Camp Cook's Badge

Your Name: _____

Redcar & Eston District and Northallerton District

Introduction

If you complete the work in this booklet you will earn the Camp Cook's badge.

You need to make sure you work through everything and have each section signed off by a Scouter (leader) or one of the Explorer Scout Young Leaders working with your Troop.

Whilst working on this badge you will learn about hygiene, food preparation and cooking.

You will gain the skills required to create some great meals in the open air!

To complete the badge you need to:	Assessors Initials
1. Create a day's menu that includes quantities for a group of between four and six Scouts. Don't forget to consider any cultural, religious or vegetarian needs of the group.	
2. Discuss with the assessor how and where to shop for food and how to transport it.	
3. Demonstrate proper storage and cooking under camp conditions. This must include knowledge of hygiene in the camp kitchen and how to prevent food poisoning.	
4. Successfully cook and serve the menu that they have created.	

You are what you eat!

To maintain a healthy lifestyle you must ensure you exercise regularly and maintain a balanced diet. Maintaining a balanced diet doesn't mean that you need to give up any food group or even give up crisps or chocolate, it just means you should eat them in moderation and balance them with other food groups.

Here is a table of the different food groups and their sources.

Food Type	Found in Food such as
Carbohydrates Carbohydrates are found in starchy foods and sugary foods. Those in starchy foods are better for us than refined sugary food because they provide us with energy and nutrients. Sugary food provides only energy and speeds up bacteria growth in the mouth, which causes tooth decay.	Bread, potatoes, pasta, sugary foods. Squash and fizzy drinks tend to contain refined sugars as do confectionery (sweets)
Fats These provide energy and are often hidden in foods such as cakes and pastries. Saturated fats (e.g. butter and some cheeses) can increase cholesterol. High cholesterol levels are associated with heart attacks and strokes in later life and so should be avoided in high quantities.	Butter, margarine, oil, crisps, ships, chocolate, meats and pastries. Hard cheeses (e.g. Cheddar, Red Leicester and Stilton) are high in fat. Soft cheeses (e.g. brie, edam and gouda) are low in fat. Cottage cheese in low in fat too. Semi skimmed and skimmed milk is lower in fat than full milk.
Fibre Aids digestion and keeps the stomach and bowel healthy.	Bread, potatoes, cereals, fruit, nuts, cabbage (and other leafy vegetables)
Minerals These are chemicals such as Sodium (in salt) Calcium (in milk) and Iron (in meat). We need a supply of minerals, but should avoid excess Sodium is found naturally in many foods so avoid using salt – you've probably got enough in your diet already!	Fresh Fruit and vegetables, liver and kidney.
Protein Helps growth and "repair" of your body, especially in muscle growth.	Meats, cheese, milk, eggs and fish. Some nuts also contain a lot of protein.
Vitamins These are important (natural) chemicals needed to maintain healthy. Our bodies can't store minerals so it is extremely important to eat foods containing these every day.	Fresh Fruit and vegetables, fish, milk. Remember to eat five portions of fruit and vegetables a day to get your quota of vitamins.

Keep a record of everything you eat in a week!

	Breakfast		Lunch		Tea or Dinner		Supper
Monday							
Tuesday							
Wednesday							
Thursday							
Friday							
Saturday							
Sunday							

Remember to record everything you eat and drink

Further blank copies of this chart can be downloaded from http://cira.tees.ac.uk/scouts/nton/kbase/welcome.htm

Task One: **Plan a menu with a balanced diet for a day at camp. Assume you will be cooking on a wood fire and all utensils are available.**

You can download copies of a weekend menu planning grid from the Northallerton Explorer Scout Web site at http://cira.tees.ac.uk/scouts/nton/forms and you may find some useful recipes at http://cira.tees.ac.uk/scouts/nton/kbase .

Time	Menu
Breakfast	
Lunch	
Dinner	
Supper	

Leader's Comments:

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Leader's Signature:_____

Food Shopping and Transportation!

Take special care with high risk foods

Food poisoning bacteria grow and multiply on some types of food more easily than on others. These high risk foods include:

- Meat (raw and cooked)
- Dairy products
- Eggs
- Seafood
- Cooked rice
- Cooked pasta
- Prepared salads such as coleslaw, pasta salads and rice salads
- Prepared fruit salads.

High risk foods must be stored below 5°C. When you buy high risk foods, try to minimise the time they spend out in the warm temperature by packing them properly and taking them home immediately.

Plan your shopping trip

Some hints for shopping safely:

- Always pick up your frozen or chilled foods towards the end of your shopping trip.
- Buy hot chickens and other hot food later in your trip and keep it separate from cold food.
- Prevent meat, chicken or fish juices leaking onto other products.

Transporting food home

If you have purchased hot, chilled or frozen foods, you should get them home as quickly as possible. For trips longer than about 30 minutes, or on very hot days, it's a good idea to put chilled or frozen foods in a cool box or insulated bag to keep food cold.

Task Two: **Explain how you would pack and transport your food to camp. You should assume that it is a hot day and you have long journey back to camp.**

Leader's Signature:_____

Food Storage - Beware of the Bugs!

Cooking is a lot of fun, but it can also be incredibly dangerous. When you are preparing food you probably already know that you should look out for dangers such as hot pans, sharp knives and so on. But it's just as important to look out for those tiny little creatures that can make you ill and even kill you – bacteria.

Food Storage

- Never leave foods exposed, always cover or store in a sealed container.
- Never store or carry raw meat with cooked food, ALWAYS carry and store raw meat BENEATH other food, so it doesn't drip onto other food.
- ALWAYS store meat and fish in a refrigerator, if one is not available, buy in smaller quantities to use the same day.
- If you want to cook and store meat and fish, cover immediately, allow it to cool and store in the fridge. NEVER leave it standing at room temperature for long periods of time.
- Store food carefully. Do not let it stand in the sun. Cover all food and seal everything. Insects and animals love our food as much as we do, and they can carry all sorts of nasty diseases. Keep everything dry.
- Keep storage containers clean on the inside and out.
  Food on the outside of storage containers will attract animals.

Task Three: Food Storage

1. Why should you store and carry raw meat beneath other foods?

2. Meat and fish should always be stored in the fridge, what should you do if you don't have access to one?

3. How should food storage containers be kept?

4. Why is it important to avoid cross contamination?

5. What ways can you avoid cross contamination?

6. Demonstrate proper storage and cooking under camp conditions. This must include knowledge of hygiene in the camp kitchen and how to prevent food poisoning.

Leader's Comments:

Leader's Signature:_____

Food Preparation

- Wash and dry hands before cooking. NEVER dry your hands on a tea towel.
- Ensure all utensils are clean before you start.
- Make sure your cooking areas are all clean before you start. Keep it clean and tidy.
- Don't work on the ground. If a table is not available you must create a kitchen area. You can use a clean ground sheet and an upturned box.
- Do NOT allow food to be placed on the ground.
- If you drop a utensil on the ground - WASH IT.
- Keep everything dry - bacteria love damp conditions.
- Read and follow instructions carefully.
- All meats and fish must be thoroughly cooked to ensure that bacteria are killed especially in the centre of the meat.)
- DO NOT re-heat pork of poultry (i.e. birds e.g. chicken, turkey and duck)

Cross Contamination

It's very easy to contaminate cooked food with bacteria from raw food. You must be exceptionally careful when dealing with food to avoid spreading bacteria. It is also important to be aware of this because some people have allergies (e.g. nut allergies), which can result in severe reaction (anaphylactic shock) when they encounter foods to which they are allergic.

- Thoroughly wash utensils used on raw foods before using them on cooked foods.
- Don't use the spoon used to stir the meat pan to stir the vegetable pan with.
- Don't put your "jammy spoon" back into the spread!
  Always wash the tin opener after use and before using on another tin.

Care of Utensils

- All cooking and dining equipment must be stored clean and dry.
- Pans should be rinsed or filled with water immediately after use to ease the cleaning job.
- Never use a wire wool scrubber to clean the pans, it damages them. Use an abrasive sponge.
- Washing powder in boiling water can be used to clean sooty pans.
- When cooking on a fire, you may wish to smear a thin layer of washing up liquid over the outside of the pans before placing them on the fire. This help prevent any soot sticking to the pan.
- All cooking on fire should be over glowing embers, not big flames.
  Embers are clean, flames are sooty!
- All pans must be cleaned and returned to their original state immediately after use.

Washing Up

Utensils (other than cast-iron), Pans, cups, cutlery etc...

Scrape and wipe out as much of the food as possible out of the pots before

cleaning so that the dishwater does not become soiled quickly. You may wish to rinse of the pots before you start to wash properly.

For washing up, the hotter the water, the better, you as near to boiling water as you can. You cannot wash up properly in cold water. Fill the washing up bowl and add sufficient washing up liquid to remove all grease but too much. Using excess detergent may cause pollution of rivers and lakes.

Start by cleaning the less dirty pots such as cups and finish with the dirtiest dishes (such as pans).

Having washed the utensils, carefully, rinse them in hot or boiling water.

The dishes should air dry quickly having just been removed from the very hot rinse water. This avoids wiping dirt back onto the dishes from what you thought was a clean towel.

If the water becomes dirty, empty the bowl, properly disposing of the washing up water and start again with fresh hot water.

Finally rinse out the washing up bowls, dish-cloth and brush and prop them up to dry.

If you use a towel to finish drying your pots, you must ensure your towel is hung up to dry.

Store all utensils and the washing up kit carefully to keep them clean.

Washing-up bowls, Tea-towels, Dish-cloths and Sponges ...

- Use the washing up bowls only for washing up. Do not use the for personal washing.
- Do not you your tea-towel to dry your hands.
- Always store your tea-towel dry, if it's damp, you must hang it up to dry.
- Do not keep it with your cloths and hand-towel.
- Always ring out dish cloths and sponges immediately after use.
- Wash all dish cloths and sponges in **boiling** water at least once a day.

At camp

Large amounts of water are needed to thoroughly wash dishes and it takes a long time to heat up.

If your only source of hot water is a fire, make use of all the available time there is space on the fire to heat up a pan of water (i.e. when it is not fully occupied by cooking pans). Use large pan or metal bucket, but do not over fill it, you will need to be able to carry the pan without the danger of spilling boiling the boiling water.

You can use tongs to carefully rinse the cleaned dishes in boiling water.

Task Four: Ready, Steady, Cook!
At Camp prepare each of the meals from your menu from task one.
You must cook at least one meal on a wood fire.

Beware of sharps, hot items, contamination....

Lots more information such as “Camp Kitchens” is available to help you. It can be found at http://cira.tees.ac.uk/scouts/nton/kbase/welcome.htm .

Make notes:
What would you do differently next time?

Leader’s Comments:

Leader’s Signature:_____