



Cast Iron Chef

Adventure Requirements

Complete Requirements 1 and 2 below. Requirement 3 is optional.

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



Parent Corner

This adventure will require adult supervision, specifically with food safety and preparation and cooking methods and fire safety. To learn more about fire safety and the Cast Iron Chef Adventure, you can watch this [video](#) with your scout. Enjoy the time cooking together as family!



Cast Iron Chef

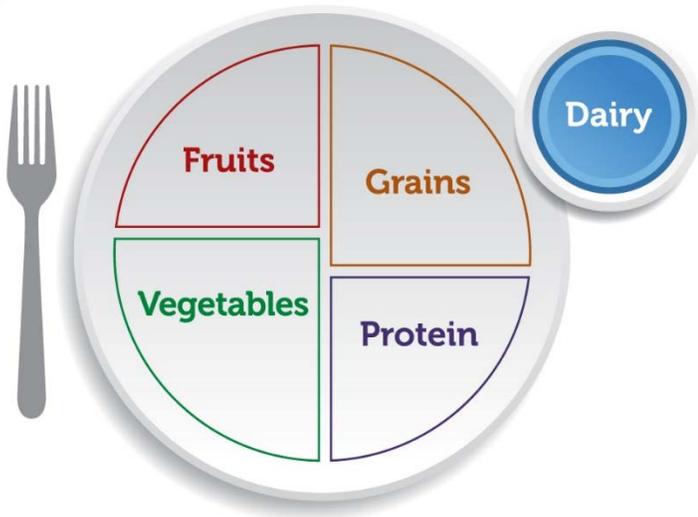
Requirement 1: Plan a Menu for a Balanced Meal

Instructions

Materials Needed

- Menu Planner & Shopping List
- Pencil
- Webelos Handbook

1. Plan a menu for a balanced meal for your den or family. Use the Menu Planner & Shopping List page.
 - a. What is a simple meal that is one of your favorites?
 - b. See your Webelos Cub Scout Handbook for suggested meals.
 - c. Discuss ideas with a friend or family member
2. Determine the budget for the meal.
3. If possible, shop for the items on your menu. Stay within your budget.



My Plate

Did your meal include all 5 food items on My Plate?



Pee Wee Says

"Eating right helps you grow, gives you energy, and keeps your mind sharp. Remember that a Scout is thrifty. You can show that you are thrifty by finding ways to save money when shopping. Find shopping tips in your Webelos Cub Scout Handbook."



RANK ADVENTURES



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Requirement 2: Outdoor Cooking Methods

Materials Needed

- Pencil
- Webelos Handbook

Instructions

1. Prepare a balanced meal for your den or family.
2. 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. See more information about types of cooking in your Webelos Cub Scout Handbook.
3. Demonstrate an understanding of food safety practices while preparing the meal.



Cooking Methods

Some of the most common cooking methods used in Scouting are: camp stove, Dutch oven, box oven, solar oven, open campfire, and charcoal grill. What's your favorite?



Pee Wee Says

"Which method of cooking do you want to use to cook your next meal?"



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Requirement 2: Food Safety

Materials Needed

- Pencil
- Webelos Handbook

Instructions

1. Refer to your Webelos Cub Scout Handbook to learn about Food Safety.
2. Demonstrate an understanding of food safety practices while preparing the meal.



5 Steps of Food Safety

1. Clean hands and surfaces frequently
2. Don't cross contaminate
3. Cook to proper temperatures
4. Chill/refrigerate promptly
5. Maintain proper temperatures



Pee Wee Says

"What are 3 things you learned about food and cooking safety?"



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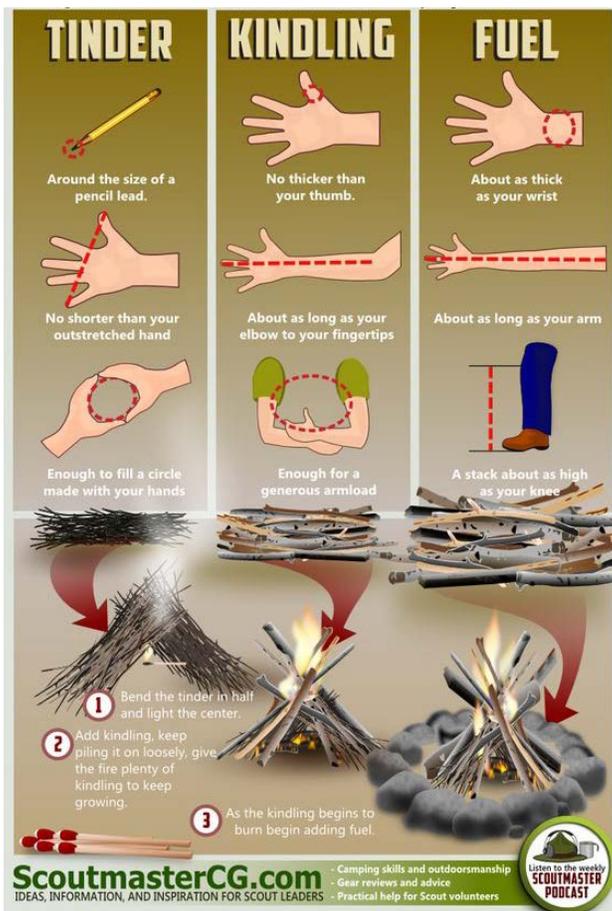
Requirement 3: Demonstrate How to Safely Build a Fire

Materials Needed

- Webelos Handbook

Instructions

1. Refer to your Webelos Cub Scout Handbook to read about fire building.
2. If circumstances permit, and there is no local restriction on fires, show how to safely light the fire. Make sure to practice lighting fire **only** under the supervision of an adult. After allowing the fire to burn safely, extinguish the flames in a manner that is safe and has minimal impact to the environment of the fire site.



Pee Wee Says

"A Scout is thrifty. Use fire starting materials you have at home: dryer lint, cotton gauze, gum wrappers, paper products, or cotton balls. A Scout is trustworthy. You can show that you are trustworthy by following the rules of fire safety."