



# Cast Iron Chef



**For more slides and support materials - Use this Google Classroom**

**Code: hxip5wq**

**Still need Bobcat?? Start with this Google Classroom: 6odhkcu**

**Complete at least Requirements 1 and 2 below.**

1. Plan a menu for a balanced meal for your den or family. Determine the budget for the meal. If possible, shop for the items on your menu. Stay within your budget.
2. Prepare a balanced meal for your den or family. If possible, use one of these methods for preparation of part of the meal: camp stove, Dutch oven, box oven, solar oven, open campfire, or charcoal grill. Demonstrate an understanding of food safety practices while preparing the meal.
3. Use tinder, kindling, and fuel wood to demonstrate how to build a fire in an appropriate outdoor location. If circumstances permit and there is no local restriction on fires, show how to safely light the fire, under the supervision of an adult. After allowing the fire to burn safely, safely extinguish the flames with minimal impact to the fire site.

## **Resources and Ideas:**

1. Your Scout can get balanced meal rules here:  
<https://www.choosemyplate.gov/ten-tips-build-healthy-meal>  
They can also help you chose the menu and and shop for the ingredients as well:  
<https://www.superhealthykids.com/meal-plans/meal-planning-basics/>
2. Food Safety Rules for Kids:  
<https://kidshealth.org/en/teens/food-safety.html#:~:text=Always%20wash%20your%20hands%20with,meat%2C%20poultry%2C%20or%20fish>
3. Fire Types: <http://www.scouterlife.com/blog/2019/2/7/nine-different-types-of-fires>  
More Fire Info: <https://troopresources.scouting.org/fire-building/>  
Be sure to check with the local public safety agencies or government to ensure you can have a fire at your house. Use a fire bowl or a cleared fire circle to practice your fire. Also, practice Leave No Trace principles with your fire:  
<https://lnt.org/why/7-principles/minimize-campfire-impacts/>

