

4-H Camp Cooking Adventures



**Grab and Go
Project Bag**

4-H Camp Cooking Adventures



Turkey in a trash can and other adventures

Grab and Go Project developed by:

Michele M. Kroll
4-H Youth Development Specialist
PO Box 1405
34 Roofener St.
Camdenton, MO 65020
krollm@missouri.edu
573-346-2644



UNIVERSITY OF MISSOURI
 Extension

Table of Contents

How to use the Grab and Go Project Bag

Items included in the Bag

Sample Meeting Agenda

- Lessons:**
1. Building a Campfire/Edible Campfire
 2. Dutch Oven Cooking 101
 3. Hobo Packs
 4. Bag Omelets
 5. Turkey in a Trash bag
 6. Planning a Campfire Meal
(chapter 3 pg. 20 Camping Adventures)

Evaluation



Missouri 4-H Youth Development

Part of the . . .



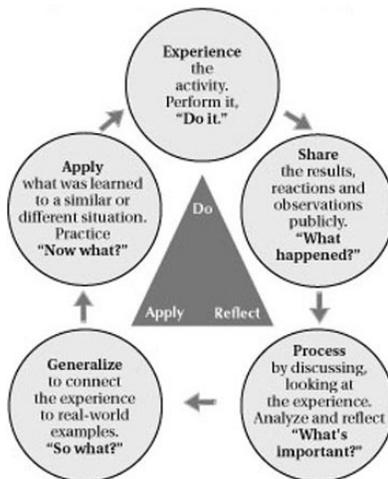
University of Missouri Extension does not discriminate on the basis of race, color, national origin, sex, sexual orientation, religion, age, disability or status as a Vietnam era veteran in employment or programs.

How to use the Grab and Go Project Bag:

This backpack is designed to give you the chance to explore a topic. It can be checked out and used at your own pace and time. This backpack can be geared for families, schools, 4-H community clubs and individuals. Day camps have been created using these materials. There are lesson plans and equipment to help make the learning more hands on, interactive and fun.

Please make sure to look at the variety of lessons that are in the pack and see how you can make learning interesting and fun! Included are 4-H Project book curriculum that compliment this grab and go project.

There should be a set of debriefing questions included with each lesson that use the experiential model that 4-H uses to promote positive youth development. Refer to the Learning Experiential Model processing card included in the bag.



4-H Camp Cooking Adventures

Items included in the Grab and Go Project Bag

Curriculum:

- National 4-H Outdoor Adventures Curriculum
 - Group Activity Helper's Guide
 - Hiking Trails
 - Camping Adventures
 - Backpacking Expeditions
- Learning Experiential Model processing card
- Dutch Oven Cooking 101
(materials can be found at: <http://papadutch.home.comcast.net/~papadutch/>)
- Camp cookery (material can be ordered through Extension Publications)
- Back Pack Cookery (material can be ordered through Extension Publications)
- Back Pack Cookery Instructors Manual (material can be ordered through Extension Publications)
- Campfire Cooking; Author –Michelle Brandenburg SDSU Cooperative Extension
- Creative Camp Cooking; Author - Michelle Brandenburg SDSU Cooperative Extension (power point)

Tools:

- Dutch oven (small size)
- Cooking Rack
- Lid lifter
- Heavy duty foil
- Freezer bags
- 2 sets of hot pads
- 2 sets of gardener gloves
- 2 sets of tongs
- Small Coleman or other camping brand stock pot

Additional Supplies:

- See each individual lesson for perishable items that may need to be secured for the activity.



Meeting Agenda

Sample

Early Activity:

Campfire singing– this is a good way to get everyone involved and in the mood for camping. Select a few of your favorite camp songs and sing them. If youth have gone to 4-H camp they can help lead songs they have learned.

Pledges

Roll Call

Name an item you would need in order to cook a meal over campfire.

Business

If any voting needs to take place, members should raise their hand and say “hobo” to be recognized.

Program: Start with Camp fire safety/building Lesson 1 Edible Campfire.

Recreation:

4-H Judging: Copy pictures from Camp Cookery page 20 of different types of fires. Let youth rank items and reasons in order A,B,C, D for which would be the best type of fire to build if they were going to make a hobo meal. Discuss reasons and results.

Refreshments

Serve the edible fire snack for this activity.



Lesson 1: Building a Campfire

Edible Campfire

Life Skills:	Head	Critical Thinking
	Heart	Concern for others
	Hands	Responsible Citizenship
	Health	Personal Safety

Materials:

- Paper Plate or Napkin (**Safety Circle**)
- Small Cup with water/juice (**Water Bucket**)
- Fork (**Rake or Shovel**)
- Toothpick (**Match**)
- Mini Marshmallows or Jelly Beans or M&M's & Cheerios or Raisins (**Fire Ring**)
- Potato Sticks or Shredded Coconut (**Tinder**)
- Pretzel Sticks or Chinese Noodles (**Kindling**)
- Pretzel Logs or Bread Sticks (**Fuel Logs**)
- Red Hots or Red Licorice (**Sparks, Small Fire**)
- Candy Corn (**Large Fire**)

Steps:

1. Refer to Campfire Cooking, first page (Serving food safely and How to build a campfire for cooking with this activity).
2. Collect supplies and pull back all long hair!
3. Clear a safety circle 5 ft. out from the fire circle.
4. Place water bucket and tools nearby.
5. Make the fire circle ring.
6. On page 20 of Campfire Cookery select a type of fire for the fire you need for what you want to cook. ("A" frame, tepee, crisscross, log cabin, Indian)
7. Add tinder with match, light sparks (red hots).
8. When a small fire is started add kindling allowing the air to flow.
9. Now the fire is burning brightly! (candy corn)
10. You now have completed your edible fire.
11. With a real fire, when done the fire bucket would be used to put out the fire and the rake or shovel would be used to stir it up until cold to the touch. However, in this case just eat the fire and drink from the fire bucket and leave a clean fire area!



Activity

Refer to helpful tips quiz on last page of Campfire Cooking for a quick review of food and fire safety.

Debriefing:

- | | |
|------------|--------------------------------------------------------------------------------------------------------------------------|
| Share | What did you do?
What was your goal? |
| Process | Why is this life skill you practiced important?
What did you learn? |
| Generalize | Where might this situation occur in the future?
What advice would you give to someone who has never built a campfire? |
| Apply | What else can you do to learn about campfire safety?
What can you do to practice food safety at home? |

Sources: www.scoutingweb.com, 2006
Campfire Cooking, SDSU Extension, Michelle Brandenburg, 2006
Camp Cookery, Missouri Department of Conservation, Jan Phillips



Lesson 2: Dutch Oven Cooking 101

Did you know? *Please refer to the Dutch Oven 101 Guide included in your pack for this lesson.*

Life Skills:	Head	Learning to Learn
	Heart	Cooperation
	Hands	Teamwork
	Health	Personal Safety

Concepts:

- To become familiar with how to cook with a dutch oven.
- To practice food and fire safety.
- To follow directions from a recipe.

Safety:

- Be in an appropriate place to make a fire. Don't forget a rake and water bucket.
- Read instructions on seasoning and cleaning dutch ovens before starting.

Materials:

- Dutch oven
- Charcoal
- Matches
- Lid Lifter
- Gloves
- Tongs (1 for food and 1 for coals)
- Small shovel
- Whisk broom
- Recipe Ingredients



Activity:

Follow directions in guide to make a pineapple upside down cake. If kids don't like pineapple substitute with any fruit flavored pie filling such as cherry. Refer to Camp Cookery manual on other recipes to try.

Debriefing:

- Share: Describe what you did in steps.
- Process: What was difficult about this project?
What is the formula for getting the right amount of coals needed?
- Generalize: What key points have you learned?
How is this life skill important to you?
- Apply: In what ways do you help each other learn new things?
What would you tell your leader in appreciation for how they helped you?

Lesson 3: Hobo Packs

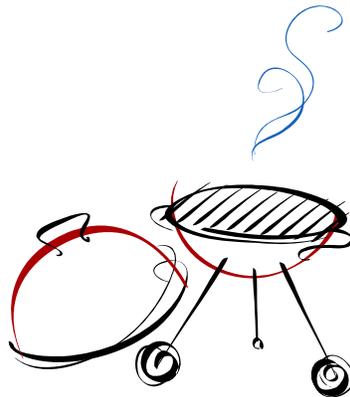
Did you know? Hobo packs are meals cooked in heavy duty aluminum foil laid directly on campfire coals.

Life Skills:

Head	Decision Making
Heart	Cooperation
Hands	Contributions to Group Effort
Health	Self-discipline

Materials:

- Heavy duty foil (about 18" per person)
- Cutting boards
- Knives
- Salt/pepper/ other spices
- Chicken
- Potatoes, sliced
- Carrots, chopped
- Onion, chopped
- Butter
- Charcoal



Steps:

1. Divide group into stations. One group will cut chicken, one group prepare the vegetables, one group will prepare foil packs and season, one group will get charcoal fire going.
2. Wash hands and prepare work surface.
3. Prep: Slice vegetables into thin slices.
4. Cut chicken into cubes.
5. Place all ingredients in each foil pack.
6. Seal foil packs and let cook over coals for 30 minutes or until done.
7. Other vegetables can be added or substituted.

Debriefing:

Share: What did you learn about working as a team? Did everyone contribute?

Process: How long did it take to cook?
How long did it take the coals to get ready?
What did you learn about cooperation?

Generalize: What key points have you learned?
Why is it important to have plenty of information before making decisions?

Apply: How can you use these skills in different situations?
What other recipe ideas might you try?

Lesson 4: Bag Omelets

Did you know? This is a fun way to cook breakfast over an open fire in a pot of boiling water.

Life Skills:

Head	Learning to Learn
Heart	Communication
Hands	Teamwork
Health	Personal Safety

Materials:

Makes enough for 2 people

- 1 quart-size Ziploc Freezer Bag
- 2 eggs
- 1/2 handful of grated cheese
- Salt and pepper
- Chopped ham, optional
- Chopped onion, optional
- Chopped green pepper, optional
- Anything else you want to add



Steps:

1. Prepare work station surface and wash hands.
2. Start fire so pot of water can boil.
3. Open the Ziploc bag, and break 2 eggs in it. Mash them together a little. Set aside.
4. Prepare ham, cheese, and anything you want in it.
5. Add items to bag and seal it.
6. Once water has boiled throw your bag in. Let it cook for about 5 minutes and check to see if it's done.
7. You are now ready to eat!

Debriefing:

Share: What happens to the eggs when they cook?
Process: What did you learn from this project that you didn't know before?
What was your favorite part of the project?
Generalize: What key points have you learned?
Why is it important to have plenty of information before making decisions?
Apply: How can you use these skills in different situations?
What other things might you try?

Source: Michelle Brandenburg, SDSU Extension, 2006, NCI

Lesson 5: Turkey in a Trash Can

Did you know? You can cook turkey in a trash can! It works and it is very good. It works the same way a smoker does. Why buy something expensive when you can do it for very little expense?

Life Skills: **Head** Planning/Organizing
 Heart Sharing
 Hands Teamwork
 Health Healthy Lifestyle Choices



Materials:

- One 18-20 in. green stick (cut from tree) approx. 1 to 1 1/2 in diameter peeled.
- A 10 gallon metal garbage can-seams should be crimped and rolled.
- A pair of oven mitts.
- Heavy duty aluminum foil
- 2 long handed forks
- 20 pound bag of charcoal briquettes
- Small amount of cord
- 2 ft. diameter area of ground. Area should be flat and smooth
- Charcoal lighter and matches
- Roasting pan for meat after it's cooked.



Steps:

1. For the turkey, make 4 large balls of foil. Two will be used for the turkey legs to stand on, one for the tail to balance, and one will be used on the top of the stick.
2. Pound the stick into the ground so that about 15 inches is above ground. Wrap the stick with foil.
3. Lay foil in large area around the stick (enough for the trash can to sit on plus coals).
4. Clean the meat. The turkey should be completely thawed with the giblets removed.
5. Wrap the turkey wings with foil. With a piece of string or cord, tie wings to hold securely around the body of the turkey.
6. Spray stick foil with Pam or something similar. Place meat over the stick. Place foil balls where needed.
7. Invert garbage can over the meat.
8. Place briquettes around the bottom of the can-build up approximately 3 rows high and deep.
9. Place briquettes on top of can.
10. Soak briquettes with charcoal lighter and start. Once briquettes have started good, start cooking time. When time is complete, gently remove the ashes and can.
11. You will be amazed at the beautiful turkey that you have just cooked. It is browned and the meat moist with a slight smoke flavor.

Baking times: 5 lbs-1/2 hour, 10 lbs- 50 minutes, 15 lbs-80 minutes, 20 lbs- 2 hours

Debriefing:

Share: What did you observe? What did you do to make this meal?

Process: Why was this important?

Generalize: What key points have you learned?

Why is it important to have plenty of information before making decisions?

Apply: How can you use these skills in different situations?

What other things might you try to cook using this method?

Source: NCI, 2004, K-State Research and Extension 4-H

4-H Campfire Cooking Adventures Evaluation

Please rank the following:

	<u>Great</u>		<u>Ok</u>		<u>Never Again</u>
Usefulness of the bag:	5	4	3	2	1
Ease of lessons:	5	4	3	2	1
Kids Reactions:	5	4	3	2	1
Variety of Lessons:	5	4	3	2	1

Please tell us how the kids reacted to the lessons and some things they learned:

Please give us your thoughts on the Project Kits:

To what extent did you learn more about (name of subject)? Was it:

_____ To a great extent

_____ To a moderate extent

_____ To a slight extent

_____ Not at all

Thank you for using these kits. Please let us know your thoughts of other kits that could be created.