

## What's Cookin'?

What are some of your favorite foods to eat and prepare? After you have been outside exercising, do you crave certain foods? In this activity you will have the opportunity to apply what you've learned to plan a menu for your overnight camping trip.



### Get in Gear

As you get ready to go on your camping trip, you'll need to spend some time thinking about what food to take. Remember that you want your meals to be healthy, easy to prepare, inexpensive and delicious. Get together with your hiking group or family and plan the food you would need for a three-day camping trip.

### Successful Skills

**Outdoor Skill:**

Planning food supplies for a base camping trip

**Life Skill:**

Planning food supplies for a base camping trip

**Educational Standard:**

NPH.K-12.5 Responsible Behavior

**Success Indicator:**

Plans a camping cuisine menu

**Food tastes better cooked outdoors!**

## Food for the Camping Trip

	DAY ONE	DAY TWO	DAY THREE
BREAKFAST			
LUNCH			
DINNER			
SNACKS			

## Talk it Over

### Share the Experience

- How did you decide what kind of food to take?
- What are some of the things you considered while creating your menu plan?

### Reflections

- What did you do when your group or family members didn't agree on a certain food item or meal?
- What are some ways you help out at home?
- What are some ways you may help out on your next camping trip?

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### Now What?

- How will you transfer your camp menu planning knowledge to your home life?
- How will this type of planning help you in the future?

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## Reach the Peak

- 1) Prepare dinner for a group of 4-6 people outside and away from your house. Plan the menu, pack your ingredients, cook your meal and clean up all leftovers with as little impact as possible.
- 2) Visit a camping store to see the products available and duplicate these foods using foods from the grocery store or foods you have at home. Compare prices between the camping store and the grocery store.



To go deeper, find the full curriculum at [Shop4-H.org/Outdoor](http://Shop4-H.org/Outdoor)

## Menu Sample

The following is an example of a menu plan for a three day trip. Keep in mind, there are some foods that are easy to prepare at a camp site, while others may be more challenging. Pancakes taste great while camping (and at home!) but require a lot of cleanup. Be sure to plan meals based on what you will be doing during your camping trip. If you are going out for a day hike on day two, you'll want to plan a packable lunch for that day.

	DAY ONE	DAY TWO	DAY THREE
BREAKFAST	Cold cereal, oatmeal, powdered milk or fresh milk from cooler, fruit, tea	Grilled bagels and eggs	Pancakes with maple syrup and fresh fruits
LUNCH	Pita bread sandwiches - peanut butter and jelly, lunch meats and cheeses, granola bars	Sandwiches, trail mix and fresh fruit	Sandwiches, chips and carrot sticks
DINNER	Burrito bar: tortillas, beans and rice, veggies, salsa and cheese	One pot lasagna: ziti, tomato sauce, mozzarella cheese, ricotta cheese	Chili and quesadillas: chili mix, beans, tortillas and cheese
SNACKS	Cookies	Pudding pie	Fruit