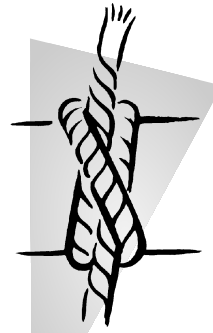
Map & Compass



Team Building

JUMP

S T A R T



Pioneering

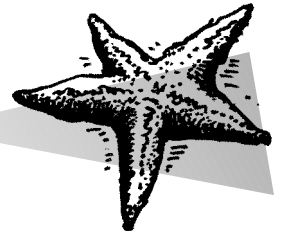


Hiking

for Scouts



Winter Fun



Water Fun



Theme: COOKING — Series “A”

A full month of FUN-filled theme based activities,
plus tips on working with Scout-age youth and
program planning how-to's!!





Read Me First !

JUMPSTART Introduction

Welcome to the outdoor world of Scouts!

You have joined more than 43,000 other adults serving young people as leaders. This resource is designed to help you through the early stages of program planning for a Scout

troop. As you read through the material you'll find answers to many of the program-related questions most Scout leaders ask.

Do you feel a bit unsure or overwhelmed with the task of thinking up interesting Scout programs?

This is normal. We all experienced those same feelings.

The JUMPSTART program resource will give you enough background information, ideas and confidence to "jumpstart" your planning so you can begin having FUN with your Scouts.

How to Use JUMPSTART

Scouts Canada developed JUMPSTART to help get you off and running with a fun-filled program as quickly as possible. Remember these tips:

- Be flexible when planning and delivering your programs. While this package gives you a starting point, unforeseen events can alter the basic plan. Flexibility will make the meeting more enjoyable and easier for both you and the Scouts. The suggested time periods found in JUMPSTART's weekly planning schedules are *approximate* only; change them to suit your needs.
- Shared leadership means sharing the workload. When every leader accepts a job, no one feels over-burdened with all the work. This makes running a troop more fun. JUMPSTART's weekly planning schedules provide space to record which leaders have responsibility for specific activities.
- Keep notes. Was the program a success? What worked? What didn't? At the bottom of every weekly meeting schedule JUMPSTART provides space to record these details. Plan to stay after the meeting to discuss the program with other leaders. Not only will future programs run smoother, but you won't have to schedule a separate meeting to discuss program planning.
- Be creative. JUMPSTART material sets out a basic plan; don't feel tied to it. Your own creativity will add even more excitement to the program.

What Is Scouts All About?

Before planning a program, you need to know something about this age group. Your program should be fun and within the average Scout's abilities to participate. They are learning to work as a team and develop important social and leadership skills.

Scouts Canada sets out more formal guidelines for the Scout program. To meet the Mission and Principles of Scouts Canada, the goals of the program are to encourage Scouts to:

- behave in ways that show adherence to spiritual principles, loyalty to the religion that expresses them and acceptance of its duties,
- understand and demonstrate the requirements and responsibilities of good citizenship,
- develop the skills of working in co-operative relationships,
- show respect, tolerance for, and be of service to others,
- practise leadership skills,
- camp, explore and respect the outdoors, and develop good environmental practices,

- develop and display self-discipline and self-reliance,
- pursue hobbies and personal interests.

We seek to accomplish this through a system of progressive self-educating practices and activities.

Let's review how to plan a program. Once you know the process and how to involve Scouts, it won't be long until you're putting your own great ideas into action!

Program Planning

Effective planning is the key to providing a program which meets the needs of Scout-aged youth. It makes the difference between a program which offers no meaningful fun and one that gives a variety of quality activities and experiences.

Use the Scout program goals as an initial gauge for measuring whether a particular activity idea is appropriate for the program. The goals are also the tool for evaluating the design of the section program.

Plan more activities than you need. If one part of the program does not seem to be working, be flexible and switch to a backup activity. This will also help reduce discipline problems caused by boredom during lag times between activities.

Planning makes all leaders fully aware of their commitments; it helps equip them for the job ahead.

Who Plans?

Although group decision-making may sometimes be slow, when the leadership team shares planning responsibilities, it reduces individual burdens.

Before getting too carried away with planning, don't forget an excellent resource — the Scouts themselves! Ask them about their interests. Give the Scouts an opportunity to brainstorm ideas and themes. Write these suggestions down for later.

Meet with your leadership team and develop common themes based on ideas generated by the Scouts. The team will see a purpose in their work; this will generate enthusiasm.

Long, Medium, Short Range Planning

Long Range

Mark down the following dates on a calendar:

- regular meeting dates
- school vacation periods
- special holidays
- district events (e.g. Apple Day)
- special community events
- special weeks (Scout/ Guide Week)
- hiking/camping activities
- dates when the meeting hall is not available

Now add other special dates (e.g. religious celebrations that might provide themes for your planning). See your leader's handbook for further details.

Write in the themes you want to do with your section keeping in mind the need for flexibility. You may have to change some things to suit others.

Be realistic when you estimate budget costs. The group will have to raise whatever budget your section needs. Prioritize your list in case you cannot do some things. Whatever you estimate, the group committee must approve it.

Now that you have a long term plan, use it as the basis for medium and short term plans.



SCOUT MEETING SCHEDULE: WEEK 1 _____

THEME: COOKING "A"

Date: _____

Time	Activity	Program Details	Leader Responsible
15 mins.	Gathering Activity	Steal the Apple (See detail planning sheet)	_____
10 mins.	Opening Ceremony	Details can be found in the Scout Leader's Handbook)	_____
20 mins.	Game	Piggy in a Blanket (See detail planning sheet)	_____
40 mins.	Skills	Review all cooking methods. Explain how to make a shish kabob. Make tin can stoves.(See detail planning sheet)	_____
20 mins.	Game/Challenge	Crab Soccer (See detail planning sheet)	_____
20 mins.	Patrol/Troop Meeting	Practise folding foil.Make foil cups.(See detail planning sheet)	_____
10 mins.	Closing	<i>See Scout Leader's Handbook)</i>	_____
15 mins.	Leader Discussion Time	Review meeting & discuss next week's plans	_____

Badge Links: _____

Meeting Notes: _____

GAMES

STEAL THE APPLE

PURPOSE

Fun is the sole reason for this game.

EQUIPMENT

You'll need an apple (or equivalent).

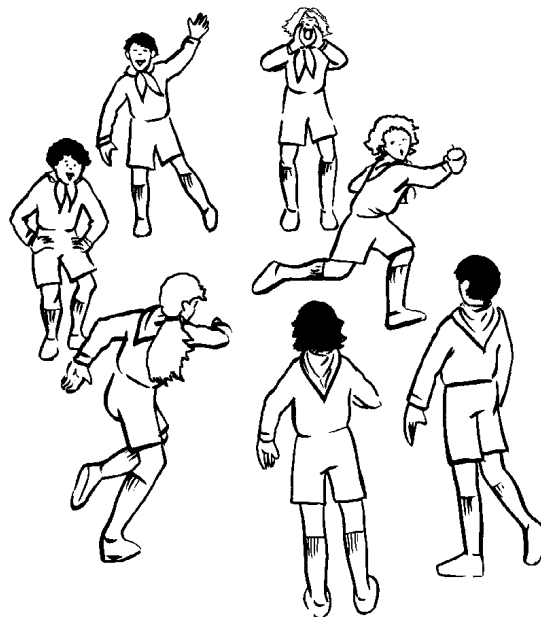
HOW TO PLAY

Players (representing trees) must stand in a circle. Put an "apple" in the centre of the circle. Appoint one player as the "thief." The thief leaves the circle and turns his back or goes out of the room, so he can't see which player is appointed the "Farmer." The farmer keeps her position in the circle.

The thief must enter the circle through any gap, steal the apple, and leave by the same gap before being touched by the farmer. The farmer must not move until the thief has picked up the apple. If successful, the thief may try again until caught. Appoint a new farmer each time.

The thief's strategy involves trying to guess the farmer's identity before entering the circle. Then the thief can enter on the opposite side. The farmer should not identify herself, hoping that the thief will pass nearby. A farmer who catches a thief becomes the next thief.

So everyone has a chance to play, consider appointing a new farmer and thief each time.





PIGGY IN A BLANKET

PURPOSE

Scouts must score points by manoeuvring a ball into a bucket using a pillowcase or towel.

EQUIPMENT

You'll need one old pillowcase or towel per pair of players; a small to medium-sized ball; (must be able to fit into the buckets); felt pen to draw a pig's face on the ball; two buckets or waste paper baskets, placed one at each end of the play area; masking tape or chalk to mark boundaries of goal area; pinnies to identify each team.

HOW TO PLAY

Place each bucket on its side and draw or tape a two-metre radius circle around it to make the goals. There are no goalies.

Players must pair up with a teammate. Each person holds one corner of the pillowcase in each hand at all times.

Use the pillowcase to scoop up the "piggy" (ball) from the ground, trap a pass, or carry it down field. Feet can be used to help scoop the piggy onto the pillowcase, but hands cannot be used to manipulate the ball. If you do, the other team automatically gets possession. Pairs can take up to three steps with the piggy before they must either pass or shoot.

You're allowed to knock the piggy out of your opponent's pillowcase by hitting it from underneath.

Rolling the piggy from outside the marked circle into the bucket earns one point. If there is no goal scored but the piggy is within the marked circle, the opposing team gets possession.

Add to the fun: Attempt to throw the piggy through a basketball hoop instead of into a bucket.

SKILL SESSION

TYPES OF COOKING

STOVES

Whatever type of camp stove you have, ensure that your Scouts are familiar with lighting it, and the necessary safety precautions. Use camp stoves like a stove at home: for making one-pot meals, boiling water, frying, and cooking popcorn. Although it's important to know how to cook on a stove, it's also fun to use alternate methods with wood or charcoal.

TIN CAN STOVES

These are built from one large tin, and one small tin. The small tin can be a 184 g tuna or salmon can. Rinse it and remove the label. The large can is the size of a large coffee tin (1 kg) or bulk food tomato sauce tins from Italian restaurants. Some assembly is required before going to camp. These stoves are best used for one or two people doing frying or boiling.

REFLECTOR COOKING

You can make reflector ovens in several ways. Made out of items such as aluminum cookie sheets or pieces of tin, reflector ovens are good for baking food such as cakes, muffins, bread, pizza, lasagna or chicken.

FOIL COOKING

Foil cooking uses tin/aluminum foil for your container. Food is placed in the foil, wrapped, sealed and placed directly into the fire. Complete meals of potatoes, carrots and meat, mini pizzas or snacks (such as banana boats) can be cooked this way.

SHISH KABOB COOKING

Hot dogs or marshmallows on a stick is shish kabob cooking. Get more inventive by threading pieces of marinated meat and vegetables on a stick. Make bannock on a stick and have it for breakfast. You can even cook an egg on a stick!

TRIPOD

Tripod cooking is perfect for one-pot meals suspended over a fire. Stews, soups, and porridge can be made this way. It's also a good way to keep water hot for dishwashing.

SHISH KABOB COOKING

Prepare a green stick by removing the bark; this stick will be your skewer. Sharpen one end to a point, but leave the other end thicker. Ash, willow or maple are good woods to use. Don't use sumac, yew, holly, elm or laurel; these are poisonous.

Thread your food ingredients as desired onto the thin end of the stick and hold over glowing coals. Rotate until the food is cooked.

If you're unable to find green sticks, use metal or wooden skewers instead. With these, it's usually preferable to place the skewers on a grill as they are often too short to hold.

SAFETY:

- Follow knife safety practices while whittling.
- Use oven mitts when cooking.
- Follow fire safety rules.





TIN CAN STOVES

Material/Tools Required

You need empty, clean tuna tins; large coffee tin; cardboard; string; paraffin wax; old pot (or another can) for melting wax; strong scissors; can punch; pliers; and tin snips.

DIRECTIONS

1. Cut long strips of corrugated cardboard and make a coil. Strips should be a little narrower than the depth of the tuna can.
2. Tightly roll cardboard into the tuna can with a thick string rising from the centre for a wick. (Figure 1)
3. Using a double boiler, melt the paraffin wax. Pour the wax over the cardboard leaving just the edge of the cardboard exposed. (Figure 1)
4. Take the coffee can and cut out two "doors" in the open end (Figure 2) to allow air to reach the fuel. Using a three corner punch, make air holes around the base of the can.

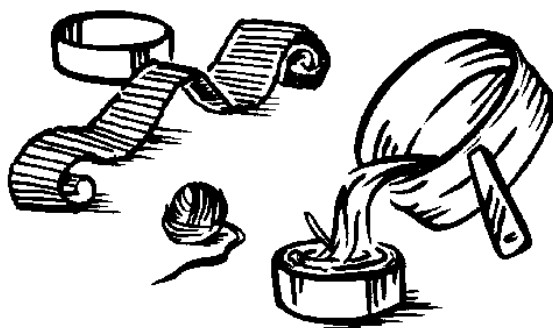


Figure 1

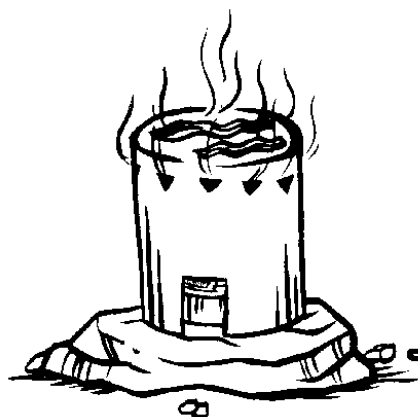


Figure 2

HOW TO USE

When it's time to use your stove, light the small tin, and place the large tin over it. If frying, grease the top before cooking.

These stoves work best for one or two people. They produce instant heat, and get very hot, so make sure your Scouts have oven mitts handy, and their food is ready to cook before lighting. After you've finished the meal, remove the large tin and smother the flame in the small tin using a rock, pot bottom or tuna can lid.

SAFETY

- Be careful when melting and pouring paraffin wax. It can catch fire if exposed to flames.
- These stoves should be set up in a fire pit as the intense heat will kill underlying soil.
- A level area is useful too; this will prevent your food from falling off the top of the tin.
- Don't let anyone step over the stove. Tell people to walk around.
- Follow safe fire procedures.

Note: Some people are afraid of the possibility of cancer-causing agents which may be released while paraffin burns. If you share this concern, use charcoal briquets or small fires under the tin can stoves.

GAMES

CRAB SOCCER

PURPOSE

The purpose of Crab Soccer is to have fun and score more goals than the opposing team.

EQUIPMENT

You'll need a soccer or beach ball, pylons, cardboard boxes (or any kind of markers set up as goals), gloves to protect hands, pinnies (or marked T-shirts) to identify teams.

HOW TO PLAY

Generally follow regular soccer rules, except you must assume the crab position (hands and feet on the ground, with stomach facing up).

You may strike the ball with your hands or feet to pass and score, but you must remain in the crab position from start to finish—not an easy task!

Looking for an interesting variation? Get a leader to call for the crab, or reverse crab, position at unexpected intervals during the game. (For the reverse crab position, players must switch around so their hands and feet are on the ground with their stomachs facing the ground, too.)



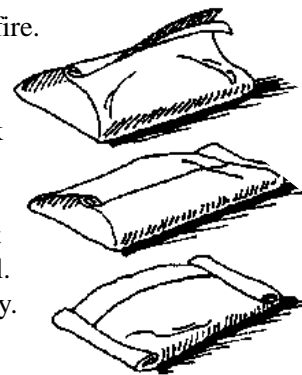
PATROL CHALLENGE

FOIL COOKING

Almost any food can be wrapped in aluminum foil and placed into the fire. Potatoes and corn-on-the-cob are well known favourites. Whatever you are cooking, it's important to seal the foil properly or the liquid will run out and the food will burn. Wrap the food with the shiny side "in" so the foil will reflect heat back onto the food.

To prevent food from burning, wrap it first in foil, then in wet newspaper or wet paper towels and another layer of foil. Use the drugstore wrap to ensure a tight seal.

Place the food-wrapped foil on coals—not flames. Rotate and turn occasionally.



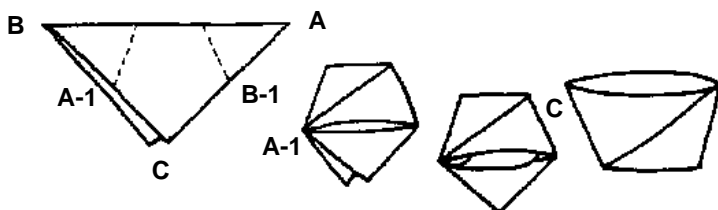
SAFETY:

- Use oven mitts when cooking.
- Follow fire safety rules.

FOIL DRINKING CUP

INSTRUCTIONS

Start with a square piece of foil (20 cm x 20 cm).



1. Fold opposite corners of the foil together to make a triangle.
2. Fold corner "A" over until the tip touches the other side (A-1).
3. Turn the foil over and fold corner "B" the same way (B-1).
4. Tuck corner "C" into the fold.
5. Turn the foil over and repeat step 4.
6. Gently open the cup.



SCOUT MEETING SCHEDULE: WEEK 2 _____

THEME: COOKING "A"

Date: _____

Time	Activity	Program Details	Leader Responsible
15 mins.	Gathering Activity	Candy Relay (See detail planning sheet)	_____
10 mins.	Opening Ceremony	Details can be found in the <i>(Scout Leader's Handbook)</i>	_____
20 mins.	Game	Dishpan Hands (See detail planning sheet)	_____
60 mins.	Skills	In round-robin format, discuss stove safety and practise lighting stoves make liquid disposal unit (LDU), and assemble reflector ovens. (See detail planning sheet)	_____
20 mins.	Patrol/Troop Meeting	Beanshooter Game. Provide patrols with the details for the family banquet, and ask them to design their own invitations. (See detail planning sheet)	_____
10 mins.	Closing	<i>See Scout Leader's Handbook)</i>	_____
15 mins.	Leader Discussion Time	Review meeting & discuss next week's plans	_____

Badge Links: _____

Meeting Notes: Meeting Notes: Keep the wooden matches from the stove lighting for use in the Beanshooter game. Invitations are to be ready next week. (Could be done on a computer at home.)

GAMES

CANDY RELAY

Purpose

This relay can help promote good posture.

Equipment

You'll need one piece of wrapped candy per player.

How to Play

Players form up in teams in relay formation. On the starting signal, the first player from each team must balance the candy on his forehead and walk to the far end of the hall, balancing the candy all the while. Once the Scout tags the wall, he can hold the candy in his hand and run back to their team. The next player repeats the action until all have had a turn.

Those who drop the candy must return to the starting line and begin again. The first team to complete the relay, wins. Of course, everyone eats the candy after the race.

DISHPAN HANDS

Purpose

Using a nerf ball and dishpans, teams must score more points than their competitors.

Equipment

You'll need a volleyball net and two poles, a nerf ball (or sponge), and four plastic dishpans of various sizes (or plastic bowls or frisbees).

How to Play

Form two teams. Follow the general rules observed in volleyball. Instead of hands and arms, players may use only a dishpan to handle the ball. With only two dishpans per team, the pans must be passed frequently between players. A player is not permitted to handle the ball twice in a row. Only the serving team is eligible to score points.



SKILL SESSION

ROUND-ROBIN #1

Types of Stoves and Fuels

Small one-burner stoves are ideal for the camper who follows the rule, "if you can't pack it, don't take it." These stoves range in weight from as low as .2 kg to as much as 15 kg.

Stoves use a range of fuel types. Kerosene burns best, but it's smelly. It can be a little difficult to light in very cold weather.

Naphtha, sometimes called white gas, is the most common stove fuel. It burns very clean and is usually quite easy to light. Naphtha is highly flammable so you must be very careful when storing, carrying and using it.

Kerosene-fuelled, one-burner stoves have a pump on the fuel tank. This is to provide pressure to force the fuel to the burner. (Some naphtha-fuelled stoves have the pressure pump, and others haven't. The type with the pump is better for cold weather camping.)

Butane and propane stoves use a special pressurized tank. In very cold weather, however, the tank loses pressure; this may cause lighting and burning problems.

The two-burner stove is probably the most common type of camp stove in Canada. It's excellent for standing camps, and is usually fuelled with either naphtha or propane.

Store the fuel for any of these stoves only in proper fuel containers —never in glass bottles. Teach your Scouts to always store fuel in a red container. (Never drink a liquid from a red bottle; it could be fuel.) Keep fuel in a cool, well-ventilated place and, of course, keep the container lid fastened. Always refuel a stove outdoors away from fire; use a funnel.

Safety

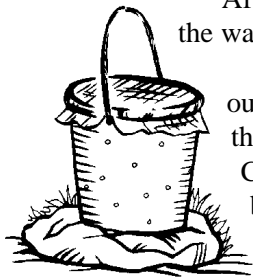
1. When using a stove, keep a container of baking soda for grease fires, and a bucket of water for other fires close by.
2. Don't use stoves inside a dining tent. If a fire occurs, the exit route could be blocked. Instead, cook under a tarp so Scouts can escape in all directions.
3. Tie back long hair and loose clothing, especially sleeves.
4. Wait for stoves to cool down before refilling. Here's a good rule to follow: Check your fuel supply before cooking.

Lighting

Practice lighting the stove until everyone has lit it properly.

ROUND-ROBIN #2

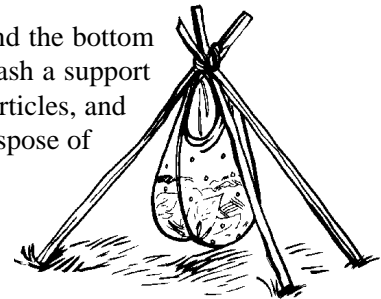
Liquid Disposal Unit (LDU)



After the dishes are finished, dispose of your dirty water and rinse out the dishpans. Drain the water into a Liquid Disposal Unit (LDU). Two types of LDU's are simple to make.

Using an old plastic pail, drill holes in the sides and bottom to allow the water to drain out. Suspend it from a branch or place it on a rock. Don't put it too close to your campsite; the water may attract animals. The LDU shouldn't be placed within 65 metres of water. Cover the top with cheesecloth (or old nylons) held on with clothespins or large rubber bands. This will catch loose particles as you pour in the dirty water. After each meal, throw out the food scraps, rinse the cheesecloth and pail, and replace it ready for the next time.

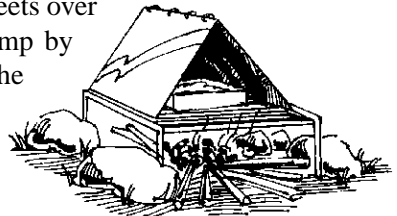
Another LDU type involves taking a plastic bag and puncturing it around the bottom and sides. Gather dry leaves, pine needles, or long grass; half fill the bag. Lash a support to hold the bag open and brace the bottom. The leaves will catch the food particles, and the water will drain out the holes. At the end of the day, burn the leaves or dispose of the entire bag in your garbage. Next morning, make a new one.



ROUND-ROBIN #3

Reflector Cooking

Turn a fire under a grill into an oven by placing two aluminum cookie sheets over the food to be cooked. Wire the cookie sheets together before going to camp by making holes along one edge using a nail and hammer. Thread wire through the holes and twist tight. This kind of oven can be used for many years. The temperature inside should be approximately close to a regular oven when timing your meals (i.e. muffins cook in 15-20 minutes).



For fires without grills, use a Rodger's Reflector Oven. It collapses flat for traveling and is lightweight. To use it, assemble and prop it up at the back 'til the rack is level. Put in front of a fire. The heat will reflect inside the oven, baking your food. You'll need to experiment positioning the oven directly in front of the fire to ensure proper, and even, baking.



This oven will require assembly before going to camp. You will need tin snips, pliers, tin, a cake rack, nail and hammer to make holes and 9 metal notebook rings for fastening.

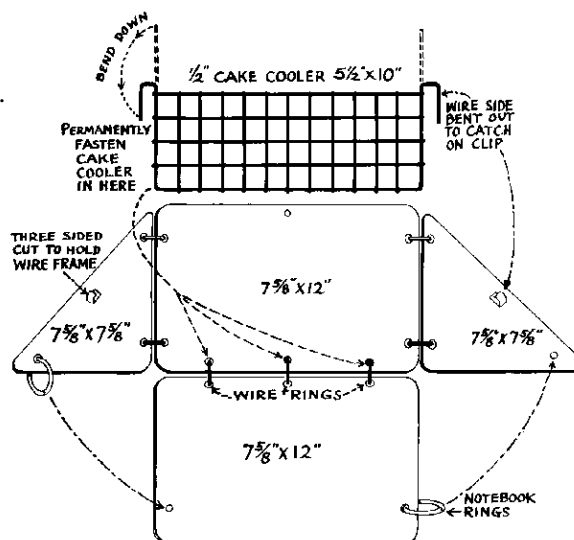
Cut two triangular pieces of tin, 19 cm x 19 cm. Cut two rectangular squares 19 cm x 30 cm.

Make your holes as shown, and attach the notebook rings. The notebook rings will also hold the back of the rack. Make two three-sided cuts on the sides to hold the wire rack.



Safety

- Follow fire safety rules.
- Make sure your oven is stable before putting food inside it.
- Allow oven to cool before putting it away.



PATROL CHALLENGE

BEANSHOOTER GAME

Purpose

Fun—the best reason.

Equipment

You'll need one straw for each player, five burnt wooden matches for each team, and one pan on a table for each team.

How to Play

At a distance of 1 1/2 metres from pans, players place the matches one at a time in the end of their straws. Your Scouts must take aim and blow—trying to shoot their matches so they land in the pan. Players then pick up the matches for the next player. The team with the most matches in its pan, wins.

You may wish to score two points for each match that stays in the pan and one point for each match that hits the pan, but does not stay in. The most points wins.

Caution: Participants must not shoot matches at each other.

FAMILY BANQUET INVITATION

Design your own patrol's invitation for your families to invite them to a banquet. The invitation should include the location, date, time to arrive, and closing time. Remind guests to bring their own dishes!



SCOUT MEETING SCHEDULE: WEEK 3 _____

THEME: COOKING "A"

Date: _____

Time	Activity	Program Details	Leader Responsible
15 mins.	Gathering Activity	Tiger's Bone (See detail planning sheet)	_____
10 mins.	Opening Ceremony	Details can be found in the (<i>Scout Leader's Handbook</i>)	_____
20 mins.	Game	Estimation Golf game (See detail planning sheet)	_____
40 mins.	Skills	Review Canada's Food Guide; Quantities; Menu Planning; Food Buying; Storage; Organization ; Sanitation; Dishwashing; Temperature Chart; (See detail planning sheet)	_____
20 mins.	Game/Challenge	Body Builders (See detail planning sheet)	_____
20 mins.	Patrol/Troop Meeting	Practise tripod lashing (See detail planning sheet)	_____
10 mins.	Closing	<i>See Scout Leader's Handbook</i>	_____
15 mins.	Leader Discussion Time	Review meeting & discuss next week's plans	

Badge Links: _____

Meeting Notes: Send out permission forms and invitations for cooking day and family banquet. (See detail planning sheet.)
Ensure that all necessary paperwork and safety considerations are completed before the cooking day event.

GAMES

TIGER'S BONE

PURPOSE

This game is fun.

EQUIPMENT

All you need is a bone or paper baton.

HOW TO PLAY

Mark out a circle about 7 metres across and place a "bone" in the middle. One player (the Tiger) is positioned in the circle to defend the bone. The rest of the players become Jackals. The Tiger may touch any Jackal that enters the circle, putting the Jackal out of action, whether the Jackal has the bone or not.

Any player who can get the bone and get out without being touched becomes the Tiger. Don't have more than a dozen attackers at one time. If there are more players, organize several games at once with other circles.

ESTIMATION GOLF

PURPOSE

This game helps Scouts determine their personal measurements.

EQUIPMENT

You will need rulers and tape measures.

HOW TO PLAY

A knowledge of personal measurements is useful when judging distances. Ask each Scout to take the following measurements using a ruler or tape measure:

- 1st joint of thumb to nail
- Elbow to tip of forefinger
- Middle joint of forefinger
- Height
- Span of thumb and forefinger
- Length of foot
- Span of extended arms from fingertip to fingertip
- Height plus length of arm over head

After taking these measurements, play Estimation Golf.

In pairs, Scouts takes turns suggesting a hole, e.g. the length of a bench or height of a chair. The youth make their estimation and write it down. They then make an accurate measurement with the ruler or tape measure. The one who is closest to the true measurement is the winner of the hole. Nine holes should take about 15 minutes to play.



SKILL SESSION

CANADA'S FOOD GUIDE

(SEE CANADA'S FOOD GUIDE INCLUDED IN PLANNING "A" DAY HIKE)

Healthy, happy campers require all the essential elements in Canada's Food Guide. Distribute copies of the Guide and point out what consists of a "serving." For instance, the Guide identifies two pieces of bread as two servings.

QUANTITIES

Determining how much food to buy is one of the most challenging aspects of camp cooking. Poll the Scouts by asking them what food basics (e.g. milk, juice, margarine, meat) they would need for a weekend camp. Compare their answers to the suggested quantity list below.

QUANTITY LIST

Cold Meat	500 g serves 6 - 8
Milk	850 mL per person per meal per day. More if milk used in cooking.
Bacon	500 g is 20-22 slices. Serves 6-8.
Bread	about 22-24 slices per loaf
Margarine	454 g butters two loaves of bread
Meat	100-150 g per serving
Chicken or Meat with bone	225 g per serving
Soup	284 mL can serve two
Oatmeal	510 g about 10 servings
Potatoes	5 kg serves 25
Macaroni, spaghetti	500 g makes 8 cups, 6-8 servings
Canned juice	1.36 mL can, 8-10 glasses

MENU PLANNING

Begin by considering the time of year you are planning a menu for. In the summer you will require less hot food but lots of liquids. If you're hiking or exerting yourself, your calorie intake will need to be higher than a more relaxing trip. Winter camping involves lots of hot liquids and nourishing meals.

Next, decide what activities you plan to do at camp. If it's a backpacking or canoeing camp, consider dehydrated and light-weight foods. If it's at the Scout camp or a provincial park, perhaps you can drive into the site. This will allow you to use canned foods, fresh vegetables and perhaps even frozen food (like ice cream) if there is a fridge.

Remember to check on food allergies. It's safer not to have the food at camp if someone is allergic to it. Add individual preferences and personal tastes to the menu. All of these points will give you a menu that Scouts will want to cook and eat.

FOOD BUYING

After planning your menu, make a list of all ingredients required, and prepare a shopping list. Buy only what you need.

Some items may only be bought in large quantities, though you may just need part of the order. Repackage these foods into smaller, well-labelled, leak-proof containers. Alternatively, you may consider bringing some items, such as tea bags or flour, from home to save money.

In addition to the ingredients you will need for your recipes, here is a list of necessities that you might unintentionally omit.

salt & pepper	liquid bleach
white sugar, brown sugar	dish soap
catsup, mustard, relish	scouring pads
tea bags & coffee	toilet paper
hot chocolate	paper towels
baking soda (for grease fires)	matches
aluminum foil	garbage bags

STORAGE

Food must be protected from animals, insects, and the weather. Plan to use perishable foods on the first day of your camp. Canned foods and processed meat are suitable for the latter part of your camp.

Don't leave any food out; this will only attract insects and animals. The outside of containers should stay clean so they won't attract ants or wasps. Keep lids on to keep the bugs out.

Cleaning supplies such as bleach and dish detergents should be kept away from food. Camping fuel should be kept in the shade and away from food and fire.

Double-bag some foods (e.g. onions, mint, apples) or they will transfer their strong odour to other foods. You don't want your bread to taste like onions!

Have two containers: one for wet or cold food, another for dry foods. Large, heavy-duty plastic boxes work well for dry foods. Use a cooler for cold items and keep it in the shade; your ice will last longer. With all your boxes stored off the ground, insects and dirt will stay out.

If leaving camp unattended during the day or night, put your food in a safe place. Hang it from a tree by a rope in a secure box (hasp with a padlock); store it in a building; keep it in the leader's car; or wedge it under picnic table seats so animals can't remove the lids. Raccoons are incredibly determined when they smell your good food!

Never store or keep food (including candy, gum and chips) in tents. Many tents have been destroyed by animals attempting to get improperly stored goodies.

Meats, milk, eggs and fats must be refrigerated at 4°C or less. It's grim when you find your food has gone bad, but much worse if you don't realize it.



ORGANIZATION

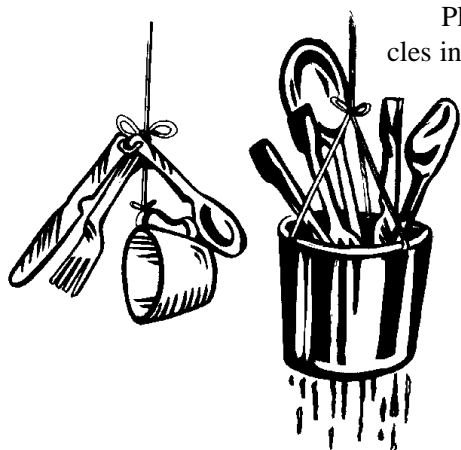
The phrase, "Too many cooks can spoil the broth", holds true when cooking at camp. The cook, helpers, fire tenders, and clean-up crew should have assigned tasks and follow a rotation schedule. Before starting to cook a meal, review the menu and get the required ingredients out of the cooler or storage box. Do all the preparation, (chopping, washing, mixing) before turning on the stove. Light fires an hour before needed. Keep the cooking area clean and put all garbage or compost away as you cook. Put utensils and food back in the same place as you finish with them, so others won't have to hunt for what they need. Establish a standard cooking/cleaning procedure so each Scout knows what is expected at camp.

SANITATION

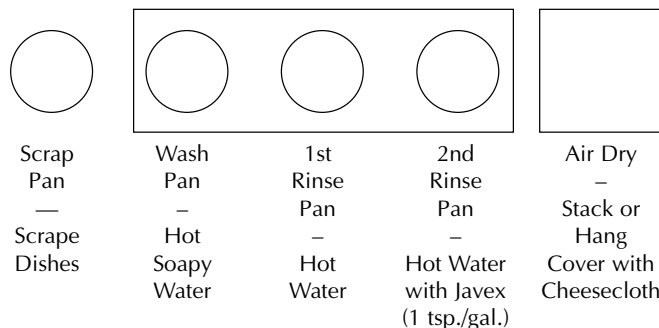
Clean up your dishes after every meal. Follow these general rules:

- Have a first aid kit nearby.
- Keep a garbage bag close by as you cook. Recycle what you can, burn all burnables, and carry out all garbage.
- ALWAYS wash your hands before, during and after cooking.

DISHWASHING



Plenty of hot water will always get dirty dishes clean. Scrape food particles into the garbage before putting them into dish water. Wash personal dishes before pots and pans. Dish soap cleans dishes well, but it takes hot rinse water with a small amount of bleach in it to sterilize them. Don't use dish towels to dry the dishes. Hang personal dishes and stack cooking utensils in pots or in their canvas holder to dry; stack pots.



TEMPERATURE CHART

Determine the approximate temperature of a fire by the number of seconds you can hold your hand over the coals.

# OF SECONDS	TEMPERATURE	TYPE OF FIRE
6-8 seconds	120°C - 60°C	Slow
4-5 seconds	160°C - 205°C	Medium
2-3 seconds	205°C - 260°C	Hot
1 second	Over 260°C	Very Hot

GAMES

BODY BUILDERS

PURPOSE

This is a relay race designed to reinforce good eating habits.

EQUIPMENT

You'll need empty food containers or pictures of food. Some should be nutritious, while others should be junk food.

DESCRIPTION OF GAME

With teams in relay formation, number the players from the front to the back. Call out a letter of the alphabet and a number. The players with that number must run forward to choose a container or a picture of food which begins with that letter. The first player back earns a point for his team, plus an extra point if he chooses a nutritious food.

The team with the most points at the end, wins.

PATROL CHALLENGE

TRIPOD COOKING

Tripods are useful for cooking over a fire or holding a wash basin. To lash three spars together forming a tripod, lay the spars on the ground pointing in alternate directions. Begin with a Clove Hitch or Timber Hitch knot on one of the end spars. Take seven or eight loose lashing turns around all three spars and loose frapping turns in the spaces between. Finish with a Clove Hitch knot on the centre spar and stand the tripod over the fire. Spread the three spars apart until the tripod stands alone. Attach a chain at the top in the centre and hang a pot on the end. To control the heat, raise or lower the pot with the chain.

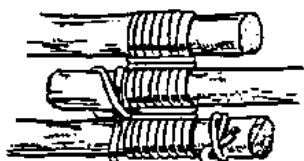


Tripod cooking allows you to use the fire simultaneously while cooking another part of the meal in the fire. A smaller version of the tripod can hold wash basins near the bathrooms or cooking area.

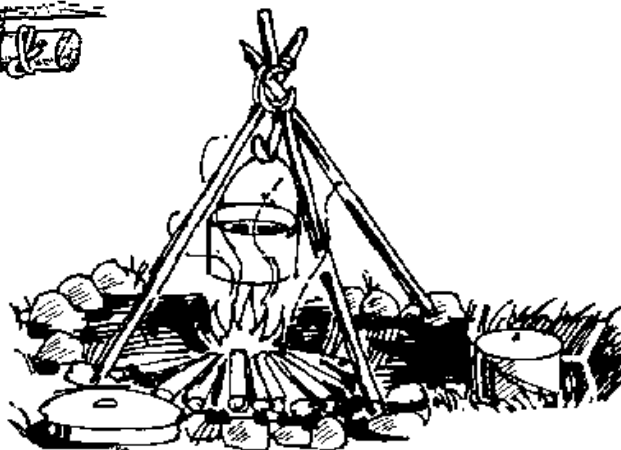
Note: Be careful when cooking over a fire with a tripod. If you ensure the legs are firmly seated on the ground, you'll avoid a collapsed tripod. Use pot holders when handling the chain or pot. Tie back all loose clothing and long hair.

SAFETY

- Use oven mitts.
- Follow fire safety rules.



Tripod
Lashing
Diagram





SCOUT MEETING SCHEDULE: WEEK 4 _____

THEME: COOKING "A"

Date: _____

Time	Activity	Program Details	Leader Responsible
15 mins.	Gathering Activity	Fill the Bucket (outdoor game) (See detail planning sheet)	_____
10 mins.	Opening Ceremony	Details can be found in the (Scout Leader's Handbook)	_____
60 mins.	Skills	Collect permission forms. Bring equipment to show and review list with troop. Build patrol box using pre-cut pieces. (See detail planning sheet)	_____
20 mins.	Game/Challenge	Germs game (See detail planning sheet)	_____
20 mins.	Patrol/Troop Meeting	Distribute menu. Decide upon ingredients, shopping list, and equipment needs for banquet. (See detail planning sheet)	_____
10 mins.	Closing	See Scout Leader's Handbook)	_____
15 mins.	Leader Discussion Time	Review meeting & discuss next week's plans	_____

Badge Links: _____

Meeting Notes: Schedule shopping day. After shopping, distribute the food for the patrols to bring to the cooking event.

GAMES

FILL THE BUCKET (Outside Game)

PURPOSE

Scouts must move water from one bucket to another.

EQUIPMENT

You'll need two buckets per team. Have a variety of tools available for each team, such as string, cup, spoon, and small boards.

DESCRIPTION OF GAME

Form the Scouts into teams of 3-6 players. Each team should get a half-filled bucket and a variety of tools. Put another bucket some distance away—preferably over a solid fence.

The object of the game is simple—Scouts need to move water from one bucket to the other, but without any player touching either bucket! The first team to complete the task within the rules, wins.

Note: Nothing prevents the Scouts from moving an entire bucket --as long as they don't touch it with their hands or body.

SKILL SESSION

EQUIPMENT

Scouts should come to camp with their own camp dishes and utensils in a mesh bag. Each patrol should have its own cooking equipment. Keep it clean and in good condition. The following list is a suggestion only.

1 stainless steel cook kit containing:

4 L pot with lid

2 L pot with lid

1 small pot for making hot drinks

Handles and metal pot holders

1 frying pan with lid

Water container (20 L collapsible)

Water bucket (for fire)



Utensils (can be contained in a canvas holder):

egg lifter

large serving spoon

slotted spoon

cooking fork

soup ladle

2 sharp paring knives

spatula, can opener

vegetable peeler

pair of tongs

large sharp knife

Cooking grill

Tongs for hot coals

Colander

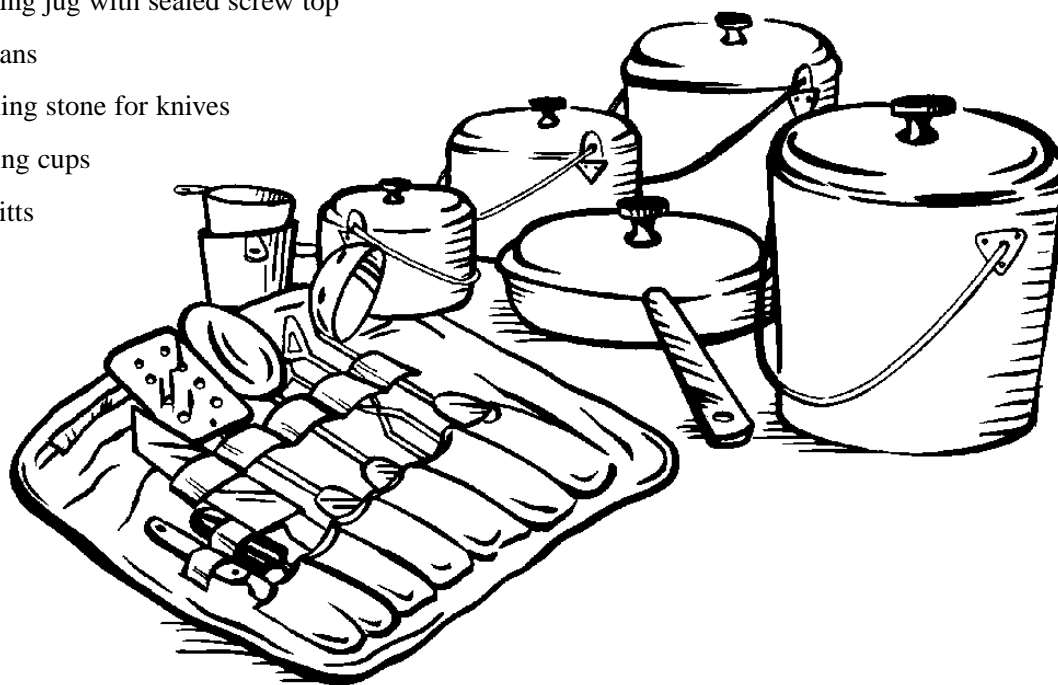
2 L mixing jug with sealed screw top

3 dish pans

Sharpening stone for knives

Measuring cups

Oven mitts



SKILL SESSION

PATROL BOX

Build your own patrol cooking box or camp kitchen to store your equipment. This basic design will hold enough kitchen gear for a group of 5-8 Scouts. Alter the design to meet your needs.

MATERIALS

1/2 " plywood (1/4 " for small shelving, if you prefer)

Size	# of Pieces
18" x 36"	2
17" x 35"	1
17" x 17"	2
17" x 9"	1
17" x 36"	2
17" x 19"	2
17" x 13"	2

HARDWARE

Corner braces complete with 3/16" x 1" stove bolts (8)

3" hinges complete with 3/16" x 1" stove bolts (3)

3" hasp complete with 3/16" x 1" stove bolts (3)

1 1/2 - 2" finishing nails (60)

1" flat head screws (36)

OTHER ITEMS

1 bottle of wood glue

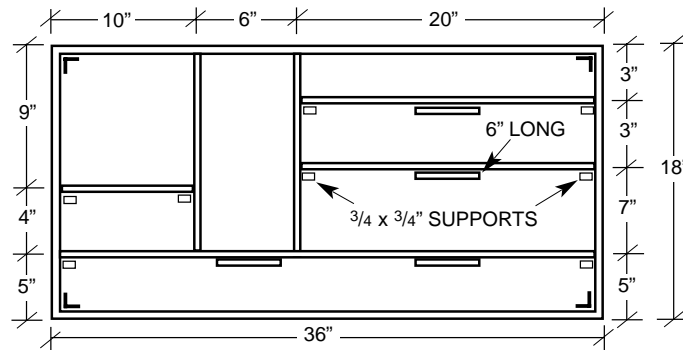
1 L varnish or varathane

1/2" rope (2 ft.)

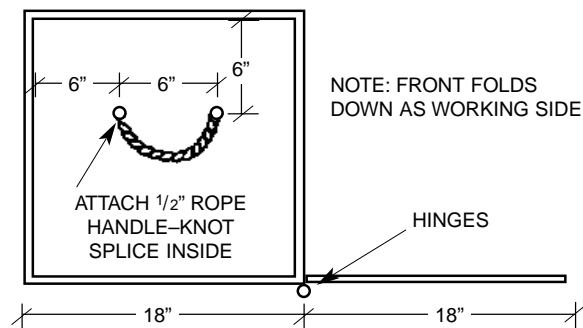
TIPS

Measurements shown are outside dimensions. Materials list compensates for 1/2" thickness of plywood. The outer shell is made from 1/2" plywood; larger shelves should be made from the same material. Smaller shelves and partitions can be 1/4" plywood.

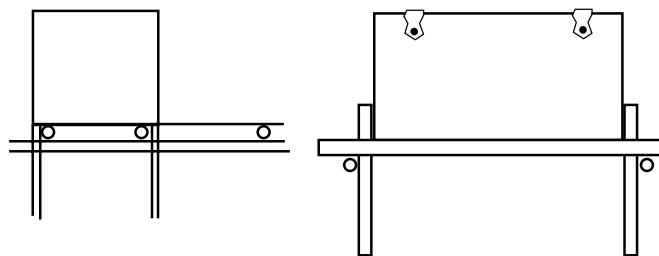
All joints should be glued and nailed every 3" with finishing nails. Shelf supports should be glued and fastened with flat head screws every 6". Use stove bolts to attach corner braces, hinges and hasps. Apply two to three coats of paint, varnish, or varathane. Decorate with patrol name, crest, etc.



FRONT VIEW



END VIEW



END VIEW

FRONT VIEW

SET ON POLES
LASHED TOGETHER
2 - 2 1/2" ABOVE GROUND

GAMES

GERMS

PURPOSE

Your Scouts will find the "germ carrier" amongst the "diseased" in a game of tag.

EQUIPMENT

You'll need a small object (germ) easily hidden in your hand, i.e. a coin or key. As well, you'll need pinnies or wool to mark two teams, something to mark the spot for tagged players, and a whistle.

HOW TO PLAY

Form into two teams, and tie on the pinnies. One team is designated the "taggers", the other the "diseased." The diseased team secretly picks one person to be the "germ carrier." The germ carrier carries and holds the small object (germ) in his hand. All members of the diseased team hold their hands shut to keep the germ carrier's identity a secret.

Play a game of tag. When the diseased people are tagged, they still keep their hands shut, and go to the tagged spot. After three diseased people are tagged, the scorekeeper blows the whistle to stop play.

The tagged players reveal whether they have the germ or not. If none of them have it, the diseased team scores a point. These Scouts pick one of their team to be the germ carrier again, and the game starts over.

Continue for three rounds, unless you find the germ carrier sooner. At the end of three rounds, switch roles. If you find the germ carrier sooner, the teams immediately switch roles and the game continues. The team with the most points wins.





COOKING "A" DAY HIKE

Date: _____

Time	Activity	Person Responsible
9:00 a.m.	Meet at pre-arranged meeting spot. Load up food and equipment. Drive to site.	_____
10:00 a.m.	Patrols unpack and store food safely. A leader sets up the first game -- Camp Golf.	_____
10:15 a.m.	Camp Golf	_____
11:00 a.m.	Review fire safety. Each patrol lights a fire and makes a tripod. Other members of the patrol gather firewood and start meal preparation. (See detail planning sheet)	_____
12:15 a.m.	Grace, lunch Clean up duties. Set up liquid disposal unit (LDU). Leaders can set up next game while clean-up is finishing	_____
1:30 p.m.	Banana Split Triathlon	_____
3:30 p.m.	Start fires and meal preparation. Each patrol cooks for itself and its families. (See detail planning sheet)	_____
4:30 p.m.	Leaders and some members from each patrol start gathering games as parents and siblings arrive. Set up rope games for after supper, while other members continue to cook	_____
5:30 p.m.	Grace, family banquet	_____
6:15 p.m.	Clean up duties. Do rope games as chores are completed. (See detail planning sheet)	_____
7:00 p.m.	Campfire	_____
7:45 p.m.	Disassemble rope games, load up and go home.	_____

Note: Don't forget to say grace!

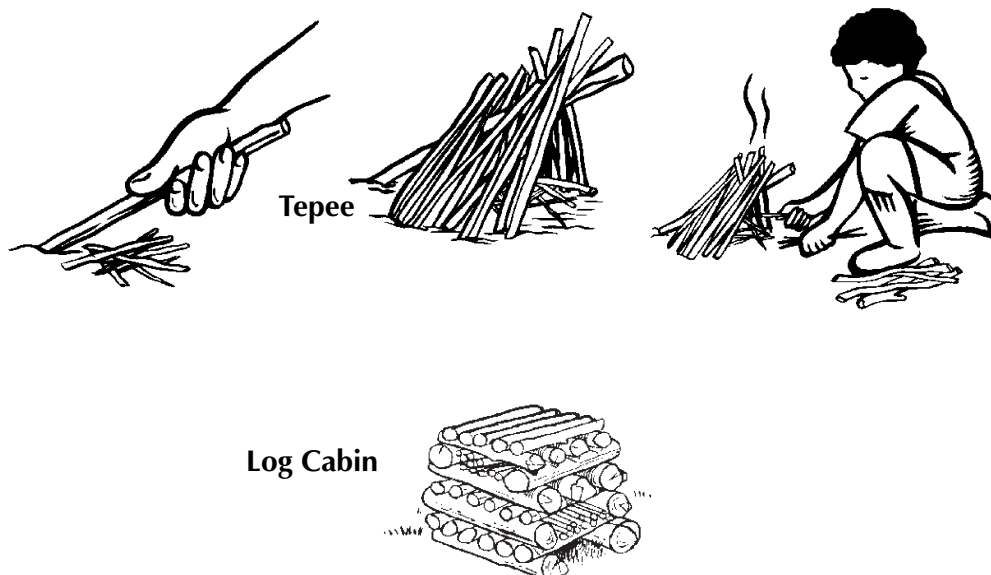
FIRE BUILDING

When gathering wood for your campfire, follow this rule: start small and work your way up.

Tinder is small, easily-lighted material that gets hot enough to light the kindling (i.e. wood larger than tinder). The kindling, in turn, gets hot enough to light the fuel. Fuel (branches or logs) produces enough heat to cook. Gather all the materials you think you'll need to build your fire before starting. Then, get twice that amount—just in case. Tinder might include dead pine needles, dry leaves, bark, long dry grass, or small tiny branches. Never remove bark from living trees and never use living branches for tinder. Don't use rotten wood (it crumbles), or green wood which bends but doesn't break.

Remember that flames burn upward. Putting a match on top of twigs or other fuel, will usually lead to failure. Flames must be under the fuel. Put your match in the lower-middle of the pile of twigs.

The tepee and the log cabin are two quick and easy methods for lighting a fire. (See examples.)



SAFETY TIPS WHEN COOKING OVER A FIRE

1. Use oven mitts when handling hot pots.
2. Pour hot liquids or grease away from yourself. Don't ever pour into a hand-held cup.
3. Remove pots from the fire when stirring or adding ingredients.
4. Don't pass hot pots over another person. Take special care with ankles and feet.
5. Secure loose clothing and tie back long hair.
6. Keep water and baking soda on hand to put out fires. Use baking soda for grease fires, or smother with a pot lid.
7. Be careful with knives. Use a firm cutting surface—never your leg or the air. Cut away from, not towards, yourself.
8. Avoid letting plastic bags touch hot pots. Don't hold plastic bags over the fire if you're adding ingredients; remove the pot from the fire first.

GAMES

CAMP GOLF

Purpose

This game will teach Scouts how to throw a frisbee with accuracy around a golf course-like area.

Equipment

You'll need a frisbee for each player, and a way to mark the "holes" (e.g. square of cardboard, tape, flag).

How to Play

Define the "holes" carefully. These might include any part of a tree (or the trunk of a tree below the first branch), a bush, a hole, fence post, or a type of tree. Vary the distances between the holes to make it more challenging. If the troop is large, consider making two courses.

Play follows that of normal golf, with rounds of nine or 18 holes. Keep score so you know how many tries each Scout needs before hitting the hole (this is similar to mini-golf).

BUILDING FIRES

Fire requires three basic elements: fuel, heat and oxygen. Fuel (wood) is the basic ingredient. Heat is required to raise the temperature of the fuel until it will burn. Without oxygen a fire will die. Think of a fire as a living organism. It must eat (fuel), breathe (oxygen) and keep warm (heat). Fires are extinguished by starving (not supplying any more wood), dousing with water (cooling them off) or smothering them (not allowing air to get to the flame).

Safety

- Always have water available—preferably right beside the fire.
- Don't allow people to step over the fire; always walk around.
- Never leave a fire unattended.
- Make sure a fire is completely out before leaving.
- Don't allow people to poke sticks in the fire, then wave them about.

FIRE CIRCLES

If you build a fire, use existing fire circles. If this is not possible, create a small fire site. Your fire site should not be under trees. Remove the sod to a depth of 10 cm. Place the sod in the shade and keep watered until replaced. Do your best to burn all the wood pieces to ash. After finishing with your fire, make sure you thoroughly drench it, then stir the ashes. If you can put your hand where the fire was and not feel any heat, it's safe to continue. Crush any existing coals, then gather and scatter the ashes. Stir the fire pit gently to mix any remaining ashes with the soil, replace the sod, tamp down thoroughly, and water. Remove all trace of your fire site.

COOKING METHODS: FIRE, STOVE, TIN CAN STOVES _____

LUNCH _____

Menu List

Grilled cheese sandwiches
Italian or Octoberfest sausage kabobs
Fruit
Cake in oranges, or
Baked apples, or
Banana boats
Milk or juice

Quantity List (for 8 people)

1 1/2 loaves of bread
24 cheese slices
Margarine
8 sausages
Vegetables for shish kabobs (onion,
green pepper, red pepper, mushrooms)
Dessert ingredients
2 L of milk or juice

Dessert Ingredients

Cake in Oranges

8 large oranges
White or chocolate chip cake mix
Eggs, oil as indicated on cake mix
Foil

Baked Apples

8 baking apples
Margarine
Sugar
Raisins, chocolate chips, cinnamon
Foil

Banana Boats

8 bananas
Miniature marshmallows
Chocolate chips
Foil

Lunch Cooking Instructions

1. Light the fire 30 minutes before starting the rest of the meal. Keep it burning all through lunch. Using a tripod, hang a large pot of water on the fire for dishes.
2. Wash and cut up the vegetables into chunks for the shish kabob.
3. Put a pot of water on the stove. After it starts to boil, add sausages and cook until they're no longer pink (about 15 minutes).
4. Prepare your dessert. Have it ready to put on the fire at the same time as the shish kabobs are cooking.
5. Butter slices of bread on one side. Make sandwiches using cheese, but put the buttered side on the outside of the sandwich so it can be fried.
6. Light the tin can stoves (one stove for two people). Add a small bit of margarine to the top and lightly toast the grilled cheese sandwiches. After one side is toasted, carefully flip the sandwich to toast the other side. After it's cooked, eat it before starting the shish kabob.
7. When sausages are cooked, remove from the water and cut into chunks. Thread the sausages and the vegetables onto the shish kabob.
8. Cook your shish kabob over the fire; eat it while your dessert cooks.
9. Eat dessert when it's finished cooking.
10. Enjoy milk or juice with your meal.

DESSERT INSTRUCTIONS

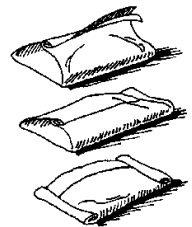
Cake in Oranges

1. Mix up the cake mix according to the directions.
2. Cut the tops off the oranges and scoop out the segments without damaging the skin—like eating a grapefruit. Eat the orange pieces.
3. Fill oranges $\frac{2}{3}$ full with the cake mix.
4. Cover the top with foil, and place in the fire over hot embers.
5. Check if the cake is done in 15 minutes by pushing a toothpick into the centre. If the toothpick comes out without batter stuck on it, the cake is cooked.
6. Remove from the fire and eat.



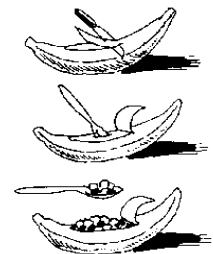
Baked Apples

1. Wash the apples and remove the cores.
2. Take a square of foil and set the apple in the middle.
3. Put a teaspoon of margarine, a sprinkle of cinnamon, spoon of sugar, and choice of raisins or chocolate chips into the core.
4. Wrap the apple in foil using the drugstore wrap.
5. Place on hot embers in the fire and allow to cook for 30 minutes. Turn occasionally.
6. The apple is cooked when it's soft when squeezed. Remove from the fire and eat.



Banana Boats

1. Cut a flap on the side of a banana leaving one end attached.
2. Scoop out and eat about 2 cm of the banana.
3. Fill the cavity with an assortment of marshmallows and chocolate chips.
4. Close the flap and seal the banana with foil using the drugstore wrap.
5. Place in hot embers for 5-10 minutes, or until the marshmallow is melted.
6. Remove from fire and eat.



GAMES

BANANA SPLIT TRIATHLON

Purpose

The object of this game is to be the first team to complete a series of three events while carrying a banana.

Equipment

You'll need three spoons, ingredients to make a banana split, a plastic dish to put it in, enough equipment for participants to complete the three events, and one banana per team.

HOW TO PLAY

Decide on the three events and set up the course. Make use of natural resources nearby (e.g. lakes, hills, parks). Events could include cycling, running, mountain climbing, canoeing, cross-country skiing, skateboarding, skating, swimming. The distances and events chosen depend on the fitness and skill levels of participants, as well as the time available.

Ensure the events are appropriate for the fitness and skill levels of all participants.

Gather appropriate protective gear (e.g. helmets and pads for skateboarding) and equipment and place it at the "change points" on the course.

Form teams into groups of three players each. Place leaders around the course to direct traffic, provide help, etc.

Participants must complete all three events. One player on each team starts with a fresh, undamaged banana.

On "Go!", all participants begin the first event. At the change points, participants switch to the next event and also pass the banana to a new player from their team who will carry it to the next change point.

The first team to successfully complete the three events and carry the banana through the course, wins. The winning team members then make themselves a banana split and eat it! Other teams may share their banana—or what's left of it.

SUPPER

MENU LIST

Soup
Lasagna
Garlic bread
Salad
S'mores
Milk, juice, tea

QUANTITY LIST (FOR 8 PEOPLE)

2 envelopes of chicken noodle soup mix
Lasagna noodles (no-cook type)
Spaghetti sauce
450 kg ground beef
Grated mozzarella cheese
Parmesan cheese

...plus 2 loaves of French bread; margarine, garlic salt; lettuce, tomato, cucumber, celery; salad dressing; digestive cookies with chocolate topping; marshmallows; 2 L milk, juice; tea & instant coffee; white sugar

SUPPER COOKING INSTRUCTIONS

1. Start the fire 30 minutes before cooking.
2. Fry the hamburger until it's brown. Drain the grease into your liquid disposal unit (LDU).
3. Open the spaghetti sauce, pour into pot and add the cooked ground beef. Simmer until warm through.
4. Assemble the lasagna in layers. Put enough sauce on the bottom of the pan to lightly cover it. Add one layer of lasagna noodles, a layer of mozzarella, sprinkle parmesan, then more sauce. Continue until you've used up all the ingredients. End with sauce on top. Add $\frac{1}{4}$ cup of water, pouring it around the sides. Cover the lasagna with foil.
5. Put the lasagna on the grill under the reflector oven. It will require 45-60 minutes to cook, at 350°F (170°C). (Use the temperature chart)
6. Wash, cut and make the salad in a large pot or bowl. Cover until ready to eat.
7. Mix up 1 cup of margarine with garlic salt. Slice the bread lengthwise and butter both sides of the bread. Seal the bread in foil using the drugstore wrap. Put on grill or on hot embers for 5-10 minutes until bread is warm and margarine melted.
8. Mix the soup in a pot according to the directions on the package. Heat on the stove.



9. Put a pot of water on to boil for tea and coffee.
10. When supper is prepared, slice the bread into pieces, put out the salad and salad dressing, cut the lasagna, and serve the soup. Remember to say grace, and serve the guests first. Provide milk and juice to drink.
11. Before eating, put two pots of water on the stove to heat for dishes.
12. After supper, assemble the s'mores by toasting marshmallows over the fire on a stick. Once toasted, put them between two cookies and eat. Let everyone make their own.

GATHERING GAMES

A TO Z

Within a set time limit, gather items from nature that start with every letter of the alphabet. (E.g. A = Acorn)

MICRO HUNT

With stakes and string, mark a square area measuring one metre by one metre on the ground. Using a magnifying glass, examine everything you can find within the boundaries of your square. Set a time limit for this activity. Have a prize for the most items listed.

NO NOSE (HAND/EAR), KNOWS ALL

Set up a table with small samples of smelly/aromatic substances. Blindfold the participants and have them smell each item, then identify. For younger children, have them say what it is before moving on to the next scent. Older youth can smell all of the items, then attempt to write down in sequence the different scents.

Try this game using touch. Have a variety of different objects for the participants to identify through touch alone (e.g. pine cone, velvet, pine needles, jello, sandpaper, etc.).

Adapt the game for hearing. Put together a series of sounds on a tape for an identification game. Tape sounds like a toilet flushing, siren, bird chirping, cricket, frog, vacuum and ball bouncing.

ROPE GAMES

ROPE CRAWL

Purpose

Scouts will crawl along a rope using hands and feet without touching the ground.

Equipment

All you'll need are lengths of strong rope.

How to Play

Tie the rope in a crisscross manner from tree to tree, tightly tensioned so it won't touch the ground when the heaviest Scout stands on it. Create "islands" throughout the course for the Scouts to rest on.

Smaller Scouts might have difficulty reaching the start point; this is part of the game. Patrol leaders must devise a way for them to reach it. As well, these smaller Scouts must have a safe way to reach the ground once they've completed the course.

Only one Scout at a time should cross the rope until reaching the island. Once on the island, the next Scout may cross.

MOON WALK

Purpose

Scouts must follow a rope over a course while blindfolded.

Equipment

You'll need blindfolds and long ropes.

How to Play

Set out a rope course. Be sure to make it tricky; Scouts must go over and under the rope, around trees, under branches, over mounds of dirt or logs and any other obstacles.

In teams, blindfold all members except for one person who will be the group's "eyes". Team members line up along the rope (holding onto it with one hand), with their other hand on the shoulder of the person in front of them.

The "eyes" Scout must direct the team along the rope using voice commands only.

After completing the course, team members may remove their blindfolds and check out the course.

LINE THROWING

Purpose

Scouts must throw a rope accurately across a measured distance.

Equipment

Each competitor will need a small light heaving line at least 10.5 metres long.

How to Play

Set up a target area (1.5 m diameter). Scouts must stand 9 m away and throw the rope accurately across the target area three times in one minute.

Score five points for each throw; deduct points for every 30 cm from the target, or give a five point bonus for making the three throws within the time limit.

THE CANADA FOOD GUIDE

NUTRITION

You'll meet basic nutritional needs if you choose items from the four groups listed in *The Canada Food Guide*. These include: grain products, fruit and vegetables, milk products, and meat and alternatives. A balanced diet selected from this Guide will ensure that you obtain proper amounts of protein, carbohydrates and fats.

<p>Grain Products 5-12 SERVINGS PER DAY</p>	<p>1 Serving</p> <p>1 Slice Cold Cereal 30 g Hot Cereal 175 mL 3/4 cup</p> <p>2 Servings</p> <p>1 Bagel, Pita or Bun Pasta or Rice 250 mL 1 cup</p>	
<p>Vegetables and Fruit 5-10 SERVINGS PER DAY</p>	<p>1 Serving</p> <p>1 Medium Size Vegetable or Fruit Fresh, Frozen or Canned Vegetables or Fruit 125 mL 1/2 cup Salad 250 mL 1 cup Juice 125 mL 1/2 cup</p>	
<p>Milk Products SERVINGS PER DAY Children 4-6 years: 2-3 Youth 10-16 years: 3-4 Adults: 2-4 Pregnant and Breast-feeding Women: 3-4</p>	<p>1 Servings</p> <p>Milk 250 mL 1 cup Cheese 3"x1"x1" 50 g 2 Slices 50 g Yogurt 175 g 3/4 cup</p>	<p>Other Foods</p> <p>Taste and enjoyment can also come from other foods and beverages that are not part of the 4 food groups. Some of these foods are higher in fat or Calories, so use these foods in moderation.</p>
<p>Meat and Alternatives 2-3 SERVINGS PER DAY</p>	<p>1 Serving</p> <p>Meat, Poultry or Fish 50-100 g 1/3-2/3 Can 50-100 g Fish 125-250 mL Beans 125-250 mL 100 g 1/3 cup 1-2 Eggs Peanut Butter 30 mL 2 tbsp</p>	
<p>Different People Need Different Amounts of Food The amount of food you need every day from the 4 food groups and other foods depends on your age, body size, activity level, whether you are male or female and if you are pregnant or breast-feeding. That's why the Food Guide gives a lower and higher number of servings for each food group. For example, young children can choose the lower number of servings, while male teenagers can go to the higher number. Most other people can choose servings somewhere in between.</p>		
<p><i>Enjoy eating well, being active and feeling good about yourself. That's VITALITY</i></p>		
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Medium Range

A medium range plan covers a period of two or three months. Its purpose is to:

- identify community resources you need, and make necessary contacts,
- gather necessary equipment,
- set goals related to themes,
- determine youth member needs,
- designate specific program responsibilities to all leaders,
- communicate with parents,
- evaluate past programs and make necessary changes,
- brainstorm so as many activities as possible occur outside.

When developing your monthly programs, use a combination of program elements (the kind of combinations you will discover in JUMPSTART) to ensure variety. These elements include games, crafts, music, acting, sports, outdoors, and spiritual fellowship. Use these elements to avoid a boring program and to hold your Scouts' interest.

Short Range

You are now ready to prepare detailed plans for a specific time period — a month or a weekend event. Sit down with the entire team to prepare the meeting plan. During this meeting the team may want to “preview” the theme by doing such things as:

- playing the games,
- becoming familiar with the skills,
- practising ceremonies,
- learning new songs.

This “practice” prepares the whole team to help implement the activity. It ensures that any leader is ready to fill in, if needed. After the meeting, check back to see if your program activities met the Scout program goals. These goals help you evaluate whether your program fulfils the needs of Scout-aged youth. If your Scouts are having fun, you can bet it meets their needs.

Remember... plan your work, then work your plan, and HAVE FUN!!!!

Discipline in the Troop: Helpful Tips

Discipline is a topic Scout leaders are always considering. Without it, programs dissolve into chaos, fun disappears and people sometimes get hurt. Here are some tips to help establish and maintain the necessary degree of control, while encouraging acceptable behaviour.

1. establishing discipline is different from being a disciplinarian. Try to help Scouts develop self-control, not blind obedience to authority.
2. Set, and explain to your Scout troop, rules and routines, then follow them consistently. Help Scouts draw up a list of behaviour rules that they think are necessary to make the troop more fair for everyone. Create a troop Code of Conduct and apply this Code to everyone.

3. Set a personal example for Scouts to see and learn from. Your attitude sets the tone and limits for acceptable troop behaviour.
4. Give ample warning when routines and activities are about to change. This will prevent Scouts from feeling rushed, and allow time to make the activity-switch mentally.
5. Watch for warning signals that Scouts are losing interest; at this point, change activities.
6. Use praise to reinforce positive behaviour. Let Scouts know you notice and appreciate their efforts to be good or improve.
7. Deal with problems calmly, quietly, and without causing embarrassment to the youth. Never use humiliation or name-calling.
8. If things seem to be getting out of hand, call a “time out”, stop the activity and sit everyone down until order is restored. Explain what is going wrong and what is needed to correct the behaviour. Give the Scouts a chance to air their feelings. They may tell you something that was overlooked in the planning. Too often we assume youth are aware, or capable, of knowing what we want, when in reality no one has ever told them.
9. Prepare your meetings in advance. You will appear more confident. Have backup activities ready when Scouts get restless. Lag time between activities invites boredom and mischief.
10. Talk with other leaders, senior youth, and parents about discipline concerns that need special attention.
11. Use the patrol leaders. Part of their role involves finding out what Scouts like to do, assisting in planning and leading activities, and serving as role models.

FURTHER PROGRAM HELP

Program Resources

If you would like more ideas and information on program activities and program planning, look for these resources.

- *The Scout Leader's Handbook* — tells you everything you need to know about Scouts and the Scout section, ceremonies, working with youth, the outdoors, planning, and more.
- *The Leader Magazine* — published 10 times a year. It features program-related stories, tips and resource information.
- *Games from A to Z* — jam-packed with games.
- *Best of the Leader Cut Out Pages* — more tips and program ideas from *the Leader* magazine.
- *The Campfire Book* — this will light up your campfire program.
- *Scouts Canada's Song Book* — full of both traditional and fun songs for all occasions and theme programs.
- *The Patrol Leader Handbook* — activities and games to use.
- *Campfire Program CD/Cassette* — two actual campfire programs to use as is, or to help learn some great campfire songs.

Scout councils offer many training courses. Find out when they plan to run the next course. Call your local Service Scouter or Field Executive for assistance and information.

JUMPSTART Video Now Available!



Video for use with JUMPSTART theme packages.

The video provides:

- Self-help, how-to information on program planning and using the packages.
- A program planning resource for Scout Woodbadge Training.
- Resources that include the outdoors in the Scout program.
- Other Scout information.



The video highlights the planning process and uses a “Hiking” theme to cover a week’s program in detail: gathering activities, opening ceremony, games, skills, Patrol exercises and the closing ceremony.

The video also highlights a variety of other JUMPSTART packages.

Running Time: 30 minutes. Video Cat. # 20-415

**Videos Available at
Your Local Scout Shop!**

Cat. # 20-421

