

Cast Iron Chef Adventure

Updated Requirements

Do at least #1 & #2:

- 1a. Plan a menu for a balanced meal for your den or family.
 - b. Determine the budget for the meal.
 - c. If possible, shop for the items on your menu.
 - d. 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. 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.
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Requirement 1

- Using the ChooseMyPlate.gov, SuperTracker.usda.gov, and [Webelos Handbook](#) review what is in a balanced meal. Know the limits on fats, sugar, and salt. Clip food pictures from newspaper ads and have them sort the items into the categories.
- Guide the Scouts to write down their menu, plus condiments. Make a chart listing the items. Write a budget for how much they think the food will cost.
- If possible, take the Scouts to a grocery store and have them write down the cost of each item. How many Scouts and adults will they be shopping for? Show them how to see how many portions per item it lists. Show them the same items will cost different amounts of money. Compare fresh, canned and frozen. Be thrifty; price shop. Explain the signs that list the cost per pound so they know how to calculate the cost. When they finish, add up the cost of the items and divide by the number of people for the meal.

Requirement 2

- Show the scouts by example washing hands and surfaces for food preparation. Don't cross-contaminate. Cook to proper temperatures. Chill or refrigerate promptly and maintain proper temperatures. See the [Webelos Handbook](#) for these safety practices.

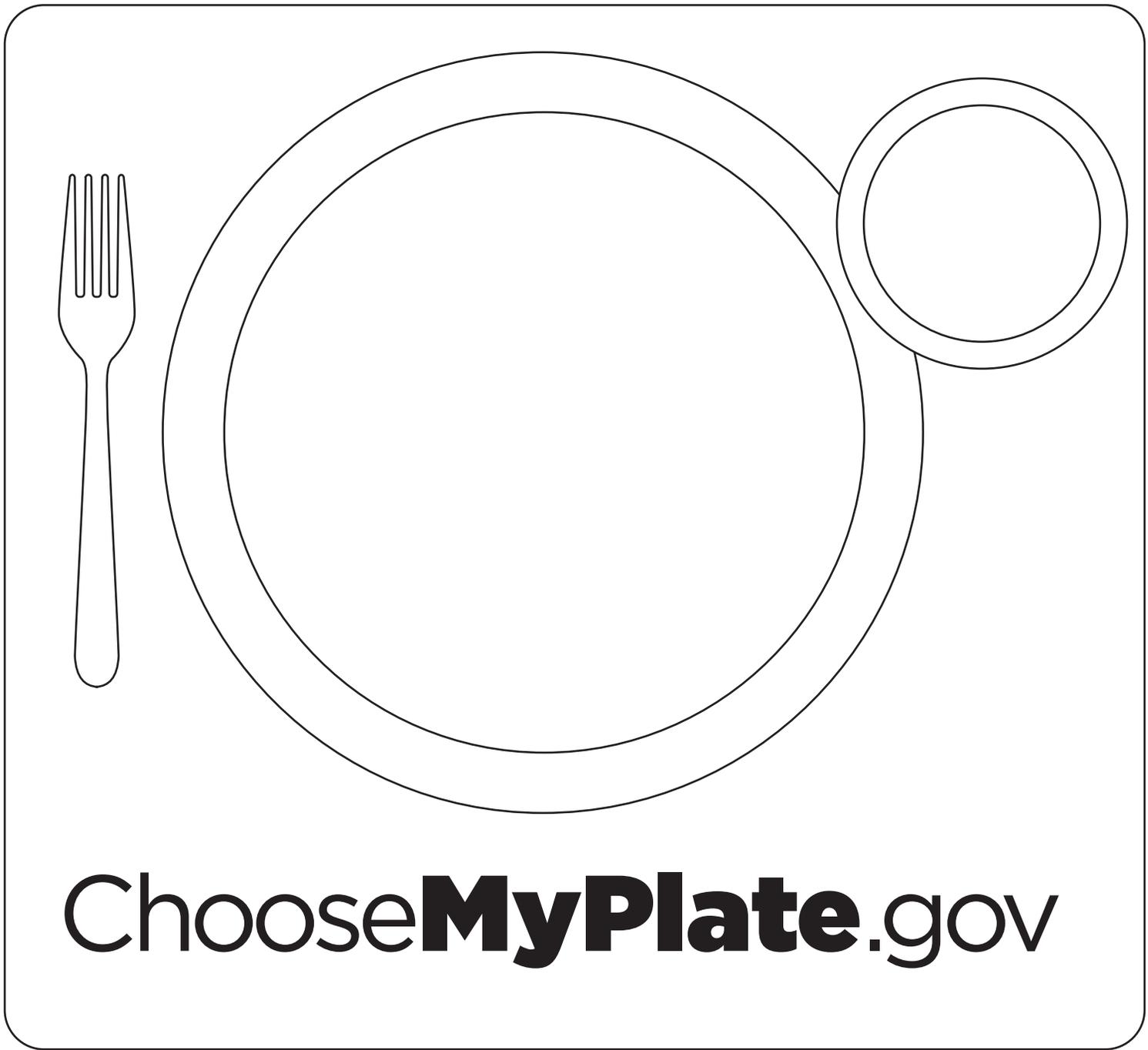
Requirement 3 (*optional but a Scout skill*)

- 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.
- Practice building a fire by using licorice sticks and pretzels to show the shapes of tinder and kindling and the shapes of the fires- teepee, log cabin, star, etc.
- Practice lighting a match, striking it away from you as you light it. Make sure there is a bucket of water nearby.

Webelos's Plan

Your plan is based on a **2000 Calorie** allowance.

Total Calories	2000 per day		
Food Group	Food Group Amount	“What counts as...”	Tips
Grains <ul style="list-style-type: none"> Whole Grains 	6 ounce(s) per day <ul style="list-style-type: none"> ≥ 3 ounce(s) per day 	1 ounce of Grains <ul style="list-style-type: none"> 1 slice of bread (1 ounce) ½ cup cooked pasta, rice, or cereal 1 ounce uncooked pasta or rice 1 tortilla (6 inch diameter) 1 pancake (5 inch diameter) 1 ounce ready-to-eat cereal (about 1 cup cereal flakes) <p>See more Grain examples</p>	Tips <ul style="list-style-type: none"> Eat at least half of all grains as whole grains. Substitute whole-grain choices for refined grains in breakfast cereals, breads, crackers, rice, and pasta. Check product labels – is a grain with “whole” before its name listed first on the ingredients list?
Vegetables <ul style="list-style-type: none"> Dark Green Red & Orange Beans & Peas Starchy Other 	2½ cup(s) per day <ul style="list-style-type: none"> 1½ cup(s) per week 5½ cup(s) per week 1½ cup(s) per week 5 cup(s) per week 4 cup(s) per week 	1 cup of Vegetables: <ul style="list-style-type: none"> 1 cup raw or cooked vegetables 1 cup 100% vegetable juice 2 cups leafy salad greens <p>See more Vegetable examples</p>	Tips <ul style="list-style-type: none"> Include vegetables in meals and in snacks. Fresh, frozen, and canned vegetables all count. Add dark-green, red, and orange vegetables to main and side dishes. Use dark leafy greens to make salads. Beans and peas are a great source of fiber. Add beans or peas to salads, soups, side dishes, or serve as a main dish.
Fruits 	2 cup(s) per day	1 cup of Fruit: <ul style="list-style-type: none"> 1 cup raw or cooked fruit 1 cup 100% fruit juice ½ cup dried fruit <p>See more Fruit examples</p>	Tips <ul style="list-style-type: none"> Select fresh, frozen, canned, and dried fruit more often than juice; select 100% fruit juice when choosing juice. Enjoy a wide variety of fruits, and maximize taste and freshness, by adapting your choices to what’s in season. Use fruit as snacks, salads, or desserts.
Dairy 	3 cup(s) per day	1 cup of Dairy: <ul style="list-style-type: none"> 1 cup milk 1 cup fortified soymilk (soy beverage) 1 cup yogurt 1½ ounces natural cheese (e.g. Cheddar) 2 ounces processed cheese (e.g. American) <p>See more Dairy examples</p>	Tips <ul style="list-style-type: none"> Drink fat-free (skim) or low-fat (1%) milk. Choose fat-free or low-fat milk or yogurt more often than cheese. When selecting cheese, choose low-fat or reduced-fat versions.
Protein Foods <ul style="list-style-type: none"> Seafood 	5½ ounce(s) per day <ul style="list-style-type: none"> 8 ounce(s) per week 	1 ounce of Protein Foods: <ul style="list-style-type: none"> 1 ounce lean meat, poultry, seafood 1 egg 1 Tablespoon peanut butter ½ ounce nuts or seeds ¼ cup cooked beans or peas <p>See more Protein Food examples</p>	Tips <ul style="list-style-type: none"> Eat a variety of foods from the Protein Foods group each week. Eat seafood in place of meat or poultry twice a week. Select lean meat and poultry. Trim or drain fat from meat and remove poultry skin.
Oils 	6 tsp. per day	1 tsp. of Oil: <ul style="list-style-type: none"> 1 tsp. vegetable oil (e.g. canola, corn, olive, soybean) 1½ tsp. mayonnaise 2 tsp. tub margarine 2 tsp. French dressing <p>See more Oil examples</p>	Tips <ul style="list-style-type: none"> Choose soft margarines with zero <i>trans</i> fats made from liquid vegetable oil, rather than stick margarine or butter. Use vegetable oils (olive, canola, corn, soybean, peanut, safflower, sunflower) rather than solid fats (butter, shortening).



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