




# BEAR PICNIC BASKET



## RATIONALE FOR ADVENTURE

This adventure introduces Bear Scouts to the fun of preparing their own meals and snacks. They learn basic skills and safety practices when cooking inside or outside. Scouts also learn how to select, prepare, and perfect their own recipes. The skills learned in this adventure can be the groundwork for the Cooking merit badge and the quartermaster leadership position once the Bear becomes a Boy Scout.

## TAKEAWAYS FOR CUB SCOUTS

- Learning basic cooking skills
- Understanding how to read a recipe
- Practicing kitchen safety
- Preparing nutritious snacks independently
- A Scout is clean. 

## ADVENTURE REQUIREMENTS

*Bear Handbook, page 154*

1. Do the following:
  - a. Create your own Bear cookbook using at least five recipes you can cook or prepare either on your own or with some adult help. Include one page with information about first aid. You should include one recipe for a breakfast item, one for lunch, and one for dinner, and two recipes for nutritious snacks.
  - b. Prepare for cooking by explaining the importance of planning, tool selection, and cooking safety.
  - c. Go on a grocery shopping trip with your den or with an adult. Check the price of different brands of one single item, and compare the price of a ready-made item with the price of the same item you would make yourself.
2. Do the following:
  - a. With the help of an adult, select one food item, and follow a recipe to prepare it for your family in your kitchen. Clean up after the preparation and cooking.
  - b. With the help of an adult, select one food item, and follow a recipe to prepare it outdoors for your family or den. Clean up after the preparation and cooking.
3. Select and prepare two nutritious snacks for yourself, your family, or your den.

### NOTES TO DEN LEADER

Prior to the first meeting, have your Scouts search for five recipes they like. Ask them to bring the recipes to the meeting for the Bear Scout cookbooks they will make.

Some requirements or activities may need to be done by the Bear Scout at home with his family.

If the den meeting site has kitchen facilities, requirement 2a may be completed as a den. Invite family members to participate. Requirement 2b can be completed as an outdoor den activity.

Requirement 3 can be performed both for the family and for the den. You may assign Scouts to bring snacks to the meetings to meet this requirement. (More than one boy can bring snacks to each meeting.)

Meeting 2 will be a den outing to a grocery store. Select and make plans with the location in advance. Confirm that a tour and activity plan has been submitted, if required, and that transportation to and from the event is in place. Secure signed activity consent forms.

# MEETING 1 PLAN

## PREPARATION AND MATERIALS NEEDED

- U.S. and den flags
- Grocery bags and balls to toss for the Gathering activity
- Several simple kitchen tools for use by the Scouts during the kitchen tool activity
- Craft supplies and blank index cards for making the Bear cookbooks. It might be helpful to bring several sample cookbooks for reference.
- Each boy should bring to the meeting five recipes he wants to include in his Bear cookbook.
- If any of the Scouts are bringing snacks to the meeting, remind them to review the information on nutritious snacks for requirement 3 in the *Bear Handbook*.
- Read the plans for Meeting 3 in advance. The den will complete either requirement 2a or 2b during the meeting. Bears will need to complete the remaining requirement at home. Remind Bears to make plans for completing that requirement before Meeting 3.
- Prepare permission slips to be handed out for next week's outing, and give directions to parents about where to meet and at what time.
- Arrange to have adequate adult leadership for the outing.

## GATHERING

As Scouts arrive, have each play the Grocery Bag Toss game.

- Set up several paper bags (some large and some small) at different distances from a predetermined line.
- Have the Scouts toss a small rubber ball (or a ball made from aluminum foil or even recycled paper) into the bags.
- Each bag can be marked with a number representing points.
- Each Scout can keep up with his own points as he plays. Tell Scouts to remember their scores for the Opening.

## OPENING

- Conduct a flag ceremony of your choosing that includes the Pledge of Allegiance and, as appropriate, the Scout Oath and Scout Law.
- Call roll for the den, asking each boy to answer by naming his favorite after-school snack. Ask boys to raise their hands as you call out their possible high scores for the Gathering game. Congratulate all with a den yell by the group.

## TALK TIME

- Introduce the Bear Picnic Basket adventure to the den. Build interest by describing the goals of the adventure and some of the activities that are planned.
- To begin Talk Time, have the Scouts spend a few minutes doing the Cutting Out Kitchen Chaos activity (requirement 1b). They should do this as a team. (See Meeting 1 Resources.)
- Review the list of correct actions in the *Bear Handbook*, and involve boys in a discussion about why these actions are important.
- Review the information in the *Bear Handbook* about using math skills to change a recipe (Requirement 1b).
- Carry out business items for the den.
- Allow time for sharing among Cub Scouts.

## ACTIVITIES

### ◆ Activity 1: Get to Know Your Kitchen Tools (Requirement 1B)

- Have the Scouts participate in a hands-on activity that introduces basic kitchen tools and allows Scouts to guess what they are used for.
- Scouts should also get to try several of the safe and appropriate tools, depending on available supplies and what is possible at your meeting location.
  - Have several small kitchen tools, mixing bowls, etc.
  - Have each Scout practice using the tools to complete the actions they are used for as shown in the *Bear Handbook*.
  - Adults will need to supervise the use of knives for chopping or the use of an electric mixer or blender.
- You can also plan a relay race in which Scouts go through kitchen activity stations in teams.
  - Example: Station 1: Measure 1 cup of water into a bowl. Station 2: Add ½ cup of flour to the water. Station 3: Mix the first two ingredients with the correct kitchen tool. Station 4: Pour the mixture into a cupcake pan without spilling it.

### ◆ Activity 2: Bear Cookbooks (Requirement 1A)

- Provide cards and craft supplies for Bears to use in creating their personal cookbooks.
- Assist Bears as needed in assembling the pages and decorating their books.
- Allow time for Bears to share their books and highlight favorite recipes.

## CLOSING

- Tell Scouts that great cooking combines many different ingredients to create a spectacular result, just as a Scout den combines different boys to create a team that accomplishes spectacular results.
- Recite the Scout Oath.
- Remind the Scouts about next week's outing to a grocery store.



### **Do-at-Home Project Reminder:**

Bears will need to complete either requirement 2a or 2b at home. The den leader should tell them which requirement will be completed during Meeting 3, so each boy can make plans to complete the other with his family.

## AFTER THE MEETING

- Serve refreshments, if desired.
- Record completion of requirements 1a and 1b.
- Work together to clean up the meeting place.
- Have Scouts sign thank-you notes they will give to anyone who assists with the outing.

# MEETING 1 RESOURCES

## TALK TIME: CUTTING OUT KITCHEN CHAOS (REQUIREMENT 1B)

### Materials needed:

- Index cards or slips of construction paper
- A cooking pot
- A garbage can

Write the actions listed below on individual index cards or slips of construction paper. Add additional actions as needed. Have the boys pick out the correct actions to Cut Out Kitchen Chaos. Cards with correct actions will go into the cooking pot, while the cards with incorrect actions will go into the garbage can.

Correct Kitchen Actions	Incorrect Kitchen Actions
Request permission to use the kitchen.	Lick your cooking spoon.
Have an adult help with the oven.	Pet your dog or cat while cooking.
Make sure you are clean and neat.	Start cooking without a recipe.
Wear shoes while you cook.	Use your baseball glove as an oven mitten.
Be sure working surfaces are clean.	Don't wash dishes, because someone else will.
Decide what you will cook.	Cut raw meat; then use the same cutting board without washing it.
Read your recipe all the way to the end.	
Check your pantry for all your ingredients.	
Clean up after yourself.	
Ask about food allergies.	

# MEETING 2 PLAN (Den Outing)

## PREPARATION AND MATERIALS NEEDED

- Confirm that a tour and activity plan has been submitted, if required, and that transportation to and from the event is in place. Secure signed activity consent forms.
- Have on hand any items needed for the shopping activity.

## GATHERING

- Make sure everyone has arrived at the grocery store before beginning.

## OPENING

- Assemble the group, and review any conduct rules and the buddy system.
- Say the Pledge of Allegiance.
- If the den is being split up, assign two adults to each group.

## TALK TIME

- Carry out business items for the den.
- Point out to Scouts that most grocery stores are arranged in the same way. Fresh items (fruit, dairy products, meat products, etc.) are normally along the outside walls of the store. Packaged and processed items (cereals, baking items, canned goods, etc.) are normally on aisle shelves.
- Involve the Scouts in a discussion about searching out healthful food options in a large grocery store.

## ACTIVITIES

### ◆ Activity 1: Shop and Compare (Requirement 1C)

- Scouts are to compare the cost of different brands of the same item to establish which is the best purchase (gallons of milk, loaves of bread, etc.).
- Scouts are also to consider the cost of a ready-made item compared to the same item prepared and cooked at home. One example of this might be pizza.
  - In making decisions, Scouts can also consider factors other than cost. The list of ingredients and other information on a nutrition label might be a consideration. A desire to find organic food or avoid processed foods might be another. Explain to Scouts that there are many things to consider when making the best food decisions for their families.
- Some ideas for the shopping activity include:
  - Divide the den into groups. Have each group go to a different part of the store to compare costs (one group to dairy to compare milk prices, one group to produce to compare apple prices, etc.).
  - Using play money, give a set budget amount to the group(s) along with a list of items they must purchase. This will help teach them about comparing prices. Instead of actually putting an item in the cart, they can record it in a notebook and share with the group when finished.
  - Start a scavenger hunt by giving each group a recipe (make sure each recipe has the same number of ingredients). The Scouts are to find the aisle where each ingredient is located and note that on their lists. The first group to finish wins. Remind Bears to be courteous and kind and to exhibit Scout-like behavior (for example, walking in the aisle).

## CLOSING

- Reassemble the group. Have the entire group thank any parents or grocery store staff who helped to lead the group. Hand out thank-you notes signed by the den.

## AFTER THE MEETING

- Serve refreshments, if desired.
- Record completion of requirement 1c.

# MEETING 3 PLAN

## PREPARATION AND MATERIALS NEEDED

- U.S. and den flags
- Cups for stacking during the Gathering activity
- Rope to practice knot tying from the *Bear Handbook* or a ball for Scouts to play a game during cooking time
- Select either requirement 2a or 2b to be completed at the den meeting. The other one should be completed at home. Some dens may have access to kitchen areas to complete requirement 2a as a den.
- If you choose 2b (outdoor cooking), you can request help from a BALOO-trained leader in your pack or Boy Scouts from one of your local troops.
- Prior to the meeting, decide what will be cooked. Make arrangements for ingredients or have a different ingredient brought by each Scout. Instructions for foil dinners are included in the Meeting 3 Resources.
- This den meeting plan is written for the outdoor setting.

## GATHERING

Provide a large number of paper or plastic cups for the Scouts to use. As they enter, have each boy stack the highest structure he can that will not fall. Doing this outdoors can make it more interesting. Can they figure out how to prevent a breeze from bringing down their structures? Remind Bears to collect their cups at the end of the activity to recycle or reuse for another activity later.

## OPENING

- Conduct a flag ceremony of your choosing that includes the Pledge of Allegiance and, as appropriate, the Scout Oath and Scout Law.
- Have the boys give their den yell.

## TALK TIME

- Carry out business items for the den.
- Do a quick review of outdoor cooking safety. Be certain the Scouts are following good cooking practices by being clean and neat.
- Allow time for sharing among Cub Scouts.

## ACTIVITIES

### ◆ Activity 1: Foil Dinner (Requirement 2b)

- See the Meeting 3 Resources for detailed instructions on cooking a foil dinner.
- You may want to provide a knot-tying or knife-carving activity (if Bears have earned their Whittling Chip cards) for them to do while the food is cooking. Kickball is a game option to fill the time.
- A memory game of kitchen tools can also be a quick fill-in. Lay items on a table or the ground, cover, and then give the Scouts a few minutes to see them. Cover the items again and have each boy make a list of what he remembers seeing.
- During the meal, ask Scouts to think how they might change the ingredients (recipe) for the food they put in their foil dinner. Would they add more salt? Different vegetables? Remind them that this is the way cooks become great chefs—by improving their recipes each time they cook.





## CLOSING

- Have each Scout describe his foil dinner using only one word.
- Recite the Scout Oath.

## AFTER THE MEETING

- Record completion of requirement 2b and requirements completed at home.
- Work together to clean up the meeting place.

Upon completion of the Bear Picnic Basket adventure, your Bears will have earned the adventure loop shown here. Make sure they are recognized for their completion by presenting the adventure loops, to be worn on their belts, as soon as possible according to your pack's tradition.



# MEETING 3 RESOURCES

## FOIL DINNER INSTRUCTIONS

Charcoal should be lighted prior to preparing the foil dinners. This should be overseen during the entire cooking process by an adult.

Provide each Scout with two layers of lightweight foil or one layer of heavy-duty foil. A square sheet the width of the roll will work just fine, shiny side up. Some folks smear a layer of butter or margarine on the foil to start.

Have Scouts place a hamburger patty on the foil (if chicken is chosen as an alternative, it should be precooked to avoid any chance of contamination), then diced potatoes, carrots, onions, broccoli, or whatever else they wish to add. Vegetables should all be cut to about the same thickness to help them all cook evenly. Starting with a cabbage leaf and then adding the meat will keep the meat from burning.

Encourage the Cub Scouts to add a little onion; even if they're not going to eat it later, it really helps the flavor. Season with salt, pepper, garlic salt, etc. They may want to add a handful of rice; just add a few ice cubes with the rice, and it will turn out great!

Demonstrate and help boys fold the foil edges up over their food. Holding the two sides together at the top, fold them down once, crease gently, then fold down again and crease. This is known as a "flat pack." The object is to seal the moisture in the package. Try not to rip the seams, but if a Scout does, he can finish wrapping and then repeat with another layer of foil.

The trick is to be able to identify your foil pack later, so have Scouts write their names on the packs with a permanent marker or scratch their names into a small piece of foil and leave it near the outside. Spread the white-hot coals shallowly, and distribute the packs evenly on top. Cook the packs for 20 to 30 minutes.

While the dinners are cooking, watch for steam venting from a seam. If that happens, seal the pack by folding the edge over or wrapping it in another piece of foil. Turn the packs twice during the recommended time. When it's close to the completion time, open a corner of a pack and check to see if the meat is done.

### Foil Cooking Times

Hamburger: 15–20 minutes

Hot dogs: 5–10 minutes

Carrots: 15–20 minutes

Whole potatoes: 45–60 minutes

Whole apples: 20–30 minutes

Chicken pieces: 20–30 minutes

Pork chops: 30–40 minutes

Ears of corn: 6–10 minutes

Potato slices: 10–15 minutes

Cooking times are approximate and will be affected by the depth of the charcoal bed, altitude, temperature of the food, etc. Frozen packs may be put directly on the fire, but they will take longer to cook.

# NOTES