

Harford District
2016 Cub Scout Day Camp
June 27 - July 1
Cubstruction

Cast Iron Chef



Station Volunteer's Guide

Thank you for being a station volunteer! The stations are the heart of camp and truly provide our scouts with an opportunity to try out a new skill (or build on one they know) while having a great time. Our volunteers' knowledge and enthusiasm is what makes our camp great!

To make running the station easier, please take some time to read through the station guide. **While, what is being covered at the station needs to remain as outlined so that the scouts earn the correct achievements, how it is covered is only one of many methods.** If you find a better way to accomplish the requirements or if the method we have outlined doesn't seem to be working...please feel free to change it! This is only a guide...do what works best for you and the scouts coming to your station.

One other thing to keep in mind - some stations will be visited by all ranks. That means you may have 6 year olds through 11 year olds and may have to simplify or intensify the methods to meet the skills and knowledge of all the scouts.

Thanks again - we are glad to have you as part of Harford Day Camp!

Station Procedures

- The first station begins at 10:15 on Monday and 9:15 other days...so you have some time! We've tried to only schedule 2 dens at a time (max. 24 boys) but, there may be times when you have 3. Consult your station schedule so you will know who to expect and when.
- Greet dens as they arrive. Many will have a den cheer, ask to hear it!
- Once all the dens arrive or the start time has come, begin going through the procedures for the station. **It is very important that you start and end on time!** Each time slot lasts 45 minutes. If a den arrives 10 minutes late, they CANNOT stay 10 minutes past the end of the station...that would make you and them late for the next station. If a den doesn't get finished, suggest they come back during a break or take the remaining activity with them to work on at the den.
- **Execute the station with energy and enthusiasm!** Let the scouts do as much for themselves as possible. It doesn't need to be perfect, they just need to Do Their Best!
- Don't forget the beads. Each scout earns a bead at every station for participating. Beads can be given to the den leader for distribution.
- Once the den is finished, begin resetting for the next group.
- Close the station at the end of the day by packing/organizing the supplies and cleaning and disposing of all trash. Let the Program Director responsible for the station (either Tiger/Wolf/Bear or Webelos) know if supplies are running short!

Station Overview

Discussion and hands-on activities will complete this station.

Webelos will learn about healthy choices and build a campfire to prepare food safely in an outdoor setting.

Set-up:

Open bins and:

- 1) Station leaders will build and maintain a central campfire for cooking silver turtles.
- 2) Station leaders will prepare and precook (approx. 30 min. cooking time) sufficient number of silver turtles for tasting purposes before the first scouts arrive. Enough for 2 Scouts to share (ie. Den of 12 needs 6 turtles)
- 3) Prepare fire rings with fire building materials for scouts to build smaller individual fires.

Break-Down

- 1) Return all materials to the bins and wrap wood up in the plastic provided.
- 2) Please assure that all bins are closed tightly and place under the tent for the night.
- 3) In the event that rainy weather is expected, please take the bins into the Crouse building for the night.

Station Objectives:

Each scout will learn to build a fire and put one out safely. Each scout will learn proper procedures for cooking in the outdoors over an open fire and make healthy decisions about storing and cooking food properly.

Divide scouts into 2 groups (1 den each if possible). One for Fire Building & one for Camp cooking. small campfires around the perimeter of the main fire ring. Properly extinguish all small fires.

Activity 1: Fire Building

Supplies: matches, kindling, small sticks, chopped wood, shovel, bucket of water, fire safety print out, fire building print out

Review Fire Safety Rules and Fire Building Steps.

Divide scouts up into partners and begin building small fires. When each pair has successfully built a fire, they will put it out with the shovel/bucket provided.

Fire Safety Rules

1. Follow the rules of your campsite. Some places do not allow ground fires. Ask if you don't know the rules.
2. Before building the fire, clear an area 10 feet in diameter. Remove leaves, sticks, and other burnable materials. Remove any rocks bigger than a fist.
3. Don't build a fire under a shrub or low hanging branches. Don't build it on tree roots.
4. Don't light the fire until you have permission from an adult.
5. Never leave the fire unattended.
6. Don't make the fire too big. A small fire is perfect for toasting marshmallows and sitting around talking.
7. Stay at least three feet away from the fire unless you have to get closer to cook something.
8. What goes in the fire stays in the fire. Don't put something in the fire and then take it back out. The end will be very hot and somebody could get burnt.
9. Don't poke the fire needlessly or throw things in the fire. This could cause sparks to fly out. Nobody wants sparks in their face.
10. Have a means to extinguish a fire nearby. If some sparks fly off your fire and start another fire, you might have to act quickly. A shovel and a bucket of sand or a bucket of water is ideal.
11. Make sure the fire is dead out before you leave it. This means that you can put your hand where the fire was and not feel any heat. Use a shovel to disperse the ashes and coals and then sprinkle them with water until they are cool.

Fire Building Steps:

1. **GATHER MATERIALS.** There are 3 basic types of materials and wood that are needed to begin a fire: kindling, sticks and large pieces of wood.

KINDLING is the base foundation of any fire. It is made of lightweight materials that are capable of burning quickly and igniting heavier materials. Kindling is best made of a mixture of twigs, tiny sticks, slivers of shaved wood, dried leaves or paper, birch bark, dried grass, and dried pine needles. You'll be using small sticks to form a tepee and get your fire started.

STICKS will be used to hold your fire structure together and light even larger pieces of wood. Properly aligning sticks will allow oxygen into your fire. Sticks used should be 1-2 inches in diameter, and broken to fit inside the fire pit. It's important that sticks are dry and never taken from living, upright trees.

LARGE PIECES or chunks of wood will be added to the fire last. Chunks should be dry and no more than 3-feet in length. Large chunks of wood should always be placed inside the fire ring or pit.

2. Put 2 handfuls of kindling into a small pile. You can compact the pile into one, softball sized ball. The ball should be placed in the center of the fire pit or fire ring.
3. Using your small sticks of kindling, build a small tepee around the kindling ball. Align your sticks at a 45-degree angle to the ground, making certain to leave some gaps in the tepee to allow oxygen to circulate inside the tepee.



Activity 2: Campfire Cooking

Supplies: Pre-cooked meat, canned vegetables, seasonings, aluminum foil, cooking spray, plastic gloves, food thermometer, forks, can opener, Silver Turtles recipe, FIGHT BAC Poster, latex/plastic gloves. (Only smaller portions of the meat patties will be in the coolers to keep temperatures safe. The rest will be kept in the kitchen freezer. Please visit the kitchen for more as needed.)

Review safe food handling instructions (see attachments)

- The Core Four: Clean, Separate, Cook, Chill

Review healthy food choices - 4 food groups

What is a balanced meal? Let scouts answer.

Have Scouts divide up into pairs. Assemble silver turtles by following recipe (attached) and place in coals to cook. Scouts will wear prep gloves.

Allow current batch to cook fully and use for taste test with next group. Store all food at safe temperatures between sessions.

First group will taste test silver turtles that were pre-cooked ahead of time by Station leaders (1st Dens to visit). .

Clean up

How to Cook a Campfire Silver Turtle

Difficulty: Moderately Easy

Things You'll Need:

- 12 inch by 18 inch heavy duty aluminum foil
- Meat (hamburger or hotdogs)
- Knife
- Vegetables (onions, potatoes, carrots, baked beans)
- Seasoning (salt, pepper, onion soup mix, butter, worcestershire sauce, etc.)
- Cooking source (campfire, oven, grill)

Step 1

Slice vegetables (potatoes, carrots, onions) 1/2 inch thick or **use vegetables that have already been sliced..**

Step 2

Spray area of foil touching food with cooking spray. Lay meat on 18 inch piece of heavy duty aluminum foil. Cover meat with vegetables.

Step 3

Add seasonings (Worcestershire sauce, **butter, onion soup mix, salt, pepper**). Add other seasonings of your choice such as Ms. Dash or garlic powder.

Step 4

Fold foil to tightly seal and enclose food in pouch.

Step 5

Place on a bed of hot campfire coals, not directly in the fire. Cook for 35 - 45 minutes. Turn once halfway through.

Step 6

Unwrap or cut open foil. Enjoy!

THE CORE FOUR PRACTICES



Right now, there may be an invisible enemy ready to strike. He's called BAC (bacteria) and he can make people sick. In fact, even though consumers can't see BAC – or smell him, or feel him – he and millions more like him may already be invading food products, kitchen surfaces, knives and other utensils. But you have the power to Fight BAC!® and to reduce your risk of foodborne illness. It's as easy as following these core four Fight BAC!® practices for food safety:

CLEAN

Wash hands and surfaces often

[Download the Clean Factsheet](#)

Bacteria can be spread throughout the kitchen and get onto hands, cutting boards, utensils, counter tops and food. To Fight BAC!® always:

- Wash your hands with warm water and soap for at least 20 seconds before and after handling food and after using the bathroom, changing diapers and handling pets.
- Wash your cutting boards, dishes, utensils, and counter tops with hot soapy water after preparing each food item and before you go on to the next food.
- Consider using paper towels to clean up kitchen surfaces. If you use cloth towels wash them often in the hot cycle of your washing machine.
- Rinse fresh fruits and vegetables under running tap water, including those with skins and rinds that are not eaten.
- Rub firm-skin fruits and vegetables under running tap water or scrub with a clean vegetable brush while rinsing with running tap water.

SEPARATE

Don't cross-contaminate

[Download the Separate Factsheet](#)

Cross-contamination is how bacteria can be spread. Improper handling of raw meat, poultry, seafood and eggs can create an inviting environment for cross-contamination. As a result harmful bacteria can spread to food and throughout the kitchen.

- Separate raw meat, poultry, seafood and eggs from other foods in your grocery shopping cart, grocery bags and in your refrigerator.
 - Use one cutting board for fresh produce and a separate one for raw meat, poultry and seafood.
 - Never place cooked food on a plate that previously held raw meat, poultry, seafood or eggs.
-

COOK

Cook to the safe internal temperature

[Download the Cook Factsheet](#)

[Download the Safe Minimal Internal Temperatures Chart](#)

Food is safely cooked when it reaches a high enough internal temperature to kill the harmful bacteria that cause foodborne illness. Use a food thermometer to measure the internal temperature of cooked foods. The best way to Fight BAC![®] is to:

- Use a food thermometer which measures the internal temperature of cooked meat, poultry and egg dishes, to make sure that the food is cooked to a safe internal temperature.
- Cook roasts and steaks to a minimum of 145°F. All poultry should reach a safe minimum internal temperature of 165°F as measured with a food thermometer. Check the internal temperature in the innermost part of the thigh and wing and the thickest part of the breast with a food thermometer.
- Cook ground meat, where bacteria can spread during grinding, to at least 160°F. Information from the Centers for Disease Control and Prevention (CDC) links eating undercooked ground beef with a higher risk of illness. Remember, color is not a reliable indicator of doneness Use a food thermometer to check the internal temperature of your burgers.
- Cook eggs until the yolk and white are firm, not runny. Don't use recipes in which eggs remain raw or only partially cooked.
- Cook fish to 145°F or until the flesh is opaque and separates easily with a fork.
- Make sure there are no cold spots in food (where bacteria can survive) when cooking in a microwave oven. For best results, cover food, stir and rotate for even cooking. If there is no turntable, rotate the dish by hand once or twice during cooking.
- Bring sauces, soups and gravy to a boil when reheating. Heat other leftovers thoroughly to 165°F.

CHILL

Refrigerate promptly

[Download the Chill Factsheet](#)

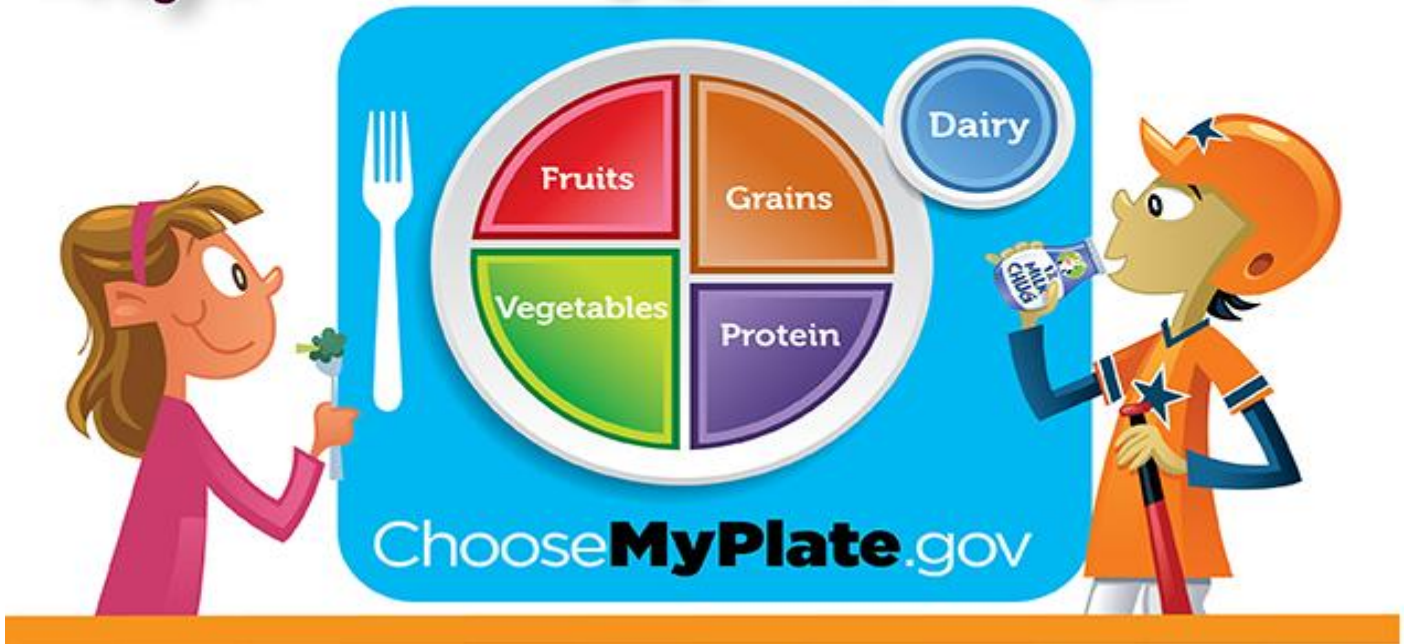
[Download the Cold Storage Chart](#)

[Check out the 40 or Below campaign](#)

Refrigerate foods quickly because cold temperatures slow the growth of harmful bacteria. Do not over-stuff the refrigerator. Cold air must circulate to help keep food safe. Keeping a constant refrigerator temperature of 40°F or below is one of the most effective ways to reduce the risk of foodborne illness. Use an appliance thermometer to be sure the temperature is consistently 40°F or below. The freezer temperature should be 0°F or below.

- Refrigerate or freeze meat, poultry, eggs and other perishables as soon as you get them home from the store.
- Never let raw meat, poultry, eggs, cooked food or cut fresh fruits or vegetables sit at room temperature more than two hours before putting them in the refrigerator or freezer (one hour when the temperature is above 90°F).
- Never defrost food at room temperature. Food must be kept at a safe temperature during thawing. There are three safe ways to defrost food: in the refrigerator, in cold water, and in the microwave. Food thawed in cold water or in the microwave should be cooked immediately.
- Always marinate food in the refrigerator.
- Divide large amounts of leftovers into shallow containers for quicker cooling in the refrigerator.
- Use or discard refrigerated food on a regular basis.

MyPlate Kids' Place



What Counts as 1 Cup of Fruit?

In general, 1 cup of fruit or 100% fruit juice, or $\frac{1}{2}$ cup of dried fruit can be considered as 1 cup from the Fruit Group. This table below shows specific amounts that count as 1 cup of fruit (in some cases equivalents for $\frac{1}{2}$ cup are also shown) towards your daily recommended intake.

What Counts as 1 Cup of Vegetables?

In general, 1 cup of raw or cooked vegetables or vegetable juice, or 2 cups of raw leafy greens can be considered as 1 cup from the Vegetable Group. The table below lists specific amounts that count as 1 cup of vegetables (in some cases equivalents for $\frac{1}{2}$ cup are also shown) towards your recommended intake

Why is it important to eat grains, especially whole grains?

Eating grains, especially whole grains, provides health benefits. People who eat whole grains as part of a healthy diet have a reduced risk of some chronic diseases. Grains provide many nutrients that are vital for the health and maintenance of our bodies.

What counts as an ounce-equivalent in the Protein Foods Group?

In general, 1 ounce of meat, poultry or fish, $\frac{1}{4}$ cup cooked beans, 1 egg, 1 tablespoon of peanut butter, or $\frac{1}{2}$ ounce of nuts or seeds can be considered as 1 ounce-equivalent from the Protein Foods Group.

See more at: <http://www.choosemyplate.gov/grains-nutrients-health#sthash.KaG2eU0U.dpuf>