

## Bear Picnic Basket

Complete at least three of the following requirements:

1. Create your own Bear cookbook using at least five recipes you might cook or prepare either on your own or with some adult help. Include at least one recipe each for breakfast, lunch, dinner and a nutritious snack.
2. With a family member or den leader, prepare for cooking by explaining the importance of planning, tool selection, sanitation and cooking safety.
3. Select and prepare two nutritious snacks for yourself, your family or your den.
4. With the help of an adult, select a recipe to prepare in a kitchen of your den or your family. Help to select the needed ingredients, perhaps from a garden, grocery store, or farmers' market. Cook and serve your planned meal. Clean up after the preparation and cooking.
5. With the help of an adult, select a recipe to prepare in the outdoors for you family or den. Help to select the needed ingredients, perhaps from a garden, grocery store, or farmers' market. Cook and serve your planned meal. Clean up after the preparation and cooking.

### Note to parents/ guardians

This adventure typically takes 3-5 den meetings or days to complete. Some of the Bear Picnic Basket will require use of knives, fire and/ or hot items. Cuts and burns can happen when preparing food. Before the Scout begins to cook please review the first aid information on page 139 of the Bear Cub Scout Handbook. Even if your Scout has received their Whittling Chip, it is a good idea to review knife safety in the kitchen before starting to cut food. Watch this You Tube video together with your Scout and then talk about the Safety Rules:

<https://www.youtube.com/watch?v=3kmDuLVwM48>

It is a good idea to wear closed toed shoes when using a knife. Always supervise the Scout when they are dealing with fire, heat or knives!

## Requirement 1

Create your own Bear cookbook using at least five recipes you might cook or prepare either on your own or with some adult help. Include at least one recipe each for breakfast, lunch, dinner, and a nutritious snack.

You will need your Bear Cub Scout Handbook, pen/ pencil, colored pencils/ markers or crayons, index cards, hole puncher, string/ ribbon, cardboard the same size as your index cards, your favorite recipes. Alternately, you would need a three-ring binder, computer with internet access and printer, hole puncher and your colored pencils/ markers/ crayons. Stickers are optional.

- . Read Requirement 1 from page 136 through 139 in your Bear Handbook.
- . Decide how you are going to create your cookbook and gather the materials.
- . Interview family or friends about how to make your favorite breakfast, lunch, dinner and nutritious snack. Write it down on your index card.

Alternately:

- . With your parent's/ guardian's permission check out the following internet site for cooking for kids:

<https://www.foodnetwork.com/recipes/packages/recipes-for-kids/cooking-with-kids>

Find the recipes you are interested in, print out the recipes, make holes in your paper and put them in your binder.

- . Now decorate your personalized cookbook!

## Requirement 2

With a family member or den leader, prepare for cooking by explaining the importance of planning, tool selection, sanitation and cooking safety.

You will need your Bear Handbook, the recipe you want to cook, the ingredients needed for your recipe, the pans and utensils to make your recipe, soap and water. If you are planning to cook your recipe for anyone else make sure they do not have any allergies, food aversions or restrictions on any of the ingredients you are planning to use. If you have internet access you might want to check out the

You Tube videos. Our game will require water or rice, measuring cups and measuring spoons, clean quart container and clean gallon container.

. Read Requirement 2 from page 140- 144 in your Bear Handbook.

. If you have not already viewed the video on knife safety, now is the time to do it with both the family member/ den leader and the Webelos Scout.

. Keeping things free from germs is important. If you have internet access, let's look on a video of how to wash your hands.

<https://www.youtube.com/watch?v=3SfHdSHK-g0>

. Let's play a game! Gather the measuring cups, measuring spoons, the water or rice. Try to answer these questions:

1. How many Teaspoons are there in a Tablespoon?
2. How many Tablespoons are there in an Ounce?
3. How many Ounces in a Cup?
4. How many Cups in a Pint?
5. How many Pints in a Quart?
6. How many Quarts in a Gallon?

Now, let's take it up a notch.

1. How much rice can you pick up in a "pinch"?
2. How much water does the palm of your hand fill?
3. By free pouring the water into a glass, can you stop exactly at  $\frac{1}{2}$  cup or one cup?

Many family recipes call for a "pinch of this" or a "splash of that". These recipes are a proud tradition in many families. Does your family have special recipes?

Go through and answer all the questions on Page 140 with your family member/ den leader. In Requirement 2 we are not making anything yet, only getting ready to cook.

### Requirement 3

Select and prepare two nutritious snacks for yourself, your family or your den.

You will need your Bear Handbook and the ingredients you want to use for your nutritious snack. You will need an adult to supervise when you are using a knife to cut with. To play the game you will need someone in your household, a blindfold or neckerchief and a sample of herbs, spices and sauces from your pantry.

. Read pages 45 and 46 in your Bear Handbook.

. Once you have decided on which two nutritious snacks you want to make, wash your hands and countertop, assemble your utensils and ingredients. Enjoy your snack. Don't forget to clean up afterwards!

. Let's play a game! Put on the blindfold. Now have your family member open the bottles of herbs, spices and sauces. One by one try smelling each and guess which one you were smelling. Remember not to taste or touch any hot sauces or spices because, well... they are HOT and could hurt if you get them in your eyes, nose or mouth. Take turns and see who can guess the most correctly!

In the future you might want to mix some of these herbs/ spices with plain yogurt or cottage cheese to make your own vegetable dip. Yum!

### Requirement 4

With the help of an adult, select a recipe to prepare in a kitchen for your den or your family. Help to select the needed ingredients, perhaps from a garden, grocery store, or farmer's market. Cook and serve your planned meal. Clean up after the preparation and cooking.

You will need your Bear Handbook, adult supervision, the ingredients and utensils to make your recipe and the things you will need to clean up. You might want to use your own cookbook that you made in Requirement 1. Also, if you have done Requirement 2, then you are halfway there to making a great recipe!

A Scout is Helpful, Thrifty and Clean. We hope that your Scout has gained some valuable experience with this module!

