Camp Cooking Level 1 - Lesson Plan

Key Points to Cover:

1. Food Guide Pyramid. Include examples of different foods, and Serving size. (Pages 1 and 2)
2. How to put together a trail food/mix
3. Types of cooking and give definitions of each.(Pages 2 and 3)
4. Writing a prayer for use at mealtime during camp.
5. Cooking utensils using aluminum foil. (Pages 7-9 & 16)
6. Prepare and cook a dinner using aluminum foil. (page 8)

Supplies Suggested:

Trail mix – Nuts, raisins, M & M's, etc.

(Be careful regarding food allergies!)

Aluminum foil and sticks

Activities to Reinforce Lesson:

Devotion: