



\_\_\_\_\_  
Pathfinder's Name

## **Fire Building and Camp Cookery**

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1. Lay five different kinds of fires and know their uses. Two of these fires must be cooking fires.

Fires

Uses

- |    |       |       |
|----|-------|-------|
| 1. | _____ | _____ |
| 2. | _____ | _____ |
| 3. | _____ | _____ |
| 4. | _____ | _____ |
| 5. | _____ | _____ |

2. Safely make wood shavings or fuzz sticks.
3. Show correct techniques for starting a fire.
4. Start a fire with one match and keep it going for at least ten minutes.
5. Know and practice fire safety rules.

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6. Show how to correctly and safely cut and split wood for a fire.
7. Start a fire on a rainy day.
8. Demonstrate the following cooking techniques:
- a. Boiling
  - b. Frying
  - c. Baking bread on a stick
  - d. Aluminum foil baking
  - e. Reflector oven baking
  - f. Simmering
9. Know one method of keeping food cool while camping other than with ice.

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- 10. Know ways to keep your food and utensils safe from animals and insects.

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- 11. Why is it important to keep your cooking and eating utensils clean?

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- 12. Showing knowledge of proper nutrition and food groups, make up a complete and balanced menu for six camping meals. Include the following: (Complete Chart #1)
  - a. A breakfast, lunch, or supper good for a trail hike where light weight is important. The meal should not need cooking but should be nutritious.
  - b. The remaining five meals may be made up of any type of food: canned, fresh, frozen, or dried. One of the five must be a one-pot meal.

- 13. Make up a supply list of items that will be needed to prepare the above six meals. (Complete Chart #2)

- 14. Know how to:

Properly and safely handle food \_\_\_\_\_

Dispose of trash and garbage \_\_\_\_\_

Wash your gear \_\_\_\_\_

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# Fire Building and Camp Cookery, Chart #1

Breakfast	Lunch	Supper
		Friday
Saturday	Saturday	Saturday
Sunday	Sunday	

## Fire Building and Camp Cookery, Chart #2

Supper Friday

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Breakfast Saturday

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Lunch Saturday

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Supper Saturday

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Breakfast Sunday

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Lunch Sunday

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