## Webelos Adventure: Cast Iron Chef

### Cast Iron Chef Adventure Pin

Do all of these:

1. At an approved time in an outdoor location and using tinder, kindling, and fuel wood, demonstrate how to build a fire; light the fire, unless prohibited by local fire restrictions. After allowing the flames to burn safely, safely extinguish the flames with minimal impact to the fire site.
2. Set personal nutritional goals. Keep a food journal for one week; review your journal to determine if the goals were met.
3. Plan a menu for a balanced meal for your den or family. Determine the budget for the meal. Shop for the items on your menu while staying within your budget.
4. Prepare a balanced meal for your den or family; utilize one of the methods below for preparation of part of your meal:
   1. Camp stove
   2. Dutch oven
   3. Box oven
   4. Solar oven
   5. Open campfire or charcoal
5. Demonstrate an understanding of food safety practices while preparing the meal.

**Workbook for use with these requirements:** [**PDF Format**](http://usscouts.org/advance/cubscout/workbooks/Webelos/Cast-Iron-Chef.pdf) [**DOCX Format**](http://usscouts.org/advance/cubscout/workbooks/Webelos/Cast-Iron-Chef.docx)

### How to Build a Fire Skit

<http://scoutermom.com/9714/years-resolutions-scouts-scouters/>

Skits can be a great way to start an instruction program. They get everyone’s attention focused. This is a skit I saw at a camporee, but it would also work as an introduction to a session on fire building.

I don’t remember the exact dialog, but I’ve given you the general idea. I think these guys were doing some improv based on some old Scout jokes.

## How to Build a Fire

2 actors are required

**Props**

* Lawn chair
* Cotton ball
* Various sized sticks and logs

**The Skit**

Scout 1 is sitting in a lawn chair and Scout 2 is standing next to him.

Scout 1: It’s pretty cold out tonight, so John and I are going to show you how to build a fire. This is an important Scout lesson, so pay attention! First we need some tinder. Belly button lint makes great tinder. John, could we use your belly button lint?

Scout 2 lies down on the ground on his back and pulls up his shirt a little to expose his belly button.

Scout 1: John, I think it would be better if you removed the lint instead!

Scout 2 nods his head, turns around so the audience can’t see, and produces his belly button lint – a big cotton ball.

Scout 1: Wow! That’s a lot of belly button lint. Maybe you should clean that out more often.

Scout 2 shrugs and puts the cotton ball on the ground.

Scout 1: Now we need some small twigs and sticks. John, could you find some for us.

Scout 2 brings in about three good sized logs.

Scout 1: That’s a little larger than I was thinking about. I want some really small twigs and sticks.

Scout 2 puts down the logs and goes out. He returns with a few large sticks – 1 to 2 inches in diameter.

Scout 1 (starting to get exasperated): Still too large. Lots and lots of tiny, tiny sticks!

Scout 2 puts down the large sticks and leaves. He brings in one twig and holds it up.

Scout 1 (getting more angry): We need more than that!

Scout 2 walks out. Scout 1 keeps looking around for him.

Scout 1: I guess if you want something done right you have to do it yourself!

Scout 1 gets out of his chair and storms out in the opposite direction of Scout 2. Scout 2 returns with a good sized load of twigs and small sticks. He proceeds to efficiently make the fire with the other materials he brought in earlier. He lights it (either pretend or for real), and sits in the chair, holding his hands over it to warm them.

Scout 1 returns with a disorganized array of sticks and logs. He sees Scout 2 sitting in his chair, drops his fire building materials, and throws his arms up into the air.

Scout 1: I can’t believe it!

# Menu Planning with Webelos

<http://scoutermom.com/4722/menu-planning-webelos/>

My Webelos den is going to district camporee at the end of the month. So at last night’s Outdoorsman focused meeting, we did some menu planning.

If this were a Boy Scout troop, the youth members would sit down with the grubmaster and do their menu planning without any adult interference. But since these are Webelos and this is only their third campout, I did it with them. I only have four in my den and one was at opening night of a high school play he is in and the other was sick. So with just two – ZM and one of his friends – it went pretty quickly.

Camp is about 90 minutes away, so we decided they would eat before leaving and then we would have a good snack after we setup our campsite. So they picked[Walking Tacos](http://www.scoutermom.com/547/walking-tacos-recipe/) and fruit. We will also [toast some Peeps](http://www.scoutermom.com/2011/toasted-peeps/). Breakfast will be sausage and pancakes. For lunch, we will head over to the Boy Scout side of the camporee and the troop will provide lunch for us. Dinner will be [Pizza Quesadillas](http://www.scoutermom.com/531/pizza-quesadillas-recipe/), salad, raw broccoli  and carrots with ranch dressing, and more fruit. ZD’s friend is going to bring some brownies.  Breakfast on Sunday morning has to be quick, so we are just doing donuts and more fruit.

It was fun to see them discussing all of their options. The two of them both tend to have strong opinions and there was a lot of give and take before they came up with a menu they were both happy with.

[](http://10dyuk2k99c42ykeneovawpk.wpengine.netdna-cdn.com/wp-content/uploads/2010/04/j0438774.jpg)

# Edible Campfires Recipe

<http://scoutermom.com/2006/edible-campfires-recipe/>

Scouts should know how to build a fire. I am always amazed how many kids don’t understand the concept of using tinder and small sticks. This snack will help introduce the concept.

This would be a good activity for Webelos about to head out on their first camp out.

Troop Instructors could also use this snack to teach fire building skills to newly crossed over Scouts. Demonstrate in the meeting room with this method and then let them go outside and have a try at doing it themselves.

Be creative with the ingredients. I’ve suggested some, but there are lots of other possibilities. Feel free to leave your suggestions in the comments.

### Edible Campfires

**Ingredients**

* Pretzel rods
* Pretzel sticks
* Chow mein noodles
* Shredded wheat, shredded (the full size type works better than the spoon size)
* [Candy corn](http://www.ebay.com/sch/i.html?_nkw=candy+corn)
* Red hots
* Yellow, orange, and red fruit rollups, cut into small strips
* Paper plates

**Directions**

1. Using the pretzel rods as logs, pretzel sticks and chow mein noodles as sticks, and shredded wheat as tinder, arrange the ingredients like you are building a fire on the paper plate.
2. “Light” the fire by adding [candy corn](http://www.ebay.com/sch/i.html?_nkw=candy+corn), red hots, and bits of fruit rollups
3. Enjoy!

**[](https://gwynridenhour.files.wordpress.com/2012/03/dsc_0501.jpg)**