

# Delicious & Nutritious

## Active & Healthy Living



EXPLORE



MEETING

3 GOOD HEALTH AND WELL-BEING



2 ZERO HUNGER



### What You Will Discover

Take on the challenge of planning a **healthy and nutritious menu** for camp, and find out what foods you need to stay healthy and energized.

### The Adventure

Come up with a healthy menu for a weekend camp. Think about what foods you like to eat that also will be easy to cook away from home. You can even try a crazy new recipe that touches all the food groups and that everyone likes. Who's hungry?!



It starts with Scouts.

## Plan

- How many meals do you need to plan for?
- How will you decide on a meal that everyone will enjoy eating?
- What would you like to try to make? How much skill is involved?
- Who will work with the Scouters to do grocery shopping for the camp?

## Do

Using **#ScoutsDoStuff**, share your recipe and dish with a younger Section, or with your friends and family!

## Review

- What was your favourite meal? Why?
- What problems did you have to solve?
- What would you do differently next time?
- What are some good things that happen when we cook and eat together?

## Safety Note

- What do you have to do to stay safe when preparing a meal? What **hazards** should you be aware of?
- How can you prevent the spread of **germs** when cooking and eating?
- What food **allergies** should you be aware of?

## Try this

### Keep it Simple

Have each Lodge or Lair plan one meal for your camp. What are the ingredients for your meal? What will you need to cook this meal (frying pan, pot, ladle, etc.)? How can you try to choose items with the least waste possible?

### Take it Further

Why not plan a vegetarian camp for yourselves? Make your entire menu vegetarian items! Do you still have items from all of the important food groups to keep you energized and healthy during your adventure?

